



Counseling Resources

Majo Birdsall, MS, LPC

Building Bridges Collective

<https://buildingbridgescollective.com/>

(602) 341-5246

Specializes in trauma, grief and provides support to athletes. Works with children, adolescents and adults.

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

Family Strategies Counseling Center

480-668-8301

<https://familystrategies.org/>

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

Sara Malcolm, LAC

Sara Malcom Counseling

<https://www.saramalcomwellness.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.

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.

Katie Plukas, MAC, LAC

Christian Counseling Services

<https://christiancounselingservicesaz.com/counselors/katie-plukas/>

Specializes in therapy to adults, children, and adolescents, and bring experience in helping trauma, anxiety, depression, OCD, relationship issues, identity, shame, spiritual abuse, crisis of faith, and many other challenges.

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.

Amy Wesson, MAS, LAMFT, CCLS

Collaborative Counseling Institute

<https://collabcounselors.com/>

602-821-2577

Experienced supporting children and parents through trauma, loss, diagnosis, anxiety, life transitions and adjustments.

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/>

Agave Ridge Behavioral Hospital

480-780-0211

Agave Ridge Behavioral Hospital offers developmentally appropriate care for adolescents ages 12-17 who are suffering from behavioral health disorders, substance use disorders, and co-occurring concerns.

<https://www.agaveridgebehavioral.com/programs/adolescent-inpatient/>

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/>

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