

COUNSELING RESOURCES

Adaptive Counseling & Case Management

3298 Veterans Drive, Traverse City, MI 49684

(Phone) 231-715-8466 (Fax) 231-943-2263 (Website) www.adaptivecounseling.com

Insurance Accepted: Aetna, BCBS, BCN, Medicaid, PH, Tricare, call for complete list.

- **Mary Schaub, LMSW** (14+, depression, anxiety, anger, grief/loss, behavior issues, ADHD)
- **Amanda Gough, LMSW** (6+, behavior problems, depression, anxiety, grief)
- **Lisa Lederer, LMSW** (5+, family attachment, trauma-focused, EMDR, equine-assisted therapy)
- **Whitney Krause, LMSW** (16+, anxiety, depression, grief)
- **Melissa Johnson, LLPC** (13+, grief/loss, family therapy, couples therapy)
- **Bree Pederson, LPC** (CBT, DBT, trauma, substance abuse/addiction)

Anchor and Hope Counseling, LLC

2150 S Airport Road W, Suite C, Traverse City, MI 49684

(Phone) 231-818-8483 (Fax) None (Website) None

Insurance Accepted: BCBS, McLaren, Meridian, PH, call for complete list.

- **Marsha Dallas, LPC** (All ages, infant mental health specialist, ADHD, trauma, anxiety, grief)

Answered Prayer Farm

5814 Croy Lake Road NE, Mancelona, MI 49659

(Text) 231-384-5595 (Fax) None (Website) www.answeredprayerfarm.com

Insurance Accepted: BCBS, BCN, PH, sliding scale.

- **Jessica Priest, MA, LLPC**

Atlas to Healing, LLC

3301 Veterans Drive, Suite 114, Traverse City, MI 49684

(Phone) 231-444-5456 (Fax) 866-922-5859 (Website) None

Insurance Accepted: BCBS, PH, select Medicaid, please call for complete list.

- **Kara Holcomb, LMSW** (12 + anxiety, depression, life transitions, short term skill-building therapy)

Bay Area Counseling

3180 Racquet Club Drive, Suite G, Traverse City, MI 49686

(Phone) 231-933-4009 (Fax) 231-933-4032 (Website) www.bay-area-counseling.com

Insurance Accepted: Call for complete list.

- **Mary Kay Trippe, LPC**
- **Kimberly Kelly, PsyD**
- **Miriam Bauer, LMSW**
- **Dianna Johnson, LMSW**

Bethany Christian Services (*Services limited to children who are foster care clients.*)

1055 Carriage Hill Drive, Suite 2, Traverse City, MI 49686

(Phone) 231-995-0870 (Fax) 231-995-0871 (Website) <https://bethany.org/>

Birchwood Psychology

818 Red Drive, Suite 260, Traverse City, MI 49684

(Phone) 231-620-0015 (Fax) 231-227-6490 (Website) www.birchwoodpsych.com

Insurance Accepted: Private Pay only, can provide invoice for insurance reimbursement.

- **Rebecca Swenson, PhD, LCP** (eating disorders, chronic illness, parenting, substance abuse)

COUNSELING RESOURCES

Catalyst Consulting & Counseling

310 W Front Street, Suite 405, Traverse City, MI 49684

(Phone) 231-518-9258 (Fax) 231-216-2793 (Website) <https://thecatalystcc.com/>

Insurance Accepted: BCBS, McLaren, Meridian, Molina

- **Douglas Adam Glick, LMSW** (age 10+, LGBTQ+, anxiety, depression, grief/loss, trauma, SBT)

Catholic Human Services

1000 Hastings Street, Traverse City, MI 49686

(Phone) 231-947-8110 (Fax) 231-947-3522 (Website) <https://www.catholichumanservices.org/>

Insurance Accepted: Accepts most private and Medicaid insurances, call for complete list.

- **(Age 17+, substance abuse, general counseling)**

TC Art Therapy & Counseling: Tara Carroll, MA, LPC

225 W 14th Street, Traverse City, MI 49684 (The Grand Traverse Circuit)

(Phone) 231-421-5963 (Fax) None (Website) <http://www.tc-arttherapy-counseling.com/>

Insurance Accepted: Aetna, BCN, BCBS, Magellan, McLaren, Meridian, Molina, PH

- **(Age 10+, Pediatric Oncology Support Services, anxiety, depression, art/play therapy)**

Community Mental Health

Central Wellness Network

(Benzie/Manistee Counties)

310 North Glocheski Drive, Manistee, MI 49660

(Phone) 877-398-2013 (Fax) 231-723-1504 (Website) <https://www.centrawellness.org/>

