ALLEGHENY EAST CONFERENCE
CLINICAL COUNSELING DIRECTORY

“FINDING HELP FOR THOSE WHO HURT”

RELATIONSHIP MINISTRIES DEPARTMENT
“A FAMILY OF MINISTRIES”
Disclaimer

This counselor’s list of suggested mental health and family clinicians is being provided as a convenience for the exclusive benefit of administrators, directors, pastors, educators and constituents of the Allegheny East Conference Corporation and is not an endorsement of any provider. The list of suggested counselors is grouped by states, and includes the contact information of each suggested counselor or agency. The AEC Clinical Advisory, which is a consulting body of the Relationship Ministries Department established guidelines for inclusion in the directory and limited recommended practitioners to those who were independently licensed in their local jurisdiction to provide mental health/clinical services. This was intended to place full responsibility on the local licensing bodies to certify the efficacy, training, and competency of each individual or agency.

The opinions, practices and theoretical orientations used by the Psychologists, Social Workers, Licensed Professional Counselors, Marriage & Family Therapists, and others listed are not necessarily the opinions, practices and theories of the Allegheny East Conference Corporation, and are not entities of AEC. Use of any provider is an express waiver and release of all liability, obligations or consequences. The user specifically indemnifies Dr. David I. Defoe, Director of the Relationship Ministries Department, and all entities affiliated with the Seventh-day Adventist Church of its usage.

The “Clinical Counselors” list is for reference only, to be used at the discretion of the user, who takes full personal responsibility for any and all results or consequences when seeking help for counseling services. Furthermore, in utilizing this directory to make referrals to those who are in need of clinical services, there is to be no expectation expressed or implied that the practitioners contained within are in anyway “approved” by any entity of the Allegheny East Conference Corporation or its employees. This document should not be disseminated by any other organization or entity other than the administrators, directors, pastors, educators, employees, or constituent members of the Allegheny East Conference Corporation without the expressed written permission of Dr. David I. Defoe, Relationship Ministries Director.

Relationship Ministries Department
Allegheny East Conference Corporation of Seventh-day Adventists
767 Douglass Drive
Boyertown, PA 19512
Phone: (610) 326-4610 Fax: (610) 326-3946 Website: www.visitaec.org
(800) 830-0224
Comments, suggestions or requests may be placed in writing to the Relationship Ministries Department: relationships@aecsda.com
# TABLE OF CONTENT

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greetings</td>
<td>5</td>
</tr>
<tr>
<td>List of Abbreviations</td>
<td>6</td>
</tr>
<tr>
<td><strong>New Jersey</strong></td>
<td>7</td>
</tr>
<tr>
<td>Delaware</td>
<td>14</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>17</td>
</tr>
<tr>
<td><strong>District of Columbia</strong></td>
<td>26</td>
</tr>
<tr>
<td>Maryland</td>
<td>29</td>
</tr>
<tr>
<td>Virginia</td>
<td>44</td>
</tr>
<tr>
<td>Appendix</td>
<td>53</td>
</tr>
<tr>
<td>National Resources</td>
<td>54</td>
</tr>
<tr>
<td>Helpful Websites</td>
<td>56</td>
</tr>
<tr>
<td>Online Provider Databases</td>
<td>57</td>
</tr>
<tr>
<td>Common Problems Addressed In Counseling</td>
<td>58</td>
</tr>
</tbody>
</table>
Greetings,

It is my hope that this clinical referral directory will be used as an aid to help those within our sacred spaces find the professional help that they may need. We all go through trying times, and we do not have to go through them alone. We can find support from family, friends, co-workers, spiritual leaders and others.

However, some of the challenges we face require professional help. It can be very intimidating to pick up the phone or send an email to someone letting them know that we are overwhelmed or cannot cope. But there is great benefit to working out our challenges in a safe environment. Counseling should provide the space to express the feelings, emotions, events, or thoughts that concern us.

This listing includes both Christian and Non-Christian counselors, as well as a few Adventist clinicians. Please feel free to use this directory to refer individuals who are in need of help. Just as our physical health is integral to living a wholesome life, so is our mental health and well-being. I encourage you if you need help, to seek help, and if you encounter those who are in need of help, utilize all the resources at your disposal to connect them with those who can most aptly help.

With warm regards,

David I. Defoe, D.Min, LCPC-S, NCC
Relationship Ministries Director
EXPLANATION OF ABBREVIATIONS

$ providers who take health insurance for counseling services

F providers who see families for counseling services

C providers who see couples for counseling services

I providers who see individuals for counseling services

A providers who identify as members of a Seventh-day Adventist church

LCPC, LPC, LPCMH
These designations apply to individuals with a professional counselor’s license who have met the clinical, internship, and educational requirements of their local licensing board to practice independently.

MSW, LCSW, LICSW, LCSW-C
These designations apply to individuals with a clinical social worker license who have met the clinical, internship and educational requirements of their local licensing board to practice independently.

LCMFT, LMFT
These designations apply to individuals with a clinical license in Marriage and Family therapy who have met the clinical, internship, and educational requirements of their local licensing board to practice independently.

PH.D., Psy.D., Ed.D.
These designations apply to individuals who have completed doctoral studies in Psychology, Counseling, or Educational Psychology. They may be licensed psychologists, counselors or social workers.
NEW JERSEY

Darbouze Behavioral Health Services LLC
Ms. Nadia Darbouze, LCSW
255 Broad Street, 1st Fl
Bloomfield, NJ 07003
(856) 200-3522
info@darbouzebh.com
www.darbouzebh.com
($,F,C,I)

Monarch Freedom Counseling
Ms. Naomie Joseph-Micliz, MSW, LCSW, CCTP
3 3rd Street, Suite 260
Bordentown, NJ 08505
(309) 379-6135
njmicliz@monarchfreedomcouns.com
www.monarchfreedomcouns.com
($,F, C, I)

Insight Christian Counseling & Coaching
Dr. Joan Brown, NCCA
223 State Hwy. 18, Suite 102
East Brunswick, NJ 08816
(848) 863-9665
info@insightccc.com
(F, C, I)

Wellsprings Counseling Center
22-08 Route 208 South, Suite 16
Fair Lawn, NJ 07410
(201) 956-6363
www.wellsprings.org/counseling
($, F, C, I)

Dr. Yolanda Hawkins-Rodgers, Ph.D., LPC, ACS
105 Elucid Avenue
Hackensack, NJ 07601
(201) 489-3607
yphr@optonline.net
($, F, C, I)
The Epiphany Room, LLC
Ms. Aliya Adenuga, LPC
15 South Haddon Avenue
Haddonfield, NJ 08033
(609) 864-6897
aliya@adenugacounseling.com
www.adenugacounseling.com
($, F, C, I)

