



Community Therapy/Counseling Resources

****You can also search on your insurance website for mental health agencies that are covered under your insurance****

Psychology Today

Use Psychology Today to find local counselor/therapist in your area:

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

Southwest Behavioral Health

Phone: 602-696-4287

Email: rebeccag@sbhservices.org

Website: [http://www. sbhservices.org/school-based](http://www.sbhservices.org/school-based)

Services Provided: The school and community-based counseling services (SCCS) program is a department within Southwest Behavioral Health that provides comprehensive behavioral health services to youth and families in school and community settings.

Specialties: Individualized Assessments, Individualized Service Plans (ISP), Individual and Family Counseling, Psychoeducational and Therapeutic Groups, Community Outreach, Resource Development, Child and Family Team Process (CFT)

Population: Children & families

Payment: AHCCCS, KidsCare, private insurance

New Horizon Community Care

Phone: 602-671-3326

Website: <https://newhorizonaz.org/>

Services Provided: The primary goal is to provide effective, strength-based, client specific services in order to assist them in working towards goals they set for themselves. Each member of the clinical team possesses different strengths and areas of expertise.

Specialties: outpatient Services, Clinical Services, Therapy Services, Residential Services, various groups, and DUI program.

Population: children, adolescents, & families

Payment: self-pay, pricing under their service tab on website.

Santan Behavioral Health

Phone: 480-507-3644

Website: <https://www.santanbhs.com/>

Services Provided: Counselors work with children, adolescents, and young adults and families in their schools, homes and/or communities to help decrease stress and increase positive behaviors while improving familial relationships. Counselors use a variety of techniques including play therapy, cognitive behavioral therapy, and client centered approaches.

Specialties: Assessments/Treatment Planning, Substance Abuse/Addiction Counseling, Family Therapy, and Individual and Group Counseling

Population: Children, Adolescents, & Families

Payment: Not listed on website

ASU Clinical Psychology Center (CPC)

Phone: 480-965-7296

Website: <https://psychology.asu.edu/clinical-psychology-center>

Services Provided: Psychotherapy for anxiety, depression, stress, anger, relational problems, ADHD, child and family problems, and adjustment to health problems. Group therapy programs such as social skills, coping skills, mindfulness, and depression prevention.

Specialties: Evaluations, Assessments, Individual Therapy, and Group counseling.

Population: Children, Adolescents, & Adults.

Payment: private, sliding scale, set fees for assessments. Pricing on website.

Infinite Healing & Wellness

Phone: 480-448-1076

Email: info@infinitehw.com

Website: <https://www.infinitehealingandwellness.com/>

Services Provided: Wide variety of counseling and therapy for individuals, children, and families.

Population: This agency has several therapist and counselors that you can read about on their website. Please see website for more information on each provider.

Payment: Not listed on website

Family Service Agency

Phone: 602-726-4328

Email: intake@fsaphoenix.org

Website: <https://fsaphoenix.org/>

Services Provided: Provides psychotherapy to address interpersonal, marital, and social adjustment. Provides in-person and telehealth therapy for individuals, families, couples, and groups.

Specialties: Outpatient Counseling, Group Counseling, Medication Management, and Substance Use Disorder Treatment.

Population: Children (6 years & older), Adolescents, & Adults

Payment: Sliding Scale

Catholic Charities Community Services (Counseling Program)

Phone: 602-749-4405

Website: <https://www.catholiccharitiesaz.org/all-locations/counseling>

Services Provided: Provides counseling for individuals, families, couples, children and adolescents dealing with emotional, physical, sexual and verbal abuse; anger management, anxiety, depression, divorce, marriage, grief, loss, parenting, stress management, and substance abuse.

Population: Children, Adolescents, and Adults

Payment: Services are fee-based with a sliding scale based on ability to pay

Journey's Counseling Center

Phone: 480-656-0500

Email: contact@journeycounselingaz.com

Website: <https://journeycounselingaz.com/>

Services Provided: Provides individual, couples, family, and group therapy. Offers support and guidance for children and families. Several counselors who specialize in connecting with children and families and working with caregivers on strategies for supporting their children.