24/7 CRISIS HOTLINE: 877-398-2013

North Country Community Mental Health

(Antrim, Kalkaska, Emmett, Charlevoix, Otsego, Cheboygan Counties)

1420 Plaza Drive, Petoskey, MI 49770

(Phone) 877-470-7130 (Fax) 231-347-1241 (Website) <https://www.norcocmh.org/>

24/7 CRISIS HOTLINE: 877-470-4668

Northern Lakes Community Mental Health

(Grand Traverse/Leelanau/Wexford/Missaukee/Roscommon/Crawford Counties)

105 Hall Street, Traverse City, MI 49684

(Phone) 231-922-4850 (Fax) 231-935-3696 (Website) <https://www.northernlakescmh.org/>

24/7 FAST CRISIS HOTLINE: 833-295-0616

Courageous Life Counseling, PLLC

1200 W Eleventh Street, Suite 114, Traverse City, MI 49684

(Phone) 231-493-2111 (Fax) 231-525-2066 (Website) <https://www.courageouslifecounseling.com/>

Insurance Accepted: BCBS, Beacon Health Options, BCN, Cash, PH, United Behavioral Health

- **Dr. Jodi Neumann, DSW, LMSW** (age 13+, anxiety, depression, PTSD, groups)

Embrace Wellness, LLC

10524 Main Street, Honor, MI 49640

(Phone) 231-680-4555 (Fax) 231-227-1068 (Website) None

Insurance Accepted: BCBS, BCN, Medicaid, Meridian, PH, call for complete list.

- **Onika Witzke, LMSW, CCTP** (age 5+, positive parenting classes, trauma)

COUNSELING RESOURCES

Enthrive North Counseling

800 Cottageview Drive, Suite 1074, Traverse City, MI 49684

(Phone) 231-492-0808 (Fax) None (Website) <http://enthrivenorth.com/>

Insurance Accepted: Aetna, BCN, BCBS, Cofinity, Humana, Magellan, McLaren, Meridian, PH, UH, UH Medicaid

- **Daniel Herd, LMSW** (adoption, anxiety, depression, substance abuse)

Goshawk Behavioral Health Services

2240 S Airport Road, Suite C, Traverse City, MI 49686

(Phone) 231-642-4642 (Fax) 231-642-4640 (Website) <http://goshawkbehavioralhealth.com/>

Insurance Accepted: BCBS, Magellan, McLaren, Meridian, PH

- **Paul Winkler, PsyD** (All ages, couples/families, transitions, psychiatric testing/evaluations)

Grand Traverse Psych Associates

3130 Logan Valley Road, Traverse City, MI 49686

(Phone) 231-935-4662 (Fax) 231-935-4399 (Website) None

Insurance Accepted: Call for complete list.

- **Jana Rockne, LPC**
- **Karen Schultz, LPC**

Head & Heart Therapeutic Solutions

810 Cottageview Drive, Suite 101, Traverse City, MI 49684

(Phone) 231-642-2778 (Fax) 231-252-1330 (Website) <https://headandhearttc.com/>

Insurance Accepted: Aetna, BCBS, BCN, Cofinity

- **Jackie Keller, LPC** (age 10-19/adult women, anxiety, depression, life transitions, trauma)
- **Isabel Lorton, LPC** (age 12-18, adolescent identity development)
- **Maristela Zell, PhD, LMSW** (speaks Spanish/Portuguese, reiki, iRest)
- **Gabby Brown, LMSW** (age 16+, anxiety, depression, relationships, couples)
- **Kaylee Patterson, LPC, NCC** (age 8-18/adult women, families, trauma, attachment, grief/loss)

Heeren Family Therapy

12935 S West Bay Shore Rd, Suite 330, Traverse City, MI 49686

(Phone) 231-933-4661 (Fax) 231-346-6032 (Website) <http://www.heerenfamilytherapy.com/>

Insurance Accepted: Aetna, BCBS, BCN, Cigna, Cofinity, Health Alliance Plan (HAP), Health Net, Humana, Messa, Magellan, PH, PH Medicaid, Tricare

- **Allison Heeren, LMSW** (12+, eating disorders)
- **Roy Heeren, LMSW** (8+, eating disorders)

Beth Jerva, LCSW

1200 W Eleventh Street, Suite 218, Traverse City, MI 49684

(Phone) 847-707-9740 (Fax) None (Website) None

Insurance Accepted: BCBS, PH

- **(Age 12+, eating disorders, anxiety, trauma, depression)**

Kids Creek Family Counseling, LLC

5024 N Royal Drive, Suite B, Traverse City, MI 49684

(Phone) 231-276-1999 (Fax) None (Website) <https://www.kidscreekcounseling.com/>

Insurance Accepted: BCBS, PH, Tricare, call for complete list.