KNIC Counseling & Consulting Services, LLC
Mr. Brian L’Oiseau, MPC, NCC
2145 Nottingham Way, Suite A
Hamilton, NJ 08619
(609) 503-7377
bloiseau@knicservices.com
www.knicservices.com
(F, C, I)

Renewed Hope Counseling Center
Ms. Anna Simon, LPC
121 Rea Avenue, 2nd Floor
Hawthorne, NJ 07506
(973) 553-0791
anna@renewedhopecounseling.com
www.renewedhopecounseling.com
(F, C, I)

Wellsprings Counseling Center
50 Harrison Street, Suite 214C
Hoboken, NJ 07030
(201) 956-6363
www.wellsprings.org/counseling
($, F, C, I)

Talk from the Heart Counseling Services
Ms. Yvette Marshall, LPC, NCC, SAP, EAS-C, ACS
1955 Springfield Avenue, Suite 208F
Maplewood, NJ 07040
(973) 996-2667
($, F, C, I)
Lifeline Therapy Center
Ms. Jenifer Wilcher, LCSW
100 Kings Road
Madison, NJ 07940
(973) 845-8965
jenifer@lifelinetherapycenter.com
www.lifelinetherapycenter.com
(F, C, I, A)

Evolution Mind Therapy
Dr. Paula S. Wilson, Psy. D, LPC
2130 Millburn Avenue, Suite D2
Maplewood, NJ 07040
(973) 327-3225
info@evolutionmind.net
www.evolutionmind.net
(F, C, I)

HELP for Parents Network, Inc.
Ms. Kimberly Robinson, LPC, ACS, DCC
1 Eves, Suite 111
Marlton, NJ 08053
(609) 400-4170
($, F, C, I)

Center for Christian Counseling & Relationship Development
Dr. Frank Mancuso, Ph.D.
Pavillons at Greentree, Suite 303
Marlton, NJ 08053
(856) 396-0111
drfrankm@cccrd.org
www.cccrd.org
($, F, C, I)

Wellsprings Counseling Center
460 Bloomfield Avenue, Suite 209
Montclair, NJ 07042
(201) 956-6363
www.wellsprings.org/counseling
($, F, C, I)
Ms. Annette Genovese, LCSW, RN  
655 Blue Hill Road  
Riverdale, NJ 07675  
(201) 615-1540  
www.annettegenovese.com  
($, F, C, I)

A to Z Psychological Services, LLC  
Dr. D.J. Angelone, Ph.D.  
39 S. Main Street  
Mullica Hill, NJ 08062  
(856) 230-2919  
contact@atozpsyc.com  
www.atozpsyc.com  
($, F, C, I)

Multifaith Multicultural Counseling & Coaching Group  
1215 Livingston Avenue, Suite 7  
North Brunswick, NJ 08902  
(732) 317-1902  
mfmcounselinggroup@gmail.com  
www.mmcchristiancounselinggroup.com  
(F, C, I)

Evolution Consulting  
Dr. James Wadley, Ph.D., LCPC, NCC  
65 S. Main Street, Suite C-202  
Pennington, NJ 28534  
(267) 888-4202  
hdjamesw@yahoo.com  
www.drjameswadley.com  
(F, C, I)

Ruby Road Counseling  
Ms. Susan R. White, LPC, NCC, ACS  
178 N. Broadway  
Pennsville, NJ 08070  
(856) 887-1422  
www.rubyroad.org  
($, F, C, I)
Princeton Family Institute
166 Bunn Drive, Suite 105
Princeton, NJ 08540
(609) 921-2551
www.princetonfamily.com
($, F, C, I)

Dr. Richard Campbell, Ph.D, LPC, NCC
121 Cedar Lane
Teaneck, NJ 07666
(201) 673-7727
rcampbell256@yahoo.com
($, F, C, I, A)

NJ Counseling, Training and Consultation Group, LLC
Mr. Joel Levine, LCSW, LPC, LCADC, LMFT
280 Bloomfield Avenue
Verona, NJ 07044
(201) 259-7229
njctcgroup@gmail.com
www.njctcgroupllc.org
($, F, C, I)

Bostic Solutions Counseling and Consulting
Ms. Monique Bostic, LCSW
25 Pompton Avenue
Verona, NJ 07044
(973) 910-0518
www.bosticsolutions.com
($, F, C, I)

Kwenyan Professional Health Services, LLC
Dr. Daniel E. Cassell, Ph.D., MPH, LCDAC
19 Hutton Avenue
West Orange, NJ 07052
(973) 672-6900
www.kwenyan.org
Hope Therapeutic Services
Ms. Felicia Fdyfil, LCSW
500 Prospect Ave., Suite 300
West Orange, NJ 07052
(862) 505-9191
info@hopetsllc.com
www.hopetsllc.com
($, F, C, I)

Ms. Shirley Court Gonzalez, LCSW
470 Prospect Ave., Suite 302
West Orange, NJ 07052
(877) 755-4401
scgcounseling@icloud.com
www.therapistwestorange.com
($, F, C, I)
DELAWARE
DELAWARE

Rising Hope Therapy, LLC
Ms. La’Shawn J. Waters, LPCMH, NCC
262 Chapman Road, Suite 201B
Newark, DE 19702
(302) 273-3194
www.risinghopetherapy.com
($, F, C, I)

Rising Hope Therapy, LLC
Ms. Christina Emmanuel-De Luna, LPCMH
262 Chapman Road, Suite 201B
Newark, DE 19702
(302) 273-3194
www.risinghopetherapy.com
($, F, C, I)

The Center for Child Development
262 Chapman Road, Suite 201B
Newark, DE 19702
(302) 292-1334
www.thecenterforchilddevelopment.com

Inspired Living Therapy Coaching & Consulting
Dr. A. Nicole Boyd-Douglass, Psy.D.
South Old Baltimore Pike
Newark, DE 19702
(302) 455-2799
drboyddouglas@outlook.com
($, F, C, I)

Integrated Psychological & Behavioral Services
Dr. Kimberlyn Watson, Ph.D.
56 West Main Street, Suite 213
Christiana, DE 19702
(302) 861-6423
drwatson@ipbhs.com
www.drkimberlynwatson.com
($, F, C, I)
A Center for Medical Wellness
121 W. Loockerman Street
Dover, DE 19904
(302) 907-9993
www.acfmw.com
($, F, C, I)

Renewed Medical Center
Ms. Carolyn Showell, LCSW,
29787 John J. Williams Hwy, Suite 6
Millsboro, DE 19966
(302) 754-3273
www.renewedcenter.com
($, F, C, I)