Payment: Not listed on website

Family Involvement Center

Phone: 602-412-4095

Email: info@familyinvolvementcenter.org

Website: <https://www.familyinvolvementcenter.org/help-me-counseling>

Services Provided: Counseling services at the Family Involvement Center offices in Phoenix. Bilingual services available. In-home counseling services are offered.

Specialties: Stress, Anxiety, Depression, Relationships, Understanding a Diagnosis, Alcohol, Drugs, Family Issues, Abuse, Career Change, Self-Esteem, Trauma, and Parenting

Population: 18 years and older

Payment: All services are free when you enroll in AHCCCS.

Jewish Family & Children's Services (JFCS)

Phone: 602-279-7655

Website: <https://www.jfcsaz.org/our-services/family-youth-children/>

Services Provided: Medical, Behavioral and Counseling Services. Provides individual, group, and family therapy to address mental health and substance use disorder issues. Clinicians are trained in trauma informed approaches, motivational interviewing, cognitive therapies, and person centered therapeutic approaches that are solution focused.

Population: All Ages, young children to adults

Payment: Private Pay, AHCCCS, Private Individual or Group Insurance, Employee Assistance Program (EAP), Sliding Scale, Scholarship

A New Leaf (Dorothy B. Mitchell Counseling Center- DBMCC)

Phone: 480-969-6955

Website: <https://www.turnanewleaf.org/services/health-and-wellness/dorothy-b-mitchell-counseling-center/>

Services Provided: Counseling, Case Management, Medication Management, & Support Services

Specialties: ADHD, depression, anxiety, adjustment disorders, relationship issues, substance use, and trauma -related issues such as abuse, neglect, and domestic violence.

Population: Youth, Adults, & Families

Payment: AHCCCS

Jill Fishburn Counseling, LLC

Phone: 602-206-1911

Email: info@jillfishburncounseling.com

Website: <https://www.jillfishburncounseling.com/>

Services Provided: Works with a wide range of emotional and behavioral issues.

Specialties: Therapy for depression and anxiety, family therapy, parenting support, grief counseling, trauma recovery, work & career issues, stress management, difficult childhood behaviors, and conflict resolution

Population: Children, Adolescents, Adults, & Families

Payment: Payment information on Website. Accepts Aetna and Blue Cross Blue Shield Insurances.

Empact SPC- La Frontera (Child & Family Program)

Phone: 480-784-1514 ext. 1048

Website: <http://www.sbhservices.org/school-based>

Specialties: Counseling, psychiatry, group therapy, behavior management, peer support, case management, health education

Population: Children, Adolescents, Adults, and Families

Payment: Aetna, Allstate Benefits, Allwell, Ambetter, Arizona Complete Health, Banner Health, Banner Health & Aetna, Blue Cross Blue Shield, Cigna Healthspring, Coventry, AHCCCS, Humana, Medicaid, MercyCare, Meridian Choice Health Plan, Molina,

Arizona Marriage & Family Therapy Clinic

Phone: 480-282-8778

Website: <https://azmftclinic.com/>

Services Provided: Team of professionals who provide individual, couple, children, and family therapy services.

Specialties: Communication Difficulties, Relationship Conflict, Child/Adolescent Behavior, Divorce/Separation Adjustment, Grief & Loss, Life Transitions and Changes, Parenting, Foster Care & Adoption Processes, Stress, Anxiety, Trauma & Resiliency, School/Work Performance Problems, Navigating Medical diagnosis.

Population: Children, Adults, & Families

Payment: Free consultation. Fees range from \$40-&120/hr

Crestview Child Counseling, LLC

Phone: 480-616-4141

Website: <https://www.crestviewchildcounseling.com/>

Services Provided: Provides child therapy services for children experiencing social, emotional, and/or behavioral challenges. These challenges include emotional outburst, uncooperative and aggressive behaviors, difficulty managing emotions, and decreased self-confidence.