- **(10+ counseling staff, please call for details.)**

COUNSELING RESOURCES

Carol Kindt, LMSW

697 Hannah Avenue, Suite C, Traverse City, MI 49686

(Phone) 231-935-1766 (Fax) 231-935-0061 (Website) None

Insurance Accepted: Aetna, BCBS, BCN, Cigna, McLaren, Meridian, Molina, PH, call for complete list.

- **(All ages)**

Emily S. Kohler, LMSW

101 Dame Street, Suite 3, Suttons Bay, MI 49682

(Phone) 231-715-6071 (Fax) 231-241-1087 (Website) <http://emilyskohler.com/>

Insurance Accepted: BCBS, BCN, Cofinity, Meridian, PH, call for complete list.

- **(Infant mental health and family therapy)**

Full Circle Wellness

13300 S West Bayshore Drive, Traverse City, MI 49684

(Phone) 231-735-1116 (Fax) 231-642-9190 (Website) <https://www.fullcirclewellnessmi.com/>

Insurance Accepted: BCBS, McLaren, Medicaid, Meridian, Molina, UH, UH Medicaid

- **Amanda Stowe, LMSW, IMH-E** (infant mental health, play therapy, anxiety, depression)

Lakeview Counseling, PC

333 Grandview Parkway, Suite 403, Traverse City, MI 49684

(Phone) 231-929-0300 (Fax) 231-933-6378 (Website) <https://lakeviewtc.com/>

Insurance Accepted: Aetna, BCBS, BCN, Cigna, McLaren, Meridian, Molina, PH, Tricare, UH, UH Medicaid

- **(All ages, 10+ counseling staff, please call for details.)**

Kathy M. Lanzter, LMSW, RPT

3220 Racquet Club Drive, Traverse City, MI 49684

(Phone) 231-492-3170 (Fax) 231-421-5616 (Website) None

Insurance Accepted: BCBS, Medicaid, Meridian

- **(Age 4+, trauma-focused, EDMR, play therapy)**

Dana Lacross, LMSW

1515 Cass Street, Suite D, Traverse City, MI 49684

(Phone) 231-943-2328 (Fax) 231-943-2327 (Website) None

Insurance Accepted: ASR, BCBS, BCN, McLaren, Meridian, Molina, PH

- **(Age 14+, trauma, PTSD)**

Leelanau Life Counseling: Emily Knapp, LPC

121 E Front Street, Suite 304, Traverse City, MI 49684

(Phone) 231-649-2126 (Fax) None (Website) <https://www.leelanaulifecounseling.com/>

Insurance Accepted: Aetna, BCBS, BCN, Cofinity, Magellan, McLaren, Meridian, PH

- **(Age 6+)**

Mental Wellness Counseling

1844 Oak Hollow Drive, Suite B, Traverse City, MI 49684

(Phone) 231-714-0282 (Fax) 231-216-7921 (Website) <https://mentalwellnesscounseling.com/>

Insurance Accepted: BCBS, Private Pay, call for complete list

- **(All ages, 10+ counseling staff, please call for details.)**

COUNSELING RESOURCES

Michael's Place

1212 Veterans Drive, Traverse City, MI 49684

(Phone) 231-947-6453 (Fax) 231-947-7114 (Website) <https://www.mymichaelsplace.net/>

- (All ages, group grief support programs and services)

Middle Path Counseling, PLLC

13606 S West Bayshore Road, Traverse City, MI 49684

(Phone) 231-944-0632 (Fax) 231-946-6638 (Website) <https://www.middlepathcounseling-tc.com/>

Insurance Accepted: Aetna, BCBS, McLaren, Meridian, Molina, PH, United Healthcare

- **Steven McCleary, ACSW, CAADC, ADS** (12+, trauma, PTSD)

Mindful Life Practice, LLC

221 Garland Street, Suite J, Traverse City, MI 49684

(Phone) 231-486-0805 (Fax) None (Website) <http://www.mindfullifepRACTICEtc.com/>

Insurance Accepted: BCBS, BCN, ChampVA, McLaren, Meridian, Molina, PH, Tricare

- **Stephanie Berger, CSW, LMSW** (12+, DBT)
- **Linda Smith, LMSW, TFCBT** (age 3+, grief/loss, foster care/adoption, trauma, CBT)