Hand in Hand Counseling Services
Ms. Doris Corbett, LPCMH
256 Chapman Road, Suite 105 #4
Newark, DE 19702
(302) 438-0884
handinhandcs@gmail.com
handinhandcs.com
($, F, C, I)

The Ebright Collaborative
Dr. Matthew Ditty, DSW, LCSW
607 W. 18th Street
Wilmington, DE 19802
(302) 888-2233
www.ebrightcollaborative.com
($, F, C, I)
PENNSYLVANIA
PENNSYLVANIA

Thriveworks Counseling and Coaching
150 Glenlivet Drive, Suite A-15
Allentown, PA 18106
(484) 201-2130
www.thriveworks.com/allentown-counseling/
($, F, C, I)

Daysprings Counseling Services
Ms. LaBreyia J. Ellis, LPC
25 Bala Avenue, Suite 103
Bala Cynwyd, PA 19004
(610) 949-9449
www.dayspringpa.com/bala-cynwyd/

A New Spirit Behavioral Health Services, LLC
Dr. Denise Ray-Sheilds, Ph.D.
111 Presidential Blvd, East Lobby Suite 237
Bala Cynwyd, PA 19004
(610) 772-3939
anewspirit@drdeniserayshields.com
www.drdeniserayshields.com
(F, C, I)

Thriveworks Counseling and Coaching
2045 Westgate Drive, Suite 206
Bethlehem, PA 18017
(484) 241-2848
www.thriveworks.com/bethlehem-counseling/

Mr. Anthony Campolo, LPC, LCDAC
3005 Brodhead Road, Suite 101
Bethlehem, PA 18017
(570) 401-3216
anthony@campolocounseling.com
www.campolocounseling.com
($, F, C, I)
Daysprings Counseling Services
Dr. Suzette Stokes Sims, Ph.D.
403 W Lincoln Hwy, Suite 206
Exton, PA 19341
(610) 363-2088
www.dayspringpa.com/exton/

In Him Christian Wellness
Mr. Jonathan Burchard
355 N 21st St, Suite 208
Camp Hill, PA 17011
(717) 766-0935
www.inhimchristianwellness.org
($, F. C. I)

Teni Counseling & Consulting
Dr. Teni Osundeko, Ph.D., LCSW
4601 Locust Lane, Suite 102
Harrisburg, PA 17109
(717) 919-4564
teni@teniwelness.com
www.teniwellness.com
($, F. I)

Anger Management Solution Services
Mr. Keith J. Sutton, LPC
100 N. Cameron Street, 3rd Floor, West Wing
Harrisburg, PA 17101
(717) 619-8122
www.angermss.com
($, I, C)

Healing Balm Therapy, LLC
Ms. Renee Frierson-Briscoe, LPC, MFT
501 Washington Lane, Suite 200
Jenkintown, PA 19046
(267) 259-4141
info@healingbalmtherapy.com
www.healingbalmtherapy.com
($, F, C, I)
Never Journey Alone, LLC  
Ms. Christine Matthews, LCSW  
650 N. Cannon Avenue  
Lansdale, PA 19446  
(267) 642-1470  
therapychangeslives@neverjourneyalone.com  
www.neverjourneyalone.com  
($, F, C, I)

Thriveworks Counseling and Coaching  
600 M. Jackson St., Suite 300  
Media, PA 19063  
(610) 808-9923  
www.thriveworks.com/Media-counseling/  
($, F, C, I)

Joyful Restoration  
Ms. Christina Samyan, LCSW  
318 West Baltimore Ave, 3rd Floor  
Media, PA 19063  
(484) 441-3073  
christinasamyan@joyfulrestoration.org  
www.joyfulrestoration.org  
(F, C, I)

Evolution Consulting  
Dr. James Wadley, Ph.D., LCPC, NCC  
443 West Girard Avenue, Suite 3b  
Philadelphia, PA 19123  
(267) 888-4202  
phdjamesw@yahoo.com  
www.drjameswadley.com  
(F, C, I)

Monica T. Campbell & Associates  
Dr. Monica T. Campbell, Ph.D., LCPC, NCC  
1518 Walnut Street  
Philadelphia, PA 19102  
(215) 645-0546  
info@drmonicacampbell.com  
www.drmonicacampbell.com
Ms. Akua Boateng, LPC
1226 S. Broad Street, 1st FL
Philadelphia, PA 19143
(267) 267-223-9045
www.akuakboateng@gmail.com
($) (F, C, I, A)

Ms. Latrice R. Lewis, LPC
6703 Germantown Avenue, Suite 240
Philadelphia, PA 19119
(215) 688-5769
latricelewissllc@gmail.com
www.latricelewissllc.com
($) (F, C, I)

Family Heart Therapy
Mr. Michael Ryan, LPC
In Home Mobile Counseling
Philadelphia, PA
(267)-251-6227
Michael.Ryan1906@gmail.com
www.familyhearttherapy.com
(F, C, I)

Ralph Walters and Associates
Dr. Randolph Walters, Psy.D., LPC
1989 N. 63rd Street, Suite 200
Philadelphia, PA 19151
(610) 639-1729
info@ralphwalters.com
www.randolphwalters.com
($) (F, C, I)

Thriveworks Counseling and Coaching
1800 JFK Blvd, Suite 1404
Philadelphia, PA 19103
(215) 543-6271
www.thriveworks.com/Philadelphia-therapy/
($) (F, C, I)
Inspired Therapeutic Solutions, LLC
377 E Upsal Street
Philadelphia, PA 19119
On Line Scheduling
its.well.appointments@gmail.com
www.its-wellness.com
($) (F, C, I)

Kenneth Leslie Group, LLC
Mr. Kenneth Johnson, III, LSW
6703 Germantown Avenue, Suite 240, C
Philadelphia, PA 19119
(267) 333-0546
kennethlesliegroup@gmail.com
www.kennethlesliegroupllc.com
(F, C, I)

Ms. Shawnese Givens, LMFT
7058 Germantown Ave, Suite 304
Philadelphia, PA 19119
(646) 801-8092
shawnese.givens@gmail.com
www.shawnesegivenslmft.com
(F, C, I)

Philadelphia MFT
100 S Broad Street, Suite 622
Philadelphia, PA 19110
(215) 995-0176
contact@philadelphiamft.com
www.philadelphiamft.com
($) (F, C)

Psychological Services Center at Temple University
1509 Cecil B Moore Ave, 4th Floor Rm 420
Philadelphia, PA 19121
(215) 204-7100
sites.temple.edu/psc/
(F, C, I)
Refresh Counseling Services  
Dr. Melissa Jones, DA, LPC  
1319 North 52nd Street, Suite 100  
Philadelphia, PA 19131  
(610) 888-0137  
drmelissa@refreshcounseling.com  
www.refreshcounseling.com  
($) ($, F, C, I)