Specialties: Anger, Aggression, Anxiety, Behavioral Issues, Decreased Self-Confidence, Emotional Distress

Population: Children ages 4-12 years

Payment: Aetna, Arizona Care Network, Blue Cross Blue Shield, Intel Connected Care, and Health Plans, Inc insurance plans are currently accepted and claims will be submitted directly. Self-pay rates for individuals without insurance are \$135 for counseling sessions and \$165 for parent meetings

Solutions 4 Kids-Child Therapy

Phone: 480-861-9624

Website: <https://solutions4kids.org/>

Services Provided: Utilizes an integrative and collaborative approach when working with children ages 4+ years old. Provides Play Therapy, Sand Tray Therapy, Art, and Cognitive Behavioral Therapy. Supports families by helping parents implement behavior plans to help facilitate positive change at home/school, motivating children to change previous unhelpful behavior patterns, while also encouraging children to utilize new skills developed in counseling sessions.

Specialties: Challenging behaviors, anxiety, withdrawal, adjusting to change, family issues, peer relationships, social skills, healthy coping, communication skills, depression, stress management, self-esteem issues.

Population: Children (4-18 years old)

Payment: Aetna, Blue Cross Blue Shield, United Healthcare, UMR, self-pay: 50-minute session- \$110

Touchstone Behavioral Health Services

Phone: 866-207-3882

Website: <https://www.touchstonehs.org/>

Services Provided: Child and Family Team meetings (CFT), Case Management, Family Support and Resources, Individual Counseling, Family Therapy, Group Therapy, Psychiatric Services, Prevention Services, and High-Needs Case Management (HNCM)

Specialties: Anxiety, Depression, Parenting Support/Skills, ADHD, Anger Management, Emotional Regulation, Trauma, Self-Harm, Suicidal Ideation, Substance Abuse,

Population: Children, Adolescents, & Families

Payment: Not listed on Website

Terros

Phone: 602-685-6000

Website: <https://www.terroshealth.org/counseling-services/>

Services Provided: Health Assessments, Treatment Planning, Care Coordination, Individual, Couples, Family & Children Counseling, Parenting Skills, Medication Services, Group Therapy, and Substance Use Treatment

Population: Children, Adolescents, & Families

Payment: Not listed on Website

Arizona's Children Association (AzCA)

Phone: 602-243-3733

Website: <https://www.arizonaschildren.org/services/behavioral-health-trauma-crisis-response/>

Services Provided: Provides trauma informed care in-home, community, school, offices or via telehealth.

Specialties: Counseling, Family Support Services, Psychiatric Services, Medication Management, Skill Building, Behavior Management, Case Management

Population: 0-21 years old

Payment: AHCCCS & Self-pay

Child Crisis Arizona

Phone: 602-273-7363

Website: https://childcrisisaz.org/what-we-do/education-and-tools-for-families/counseling/?doing_wp_cron=1680637991.7456469535827636718750

Services Provided: Helps children develop new skills and coping strategies to help them be successful in their day-to-day activities. Provides therapy to give families support in providing children with a safe, loving, and structured environment.

Specialties: Trauma-Focused Cognitive Behavioral, Dialectical Behavioral Therapy, Art Therapy, Substance Abuse Therapy, Sand Tray Therapy, Play Therapy, Cognitive Behavioral Therapy

Population: Children, Adolescents, & Families

Payment: Not listed on Website

Community Christian Behavioral Health

Phone: 480-521-8420

Website: <https://myccbhs.com/>

Services Provided: Group of Christian Counselors who offer counseling services from a trauma perspective to assist people in facing challenges of life

Specialties: Depression, Grief, Fear, Anxiety, Trauma Recovery, Christian Counseling, Telehealth Counseling

Payment: Not listed on Website

Southwest Human Development

Phone: 602-200-0434

Website: <https://www.swhd.org/programs/disabilities-services/psychology-and-counseling/>

Services Provided: Child and Family Counseling, Psychological Evaluations, Psychiatric Evaluations, Medication Management, Parent-Child Groups, Play Therapy

Population: Children, Adolescents, & Families

Payment: Not listed on website

*** For more information on this funding, go to the AHCCCS website:
www.azahcccs.gov/AHCCCS/Initiatives/BehavioralHealthServices***