



Counseling Resources

Penelope Rivera, MA, LPC

Live Free Counseling

<https://livefreecounselingservices.com/>

(480) 662-6708

Specializes in individual counseling with adolescents, teens, and adults, as well as family counseling. Other specializations include trauma/abuse issues, depression, anxiety, spiritual issues, anger, grief, and relationship issues.

Sara Malcolm, LAC

<https://www.saramalcomwellness.com/>

saramalcom@gmail.com

712-898-3185

Trained in EMDR, specializes in teenagers, depression, low self-esteem, general anxiety, social anxiety, relationship/friendship challenges, self harm, suicidal ideology, addiction, childhood trauma, codependency, body image issues, trauma, and eating disorders.

Raymond E Branton, PsyD

Professional Counseling Associates

<http://pcaaz.com/>

480-730-6222

Marriage and Family Therapy, Individual Counseling, Psychological Evaluations, Adolescent and Family Counseling, Forensic/Court Evaluations, Substance Use/Addiction Counseling.

Stephanie Butler, MFT

office@stephaniebuttermft.com

<https://www.stephaniebuttermft.com/>

480-213-9296

EMDR, Couples, Families, Individuals, Teens

Teresa Lewis-Teskey Ph.D., LPC, NCC

SonRise Christian Counseling

sonrisecounseling.com

480-830-8299

Specializes in counseling with individuals, couples, families, and children, Anger Management, depression

Family Strategies Counseling Center

480-668-8301

<https://familystrategies.org/>

Family counseling, group therapy for teens, addictions, recovery programs, suicide prevention.

Lynne Paasch

Biblical Counseling of Arizona

<https://www.biblicalcounselingaz.org/>

480-254-9463

Specializes in individual counseling with adolescents, teens, and adults, as well as family counseling. Specializes in trauma/abuse issues, depression, anxiety, spiritual issues, anger, grief, self-harm, post abortion struggles, same sex attraction concerns and relationship issues.

Jen Oetjen

Jen Oetjen, M.S., LPC

<https://jenoetjen.com/>

<https://jenoetjen.com/contact>

Specializes in blended families, depression, family systems, mood and personality disorders, spiritual issues, and much more.

Additional sites:

<https://journeycounselingaz.com/>

<http://www.lifesongcounselingcenter.com/index.html>

<https://teenlifeline.org/> 602-248-8336

<https://crisis.solari-inc.org/> 844-534-4673

**Mind247**

844-MIND247

Walk-in services that allow all individuals to see a licensed mental health clinician immediately.

<https://www.mind24-7.com/>

Copper Springs East

602-562-4937

Copper Springs provides mental health and substance use treatment. Offers emergency, inpatient and outpatient treatment. Walk-ins accepted 24/7

Gilbert, AZ

<https://coppersprings.com/>

St. Luke's Behavioral Health Center (24hrs/7days)

602-251-8535

If your child or teen is depressed, has suicidal intentions, anxiety, hallucinations, paranoia, mood swings, or destructive anger, they may need additional support and treatment to help them get through this difficult time.

<https://www.stlukesbehavioralhealth.org/>

Oasis Behavioral Health

866-347-4019

Oasis Behavioral Health Hospital helps individuals struggling with mental health disorders & drug addiction build a strong foundation for long-term recovery.

<https://www.obhhospital.com/>

Aurora Behavioral Health

877-870-7012

Through compassionate care, clinical excellence, and individualized treatment, Aurora Behavioral Health System is dedicated to serving the behavioral health and addiction treatment needs of Arizonans.

<https://www.auroraarizona.com/>

Quail Run Behavioral Health

602-455-5700

It is our mission that Quail Run Behavioral Health consistently provides a supportive, compassionate and innovative environment of patient centered care.

<https://quailrunbehavioral.com/>

Meadows Ranch Programs for Anorexia and Bulimia

866-331-5926

We offer inpatient, residential, and partial-hospitalization levels of care for women and girls struggling with anorexia, bulimia, binge eating disorder, obesity, compulsive overeating, and related issues.

<https://www.meadowsranch.com/>

National Suicide Prevention Lifeline 800-273-8255 OR 988

Alcoholics Anonymous of East Valley Intergroup 480-834-9033

La Frontera, EMPACT Suicide Prevention Center 480-317-2213