Walnut Psychotherapy Center  
1500 Walnut Street, Suite 300  
Philadelphia, PA 19103  
(215) 563-5815  
info@walnutpsychotherapycenter.com  
www.walnutpsychotherapycenter.com  
($) ($, F, C, I)

Diversified Family Interventions, LLC  
Pamela C. Spellman, LCSW  
262 King Street, Suite #101  
Pottstown, PA 19464  
(610) 326-4300  
divfampcslcsw@yahoo.com  
www.diversifiedfamilyinterventions.com  
($) (I, C, F, A)

Diversified Family Interventions, LLC  
Pamela C. Spellman, LCSW  
505 Penn Street, Main Level  
Reading, PA 19601  
(610) 378-5301  
divfampcslcsw@yahoo.com  
www.diversifiedfamilyinterventions.com  
($) (I, C, F, A)

Emotional Wellness, LLC  
3933 Perkiomen Avenue, Suite 102  
Reading, PA 19606  
(610) 779-7272  
info@emwell.org  
www.emwell.org/  
($) ($, F, C, I)
Thriveworks Counseling and Coaching
2208 Quarry Drive, Van Reed Office Center, Suite 200
Reading, PA 19609
(610) 563-2052
www.thriveworks.com/reading-counseling/
($, F, C, I)

Ms. Rowan Gillian Moore, LCSW
907 Easton Road, Suite 1-A
Willow Grove, PA 19090
(267) 314-8151
($, F, C, I)

Purposeful Living Counseling
Ms. Adrianne Clinton, LPC
3392 Penn Avenue
Sinking Spring, PA 19608
(484) 427-2995
alc@purposefullivingcounselingservices.com
www.purposefullivingcounselingservices.com
($, F, C, I)

Dr. Algernon Baker, Ph.D., LMFT
2300 Computer Ave, Suite G-29
Willow Grove, PA 19090
(215) 902-9537
info@algernonbaker.com
www.algernonbaker.com
(F, C, I)

Tina Scott Counseling & Coaching
Dr. Tina Scott, DHA, LPC
1445 City Avenue, 2nd Floor
Wynnewood, PA 19096
(215) 519-2531
Dr.TinaScott@yahoo.com
www.drtinascottlpc.com
(F, C, I)
Ms. Katrina Sylvain, LCSW
845 North Park Road
Wyomissing, PA 19610
(484) 240-9911
www.ivyleaguetherapist.com
($, F, C, I)

TREMITIERE Trauma Recovery
Ms. Nicole Tremitiere, LCSW
805 S George Street
York, PA 17403
(717) 855-5377
www.ttraumar.vpweb.com
($, F, C, I)
DISTRICT OF COLUMBIA
DISTRICT OF COLUMBIA

The Bridges Wellness Group
Dr. Beverly Wright
1629 K Street, Suite 300
Washington, D.C. 20006
(301) 660-7431
reception@thebridgeswellnessgroup.com
www.thebridgeswellnessgroup.com
($, F, C, I)

Ms. Angela Sarafin, LMFT
1200 G. St, NW
Washington, D.C. 20005
(202) 470-6058
info@angelasarafin.com
www.angelasarafin.com/
($, I)

Ms. Kendra Northington, LPC
1629 K Street NW, Suite 300
Washington, D.C. 20006
(202) 681-2206
CounselorKendraLPC@gmail.com
www.counselorkendra.com

MA’AT PSYCHOLOGICAL SERVICES
Dr. Afiya Mbilishaka, Ph.D.
1660 L Street, NW
Washington, D.C. 20036
(202) 670-2065
afiya@maatpsychologicalservices.com

Capitol Hill Counseling and Resource Center
901 A Street, NE
Washington, DC 20002
(202) 812-0261
($, C, F, I, A)
Re-New Psychological Services
1100 Vermont Ave, NW
Washington, D.C. 20005
(202) 684-2662
www.renewpsych.com

Goode Psychological Services
Dr. Jonathan Goode, Psy.D.
6th & Bryant Streets, NW., Suite G22
Washington, D.C. 20059
(202) 794-5320
docjgoode@gmail.com
www.goodepsychologicalservices.com

Counseling Solutions, LLC
Dr. Reginald Cunningham, Ed.D., LCPC, LPC
2000 P Street, NW, Suite 200
Washington, D.C. 20036
(410) 961-7192
rvccounselingsolutionsllc@gmail.com
www.rvccounseling.com

Trinity Services
Ms. Natalie Milligan, LICSW, LCSW-C
4401 Brooks St, NE. Annex Entrance On 44th St
Washington, D.C. 20019
(301) 541-7479
www.trinityservices2016.com

Ms. Michelle Collins, LCMFT
3701 Bank Street
Washington, D.C. 21224
(301) 458-8051
michellecollinslcmft@gmail.com
www.michellecollinslcmft.com
(I, C, F)
MARYLAND
MARYLAND

Edifying Cognitive Solutions Group, LLC
Mr. Aziz Heard, LCPC, NCC, AS
15638 Livingston Road, Suite 5
Accokeek, MD 20607
(301) 534-4300
www.myedifying.com
($, F, C, I)

Answered Prayers Therapeutic Services, LLC
Ms. EddyMie Wooten, LCMFT
1910 Towne Center Blvd, Suite 250
Annapolis, MD 21401
(443) 646-3907
eddy.wooten.lcmft@gmail.com
www.answeredprayerstherapy.com
($, F, C, I)

New Millennial Counseling & Consulting
Ms. Maya Foster, LCMFT
1831 Forest Office Park
Annapolis, MD 21401
(240) 459-3074
maya@newmillennial.org
www.newmillennialcounseling.org/

The Couch, LLC
Ms. Cynthia Franklin, LCSW-C
2526 St. Paul Street
Baltimore, MD 21218
(301) 578-6657
cfcouch@gmail.com
www.cfcouch.com
(F, C, I, A)

Ms. Pamela Harvey, LCPC
4200 Edmondson Ave, Suite 200A
Baltimore, MD 21229
(443) 858-5197
harveyvirt@aol.com
($, C, I, A)
InVision Counseling Services
Dr. Kimberly Ewing, Ph.D.
711 W. 40th Street, Suite 324
Baltimore, MD 21211
(443) 595-7791
www.invisioncounselingservices.com
($, C, I)

New Leaf Counseling Services, LLC
Ms. Meika Liverpool, LCSW-C
3739 Wilkens Avenue
Baltimore, MD 21229
(410) 921-0076
nleafcounseling@gmail.com
($, F, C, I, A)