Kerri Moses, LMSW

101 Dame Street, Suite 4, Suttons Bay, MI 49682

(Phone) 231-486-0043 (Fax) None (Website) None

Insurance Accepted: Aetna, BCBS, BCN, Cigna, Cofinity, McLaren, Medicaid, Meridian, Molina, PH, Tricare, UH, UH Medicaid

- (Anxiety, depression, ADHD, grief/loss, transitions, trauma, CBT)

Northern Michigan Psychiatric Services, PC

934 S Garfield Avenue, Suite A, Traverse City, MI 49686

(Phone) 231-935-0355 (Fax) 231-935-0360 (Website) <https://nmpspc.com/>

Insurance Accepted: Does not contract but will courtesy bill. Payment due at time of service.

- (Age 3+, psychiatric evaluations and medication management)

Ann O'Donnell, PsyD

2150 W South Airport Road, Suite A, Traverse City, MI 49684

(Phone) 231-929-9511 (Fax) None (Website) <https://www.annodonnell.com/>

Insurance Accepted: BCBS, PH, call for complete list.

- (Infants, young children, families, parenting)

Old Town Psychological Services

512 S Union Street, Traverse City, MI 49684

(Phone) 231-941-6550 (Fax) 231-941-8981 (Website) <https://oldtownpsych.com/>

Insurance Accepted: Aetna, BCBS, BCN, Cigna, Messa, Most Medicaid Plans, PH, Tricare, UH

- (Age preschool +, 10+ counseling staff, please call for details.)

Pine Rest

1050 Silver Drive, Traverse City, MI 49684

(Phone) 231-947-2255 (Fax) 231-947-5982 (Website) <https://www.pinerest.org/>

Insurance Accepted: Aetna, BCBS, Cofinity, McLaren, Meridian, Molina, PH, UH Medicaid, call for complete list.

- (All ages, 10+ counseling staff, please call for details.)

COUNSELING RESOURCES

Aven Purcell, MA, LPC, NCC

1212 Veterans Drive, Suite 205, Traverse City, MI 49684
(Phone) (231) 272-2106 (Fax) None (Website) None

Insurance Accepted: Cash only

- **(Teens+, anxiety, depression, life transitions)**

Roots Counseling & Consultation, LLC

856 E. Eighth Street, Suite 1, Traverse City, MI 49686

(Phone) 231-577-6676 (Fax) 833-596-1566 (Website) www.rootscounseling.com/home

Insurance Accepted: BCBS, BCN, Cigna, McLaren, Meridian, Molina, Optum, United Healthcare

- **Allison Wilson, MS, LPC** (age 3+, trauma, foster care/adoption, TF-CBT, EMDR, equine therapy)

Andrea Russell, LMSW, PLLC

800 Cottageview Drive, Suite 1076, Traverse City, MI 49684

(Phone) 231-218-6664 (Fax) None (Website) None

Insurance Accepted: BCBS, McLaren, Meridian, PH, call for complete list.

- **(All ages, trauma, pregnancy/perinatal, women's issues)**

Trisha Short, MA, LPC, IMH-E (II)

800 N Cottageview Drive, Suite 1020-D, Traverse City, MI 49684

(Phone) 231-313-0773 (Fax) None (Website) www.trishashort.com

Insurance Accepted: CASH ONLY

True North Counseling, LLC

1200 W 11th Street, Suite 217, Traverse City, MI 49684

(Phone) 231-342-5232 (Fax) None (Website) <https://truenorthcounselingtc.com/>

Insurance Accepted: Call for details.

- **Eric LaPaugh, LPC, NCC** (youth+, "walk and talk" therapy)
- **Corey Hansen** (youth+, sensory-focused outdoor education)

West Bay Counseling, LLC

1200 W Eleventh Street, Suite 230, Traverse City, MI 49684

(Phone) 231-518-9237 (Fax) None (Website) None

Insurance Accepted: BCBS, BCN, McLaren, Meridian, PH, call for complete list.

- **Michelle Neumann, LMSW** (age 2+, attachment, trauma, adoption, EMDR, brainspotting, play therapy)

Youth Health & Wellness Center:

<https://www.gtcountymi.gov/742/Youth-Health-Wellness-Center>

Online Eating Disorder Support Group:

<https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/>

Online Tool for Finding Counseling/Therapy:

<https://www.psychologytoday.com/us/therapists>

Perinatal Support Alliance:

(Warm Line) 231-714-0353 (Support Groups) 2nd Tuesday of the Month, 10-11am, The Commons

- Register at <https://www.perinatalsupportalliance.org/register-for-support-group>