Transforming Lives Counseling Services
Ms. Melissa Powel, LCSW-C
2300 Garrison Blvd, Suite 130
Baltimore, MD 21216
(410) 645-1000
www.transforminglivescs.wordpress.com
($, F, C, I)

Intentional Healing Space, LLC
Ms. Cortina Darden, LCSW-C
519 N Charles Street, Suite 350A
Baltimore, MD 21201
(410) 703-2055
cdarden@intentionalhealingspace.com
www.intentionalhealingspace.com
(I, C, F)

Reforming Lives, LLC
Ms. Sheena Green, LCPC
5900 York Road, Suite 108
Baltimore, MD 21212
(443) 682-7079
info@Reforminglivesllc.com
www.reforminglivesllc.com
($, I, F)
Insightful Life Therapeutic Services
Dr. Stanley Nwogwugwu, Ph.D., LCPC, LCDAC
5438 York Road, Suite 202
Baltimore, MD 21212
(443) 873-7197
www.insightfullifetherapeutic.com
(I, C, F)

Ms. Quita Whea Roberts, LCPC, NCC
Baltimore, MD
(443) 985-6017
quita@quitawhearobertscounseling.com
(F, C, I, A)

Living Your Exceptional Life
Ms. Ellen M. Dumer
217 E. Churchville Road
Bel Air, MD 21014
(888) 610-7226
Ellen@LivingYourExceptionalLife.com
www.livingyourexceptionallife.com

Mr. Raymond Green, LCPC, NCC
2107 Laurel Bush Road, Suite 209
Bel Air, MD 21015
(410) 569-5000
cook92ray@comcast.net
($, F, C, I, A)

New Hope Clinical Services LLC
Mr. Dalton T. Beckles, LICSW, LCSW-C
10610 Rhode Island Avenue
Beltsville, MD 20705
(240) 583-1886
dalton@newhopeclinical.com
www.newhopeclinical.com
(C, I)
**Fulfilled Path**  
Ms. Valencia Morr, LCPC  
2905 Mitchelville Road, Suite 107  
Bowie, MD 20716  
(301) 371-2828  
v Morr@fulfilledpath.com  
www.fulfilledpath.com  
($, F, C, I)

**Breakthroughs Psychological Services**  
Dr. Renita Gabriel, Psy.D.  
14300 Gallant Fox Lane, Suite 107  
Bowie, MD 20715  
(240) 257-6718  
info@breakthroughspyservices.com  
www.breakthroughspyservices.com  
($, C, I)

**Your Life’s Well, LLC**  
Erica A. St. Bernard, LCMFT  
4329 Northview Drive  
Bowie, MD 20716  
(410) 858-0057  
erica@yourlifeswell.com  
www.yourlifeswell.com  
($, F, C, I)

**SMR Counseling Services**  
3909 National Drive, Suite 100  
Burtonsville, MD 20866  
(240) 389-1487  
www.smrcounselingservices.com  
($, F, C, I)

**CRA Counseling & Consulting Agency**  
Ms. Candice Dickens, LCPC-S, LCADC  
5602 Baltimore National Pike, Suite 304  
Cantonsville, MD 21228  
(410) 744-4204  
candicerdickens@gmail.com  
www.candicerdickens.com  
($, F, C, I)
Core Empowerment
Ms. Kierrah Flipping, LCPC, LPC, NCC
9015 Woodyard Road, Suite 206
Clinton, MD 20735
(240) 419-6909
www.coreempowerment.org
(I, C, F)

Dawn of a New Day Pastoral Counseling, LLC
Ms. Brittany DeLoatch, LCPC, NCC
7700 Old Branch Avenue
Clinton, MD 20735
(877) 214-3668
www.dawnofanewdaycounseling.com
($, F, C, I)

Elevating Minds, LLC
Shavon A. Warrick, LCSW-C
9134 Piscataway Road
Clinton, MD 20735
(202) 360-2400
info@shavonwarrick.com
www.shavonwarrick.com
($, F, C, I)

Elevation & Enrichment Services
Mr. Darrell Coleman, LCSW-C
6201 Greenbelt Road, Suite U-4
College Park, MD 20740
(301) 559-2904
info@elevationes.com
www.elevationes.com

Discover Yourself Wellness
Ms. Shanna Evering, LCPC
10715 Charter Drive, Suite 130
Columbia, MD 21044
(443) 653-1363
discoveryourselfwellness@gmail.com
www.discoveryourselfwellness.com
($, F, C, I)
Howard County Counseling
Mr. Christopher Thomas, LCSW-C
7120 Minstrel Way, Suite 203
Columbia, MD 21045
(443) 228-6377
www.howardcountycounseling.com
($, F, C, I)

MPB Group, Inc
6440 Dobbin Road, Suite D
Columbia, MD 21045
(410) 928-4292
program_director@mpbgroupinc.com
www.mpbhealth.com
($, F, C, I)

Family Therapy Group, LLC
5570 Sterrett Place, Suite 305
Columbia, MD 21044
(443) 485-5473
ashton@familytherapygroupllc.com
www.familytherapygroupllc.com
($, F, C, I)

Christian Counseling Associates
Dr. Andrea Morris, Ph.D, LCPC
9650 Santiago Road, Suite 101
Columbia, MD 21045
(410) 995-5587
mail@christiancounselingassociates.org
www.christiancounselingassociates.org
($, F, C, I, A)

Halcyon Clinical Services, LLC
Dr. Orlando Wright
6304 Woodside Court, Suite 110G
Columbia, MD 21046
(443) 718-9085
admin@halcyonclinical.com
www.halcyonclinicalservices.com
($, F, C, I)
Moonrise Consulting  
Ms. Dona Moon, LCSW-C, LICSW  
Crofton, MD 21114  
(240) 461-8954  
($, F, C, I)

Haley’s Mind Care Services, LLC  
Dr. E. Jean Norfleet-Haley, Psy.D., LICSW, SCSW-C  
12801 Old Fort Road, Suite 303  
Ft. Washington, MD 20744  
(240) 429-5390  
info@hmocs.org  
www.hmosc.org  
($, F, C, I)

Illuminate Wellness  
Ms Erica Burns, LCSW-C  
120 W Church St, Suite 2G  
Frederick, MD 21701  
(301) 383-9525  
info@illuminate-wellness.com  
www.illuminate-wellness.com/  
($, F, C, I)

Empowering Therapeutic Solutions  
Ms. Michelle Webb, LCPC, NCC  
201 C Broadway Street  
Frederick, MD 21701  
(443) 626-4244  
www.etswebnetwork.wixsite.com/  
($, F, C, I)

Aspire Counseling  
16220 Frederick Road, Suite 502  
Gaithersburg, MD 20877  
(301) 978-9750  
main@we-aspire.org  
www.we-aspire.org  
($, F, C, I)
Center for Healing in Harmony, LLC
Dr. Daryl Thorne, Ed.D, LCPC, NCC
849 Quince Orchard Blvd
Gaithersburg, MD 20878
(202) 213-6372
dr.dhthorne@gmail.com
www.healingharmony.com
($, F, C, I)

Bloom Therapeutic
Ms. Connie Jones, LCPC
7303 Hanover Parkway, Suite C
Greenbelt, MD 20770
(240) 758-2142
info@bloomtherapeuticsllc.com
($, F, C, I)

Therapeutic Treasures, LLC
Ms. Toresa Wilson, LCSW-C
201 Prospect Avenue
Hagerstown, MD 21742
(240) 215-4615
therapeutictreasuresllc@gmail.com
www.therapeutictreasuresllc.com
($, F, C, I)

Christ First Counseling
Ms. Tametra Hogue, LCPC
Hillcrest Heights, MD
(240) 701-6722
tametra.hogue@gmail.com
www.christfirstcounseling.weebly.com
($, F, C, I)

The Bridges Wellness Group
7050 Chesapeake St., Suite 104
Hyattsville, MD 20784
(301) 660-7431
reception@thebridgeswellnessgroup.com
www.thebridgeswellnessgroup.com
($, F, C, I)
Hopeful Counseling
Dr. Lenese N. Stephens, EdD., LPC
4601 Presidents Drive, Suite 135
Lanham, MD 20706
(301) 844-1752
hopefulcounselingLLC@gmail.com
www.hopefulcounseling.org
($, F, C, I)

Therapeutic Changes, Inc
Ms. Ashley Archie, LCSW-C
9701 Philadelphia Court, Suite R
Lanham, MD 20706
(301) 577-5440
info@therapeuticchangesinc.com
www.thereputicchangesinc.com
($, F, C, I)

WrightWay Ministries, LLC
Ms. Frankie Wright, LCPC
6318 Princess Garden Parkway
Lanham, MD 20706
(301) 850-2391
info@wright-waycounseling.com
www.wright-waycounseling.com
(F,C,I)

Patrician Services, LLC
Ms. Diana McFarlane, MSW, LCSW-C, LICSW
9500 Annapolis Road, Suite A8
Lanham, MD 20706
(301) 710-9400
info@patricianservices.com
www.particianservices.com
($, F, C, I)

Ms. Erica N Reed, LCSW-C
4421 Forbes Blvd, Suite 1
Lanham, MD 20706
(240) 601-7307
info@ericanreed.com
www.ericanreed.com
($, F, C, I)
Journey Assistance Counseling
Mr. Keith Thompson, LCPC, NCC
4421 Forbes Blvd, Suite J
Lanham, MD 20706
(240) 507-2634
info@journeyassistancecounseling.com
www.journeyassistancecounseling.com
($, F, C, I)

Gifted Hands Counseling
Ms. Nicole Nickens, LCSW-C
9470 Annapolis Road, Suite 215
Lanham, MD 20715
(301) 202-4814
info@giftedhandswellnesscenter.com
www.giftedhandswellnesscenter.com
($, F, C, I, A)

Dr. Stephanie’s Relationship Repair Shop
Dr. Stephanie Weiland Knarr, Ph.D, LCMFT
9660 Iron Leaf Trail
Laurel, MD 20723
(301) 490-1011
stephanie@drstephanieonline.com
www.drstephanieonline.com
(F, C, I)

Slowly Behavioral Consulting Group, LLC
Ms. Stephanie C. Slowly, LCSW-C
8101 Sandy Spring Road, Suite 250-D
Laurel, MD 20707
(240) 389-5363
www.slowlybehavioralconsulting.com
($, F, C, I)

Healing Stream Christian Counseling Services
Ms. Harriet Adamson, LCPC
8323 Cherry Lane, Unit 2E
Laurel, MD 20707
(301) 310-5475
www.healingstreamccs.com
($, F, C, I)
MPB Group, Inc
603 7th Street, Unit 202
Laurel, MD 20707
(301) 795-0745
program_director@mpbgroupinc.com
www.mpbhealth.com
($, F, C, I)

The Relationship Boosters
14201 Laurel Park Drive, Suite 221
Laurel, MD 20707
(240) 292-9692
relationshipboosters@gmail.com
www.therelationshipboosters.com
($, F, C, I)

A Brighter Tomorrow Counseling
1586 Winchester Avenue
Martinsburg, WV 25405
(304) 267-0818
info@abrightertomorrow.org
www.abrightertomorrow.org
($, F, C, I)

Trinity Wholistic Healing Services
Ms. Audra N. Gillis, LCSW-C
1701 Enterprise Road
Mitchellville, MD 20721
(301) 442-1990
therapy@trinitywholistic.com
www.trinitywholistic.com
($, F, C, I)

Illuminated Paradigm Counseling & Healing
Mr. Kublai K. Duhart, LCPC
11419 Cronridge Drive, Suite 11
Owings Mills, MD 21117
(443) 738-4724
illuminatedparadigm@gmail.com
www.myipch.com
($, F, C, I)
Branches of Life, LLC
Ms. Danielle Branche, LCMFT
3701 Old Court Rd, Suite 17B
Pikesville, MD 21208
(443) 333-4069
dbranche08@gmail.com
www.branchesoflifetherapy.com
($, F, C, I)

Family Therapy Group, LLC
17 Warren Road, Suite 20B
Pikesville, MD 21208
(443) 485-5473
ashton@familytherapygroupllc.com
www.familytherapygroupllc.com
($, F, C, I)

Renewing Your Mind Counseling Center
Ms. Tanya Manyweathers, LCSW-C
17 Warren Road, Suite 10B
Pikesville, MD 21208
(410) 205-2464
info@rymsolutions.org
www.rymsolutions.org
($, F, C, I)

iNisight Marriage and Family Therapists
Mr. Tariq Omari Walton, LMFT
8737 Colesville Road, Suite 925
Silver Spring, MD 20910
(240) 542-8545
twalton@insightmft.com
www.insightmft.com
( F, C, I)
DJB Therapeutic Solutions
Mr. Deon Brown, LCPC, LCADC, CCTP
1003 Spring Street
Silver Spring, MD 20910
(443) 228-8754
djbtherapeuticsolutions@yahoo.com
www.djbtherapeuticsolutions.com
($, F, C, I)

Cornerstone Community Counseling
Mr. Jon Thomas, LCPC
501 Sligo Avenue
Silver Spring, MD 20910
(301) 857-2937
jon@cornerstonecommunitycounseling.com
www.cornerstonecommunitycounseling.com
($, F, C, I, A)

Smith Counseling & Consultants
Mr. Marcus Smith, LCPC
10230 New Hampshire Ave, Suite 201
Silver Spring, MD 20903
(202) 596-9871
smithcounselingandconsultants@gmail.com
www.smithcounseling.net
($, C, I)

The Village Family Support Center of Baltimore
Dr. Harriette Wimms, Ph.D.
504 Baltimore Avenue
Towson, MD 21214
(410) 337-7772
DrHarriette@villagefamilysupportcenter.com
www.villagefamilysupportcenter.com/
($, F, C, I)
SMR Counseling Services
11705 Berry Road, Suite 104
Waldorf, MD 20603
(301) 374-8926
www.smrcounselingservices.com
($, F, C, I)

Family Therapy Group, LLC
8114 Sandpiper Circle, Suite 205
White Marsh, MD 21236
(443) 963-3877
ashton@familytherapygroupllc.com
www.familytherapygroupllc.com
($, F, C, I)

Her Mind, Her Body
2603 N Rolling Rd 301-302
Windsor Mill. MD 21244
(410) 298-4642
info@hermindherbody.com
www.hermindherbody.com
($, I)
VIRGINIA

Pearl Vitality Counseling
Ms. Talia Bryan, LCSW
4809 Eisenhower Ave, Suite B
Alexandria, VA 22304
(571) 402-2541
tbryan@pearlvitality.com
www.pearlvitality.com/
($, F, C, I)

Professional Psychological Services
Dr. Tamara Watkins, Ph.D., LPC
3331 Duke Street
Alexandria, VA 22314
(703) 879-2482
info@professionalpsych.com
Professionalpsych.com
($, F, C, I)

Mount Vernon Family Therapy Associates
1707 Belle View Blvd, Suite C-2
Alexandria, VA 22307
703-768-6240
info@MountVernonTherapy.com
www.mountvernontherapy.com
($, F, C, I)

Fountain of Hope Counseling Center, LLC
3101 American Legion Rd., Suite 23
Chesapeake, VA 23321
(757) 483-2580
www.fountainofhopeccc.com
($, F, C, I)
Marriage Center
Ms. Arlene Malone, LPC, NCC
1545 Crossways Blvd, Suite 250
Chesapeake, VA 22320
(757) 777-3340
Arlene@MarriageCenterVA.com
www.marriagecenterva.com
($, F, C)

Christian Psychotherapy Services
609 Independence Parkway, Suite 115
Chesapeake, VA 22320
(757) 312-8002
www.christianpsychotherapy.com/
($, F, C, I)

United Counseling Services
9520 Iron Bridge Road, Suite 21A
Chesterfield, VA 23832
(804) 318-9271
admin@ucsofva.com
www.ucsofva.com
($, F, C, I)

RW Clinical Solutions
Ms. Keshia D. Ross-Williams, LPC, LSATP, CAADC, CCS
Dumfries, VA 22026
(703) 221-1263
dandrconsultinginc@gmail.com
www.drconsultinginc.com
($, F, C, I)

Monday Courage Counseling
Mr. Malcolm Bernard, LPC
180 Chatham Heights Rd
Fredericksburg, VA 22405
(540) 709-1778
malcolm@mondaycourage.com
www.mondaycourage.com
(C, I, A)
Resilience Counseling & Social Skills Center
Ms. Joanne Thomas, LPC
1320 Central Park Boulevard, Suite 200
Fredericksburg, VA 22401
540-699-0226
joanne@resiliencecounseling.care
www.resiliencecounseling.care
($, F, C, I)

The Men’s Center for Family Counseling
Mr. Michael James Allard, LPC
7915 Lake Manassas Dr, Suite 305
Gainsville, VA 20155
(571) 284-7539
www.menscentercounseling.com
($, F, C, I)

Fountain of Hope Counseling Center, LLC
100 Bridge St., Suite C-2
Hampton, VA 23669
(757) 483-2580
www.fountainofhopeccc.com
($, F, C, I)

Inner Circle, Inc.
Letitia Laurien, LCSW
2204 Executive Drive, Suite A
Hampton, VA 23666
(757) 644-3989
info@letitiaurien.com
www.inncircle-va.net/
($, F, C, I)

DQS Communications Healthcare Group
10 West Queens Way
Hampton, VA 23669
(757) 251-6267
vatherapist@gmail.com
www.virginiatherapist.com
($, F, C, I)
Abundant Counseling Solutions
Ms. Makeyshia Major, LCSW
4004 Genesee Place, Suite 101
Lake Ridge, VA 22192
(571) 989-2284
abundantcounselingsolutions@outlook.com
www.abundantcounselingsolutions.com
($, F, C, I)

A. Lawrence Christian Counseling
Ms. Angelique Lawrence, LCMFT, CASAC, MAMP
7845 Ashton Ave, Suite C
Manassas, VA 20109
(804) 372-5223
www.alcchealth.com
($, F, C, I)

Living Anew Counseling & Consulting, LLC
Ms. April C. St. John, LPC, LMFT
9137 Chamberlayne Rd, Suite 102
Mechanicsville, VA 23116
(804) 467-1488
info@livinganewllc.com
($, F, C, I)

Artisan Counseling
11713 Jefferson Avenue
Newport News, VA 23606
(757) 503 - 2819
www.artisancounseling.com
($, F, C, I)

Hummingbird Counseling Services For Women
Kimtrese Slaughter, LPC
751-A Thimble Shoals Blvd
Newport News, VA 23606
(757) 525-4812
kim@hummingbirdforwomen.com
www.hummingbirdforwomen.com
($, I)
Inner Focus Counseling
Mr. Harry David, LPC
751 Thimble Shoals Blvd, Suite N
Newport News, VA 23606
(757) 367-8388
($, C, I)

Christian Psychotherapy Services
11838 Rock Landing II, Suite 145
Newport News, VA 23606
(757) 873-0735
www.christianpsychotherapy.com
($, F, C, I)

Rock Landing Psychological Group, PLC
11825 Rock Landing Drive
Newport News, VA 23606
(757) 873-1736
www.rocklandingtherapy.com
($, F, C, I)

Christian Psychotherapy Services
142 West York Street
Norfolk, VA 23510
(757) 622-2114
www.christianpsychotherapy.com
($, F, C, I)

The Wellness Collaborative
Dr. Jonathan Smith, Ph.D., LMFT
301 Riverview Ave., Suite 500
Norfolk, VA 23510
(757) 412-7753
drsmith@twcollaborative.com
www.twcollaborative.com
($, F, C, I)
Ford Consulting
Dr. Joe Ford, Ed.D., LCSW
2412 E. Virginia Beach Boulevard, Suite D
Norfolk, VA 23504
(757) 622-7474
www.fordconsulting.org
($, F, C, I, A)

Choices to Change, LLC
Dr. Jessica Brown, Ph.D.
4915 Radford Avenue, Suite 206
Richmond, VA 23230
(804) 616-4149
JBrown@choicestochangellc.com
www.choicestochangellc.com
($, F, C, I)

Virginia Institute of Pastoral Care
2000 Bremo Road, Suite 105
Richmond, VA 23226
(804) 282-8332
vipcare@vipcare.org
www.vipcare.org
($, F, C, I)

First Choice Counseling, LLC
Ms. Brehonda Lewis-Cuff, LPC
406 West Franklin Street
Richmond, VA 23230
(804) 397-6109
1stchoicecounseling@gmail.com
www.1stchoicecounselingservices.com
($, F, C, I)

Margie Smith and Associates, LLC
Ms. Margie Smith, LPC
4915 Radford Avenue, Suite 206
Richmond, VA 23230
(804) 340-2912
drmargie0848@gmail.com
www.drmargiecsmith.com
($, C, I)
Bright Horizons Counseling Services
556 Garrisonville Road, Suite 212
Stafford, VA 22554
(540) 602-7615
support@bhcounseling.net
www.bhcounseling.net
($, F, C, I)

Christian Psychotherapy Services
3897 Bridge Rd, Suite 104
Suffolk, VA 23435
(757) 394-1961
www.christianpsychotherapy.com
($, F, C, I)

Latoya Edwards Psychotherapy & Consulting LLC
Ms. Latoya Edwards, LCSW
114 N Main Street, Suite 102
Suffolk, VA 23434
(757) 384-9640
www.latoyaedwardslcsw.com
($, F, C, I)

Tidewater Child and Family Behavioral Health
Dr. Donald Walker, Ph.D.
3145 Virginia Beach Blvd, Suite 110
Virginia beach, VA 23452
(757) 278-5304
www.tcfbh.org
($, F, C, I)

Christian Psychotherapy Services
4460 Corporation Lane, Suite 100
Virginia beach, VA 23462
(757) 490-0377
www.christianpsychotherapy.com
($, F, C, I)
reEmerge Child Therapy, LLC
Mr. Tenne Wordsworth, LCSW
436 Hospital Drive
Warrenton, VA 20186
(540) 491-4300
www.reemergechildtherapy.com
($, F)

Serenity Family Counseling Services, LLC
Ms. Shalanda Weems, LCSW
3146 Golansky Blvd, Suite 101
Woodbridge, VA 22192
(703) 530-8055
www.serenityfcs.com
($, F, C, I)

National Counseling Group
17 Locations Across Virginia
(877) 566-9624
referral@ncgcare.com
www.ncgcommunity.com
($, F, C, I)
NATIONAL COUNSELING AND MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Free and confidential support for people in distress, 24/7

Disaster Distress Helpline
1-800-985-5990
Immediate crisis counseling related to disasters, 24/7

National Helpline
1-800-662-HELP (4357)
Treatment referral and information, 24/7

American Association of Christian Counselors
The world’s premier Christian counseling network of providers and Christian counseling resources.
www.aacc.net

Substance Abuse and Mental Health Services Administration (SAMHSA)
SAMHSA Treatment Referral Helpline
1-877-SAMHSA7 (1-877-726-4727)
www.samhsa.gov

National Alliance on Mental Illness (NAMI)
NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
www.nami.org
National Institute on Mental Health (NIMH)
Division of National Institute of Health (NIH). Transforming the understanding and treatment of mental illnesses.
www.nimh.nih.gov

National Domestic Violence Hotline
www.thehotline.org
The National Domestic Violence Hotline provides 24/7 counseling and support to victims of domestic violence and abuse at 1-800-799-SAFE (7233).
HELPFUL WEBSITES

PsychCentral
www.psychcentral.com
PsychCentral is an extensive annotated directory of mental health resources, including general information, as well as blogs, online communities, support groups, articles, quizzes and books.

Depression Like Me
www.depressedlikeme.com
The website “Depression Like Me” is home to a “depression library” of articles about types of depression, depression symptoms, causes, treatment, support groups and links to more resources.

The Balanced Mind
www.thebalancedmind.org
The Balanced Mind, a parent network run by the Depression and Bipolar Support Alliance, and provides support and guidance to parents raising children with mood disorders.
ONLINE PROVIDER DATABASES

These online listservs can provide additional options for individuals looking for mental health or clinical resources.

**Psychology Today**
www.psychologytoday.com

**Christian Counselor Directory**
www.christiancounselordirectory.com

**Good Therapy**
www.goodtherapy.org

**Marriage and Family Therapist Locator (AAMFT)**
www.therapistlocator.net
COMMON PROBLEMS ADDRESSED IN COUNSELING*

**Addictions**
Substance abuse and addiction issues are conditions in which a person engages in use of a substance or in a behavior for which the rewarding effects provide a compelling incentive to repeatedly pursue the behavior despite detrimental consequences.

**ADHD**
Attention deficit hyperactivity disorder (ADHD) is a developmental disorder where there are significant problems with attention, hyperactivity or acting impulsively.

**Adjustment Disorders**
The group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after you go through a stressful life event. These symptoms occur because an individual having a hard time coping.

**Anxiety Disorders**
Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person’s life, it may be an anxiety disorder.

**Autism**
Autism spectrum disorder (ASD) is a developmental disorder that makes it difficult to socialize and communicate with others.

**Bipolar Disorder**
Bipolar disorder causes dramatic highs and lows in a person's mood, energy and ability to think clearly.

**Borderline Personality Disorder**
Borderline personality disorder (BPD) is characterized by severe, unstable mood swings, impulsivity and instability, poor self-image and stormy relationships.
Depression
Depression is more than just feeling sad or going through a rough patch; it’s a serious mental health condition that requires understanding and treatment.

Dissociative Disorders
Dissociative disorders are spectrum of disorders that affect a person’s memory and self-perception.

Eating Disorders
When you become so preoccupied with food and weight issues that you find it hard to focus on other aspects of your life, it may be a sign of an eating disorder.

Obsessive-compulsive Disorder
Obsessive-compulsive disorder causes repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions).

Posttraumatic Stress Disorder
PTSD is the result of traumatic events, such as military combat, assault, an accident or a natural disaster.

Schizoaffective Disorder
Schizoaffective disorder is characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as depressive or manic episodes.

Schizophrenia
Schizophrenia causes people to lose touch with reality, often in the form of hallucinations, delusions and extremely disordered thinking and behavior.

*Definitions taken from NAMI website*