

*During the COVID-19 pandemic, not all services may be available or  
may be available via telehealth only*

## Community Counseling Resources

### **Careline (Telephone Assistance)**

[www.carelinealaska.com](http://www.carelinealaska.com)

om 452-4357 in

Fairbanks

1-877-266-4357 in Alaska

1-800-273-8255 National Crisis Line

24/7 Text: 839863 Tue-Sat, 3-11pm

App:

<https://carelinealaska.com/get-the-app-2/>

Alaska's LGBTQ Helpline: Identity

[www.identityinc.org](http://www.identityinc.org)

258-4777 or 888-901-9876 between  
6-11 p.m., seven days a week

National LGBTQ Helpline for Youth:

The Trevor Project

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

1-866-488-7386 27/7/365

Text: Trevor to 1-202-304-1200 Fri

1pm-5pm

Chat: online 7 days a week,

12pm-6pm PT

(<https://www.thetrevorproject.org/get-help-now/#tc>)

### **Arctic Pathways, LLC**

799-7695

[www.arcticpathways.com](http://www.arcticpathways.com)

Christopher Brown, PsyD.

Psychological testing for children,

Adolescents, and adults. Referrals only.

Aetna (and organizations that use

Aetna, such as Christian Brothers and  
Meritain), Medicaid/Denali

KidCare/Denali Care, Premera BCBS

### **Abundant Life Counseling**

919-200-3774

Kristi Wood, LCSW

\*Depression, anxiety, Christian life,  
anger management, insomnia\*

Tricare, BCBS, Aetna

### **FYNDout Free Pregnancy Center**

455-8255

Tue-Fri, 10-3pm (Maria's Boutique:  
Tue/Thur, 10-2pm)

All services are free or earn while you  
learn: Pregnancy concerns, pregnancy  
tests, ultrasound, parenting &  
pregnancy classes, post-abortion,  
adoption, baby supplies; limited  
emergency clothing

### **Clear Sky Counseling**

479-3411

Karin Gillis, LPC

Kids, teens, and adults. EMDR, brain  
spotting.

\*BC, Premera, First Choice Health\*

### **Clearwater Counseling**

457-6002

Dave Bates, LPC

Jamie Darcy-Dowler, NCC, LPC, MAC

[www.clearwatercounselingak.org](http://www.clearwatercounselingak.org)

Depression, relationships, sexual  
disorders, anger management/anger  
management assessments, anxiety,  
trauma, alcohol assessment  
BCBS, Tricare; no Medicaid/medicare;  
typically private pay

### **Counseling & Therapy Services**

590-8384

[www.counselingandtherapyservices.com](http://www.counselingandtherapyservices.com)  
Cathy Weeg, LPC (590-8384)

Jennifer Danhauser, LPC (978-4978)  
DBT services (individual and group),  
EMDR, emotional instability,  
interpersonal difficulties, depression,  
anxiety, grief and loss, trauma, life  
transitions, sexual identity and gender  
issues, exposure therapy Preferred  
providers for BCBS, take all other  
insurance except  
medicare/Medicaid/Denali Kid Care

### **Dellie Dickinson, LPC**

460-2166

\*Women's issues, relationship  
counseling, depression, abuse\*

### **Douglas Pomeroy, PhD**

457-1744

M-F, 9-5pm

Tricare, All Blue Cross (in and out of  
state), Aetna, Union Insurance –no  
Medicaid

\*general practice, no psy testing

### **Fairbanks Biofeedback & Counseling**

452-4405

[www.msfbc.com](http://www.msfbc.com)

Mike Schmoker, LCSW

\*Depression, anxiety,  
relationships, self-regulation,  
biofeedback training,  
stress-related health disorders, chronic  
pain, stress management, PTSD, crisis  
intervention, coping skills, relaxation  
tapes\*

### **Alaska Behavioral Health (Fairbanks & Anchorage sites)**

371-1300

<https://alaskabehavioralhealth.org/>

Walk-in appoints M-F 8am-5pm

\*No referral required.

\*Prescribing physicians

\*no testing

Accepts Medicaid/private insurance,

has sliding scale, Tricare

### **(Formerly Fairbanks Community Mental Health Services)**

### **Fairbanks Psychiatric and Neurological Clinic**

452-1739

[www.brainclinic.com](http://www.brainclinic.com)

Dr. Alisabeth Thurston-Hicks,  
Psychiatrist Dr. Ronald Martino,  
Psychiatrist  
Sally Caldwell, LPC (accepts Tricare)  
\*has prescribing physicians, psy testing,  
ADHD testing with referral  
All forms of Blue Cross, Tricare, United  
Healthcare, Moda, and Union  
Insurance. Medicaid & Medicare for  
neurology only.

### **Fairbanks Veteran Affairs Clinic**

907-361-6370

M-F, 7:30-4pm

### **Fairbanks Veteran's Center**

456-4238

1-800-273-8255 (Crisis Line)

[www.va.gov](http://www.va.gov)

M-F, 8-6pm

\*individual, group & family counseling  
for military issues, grief & loss, military  
sexual trauma counseling & referral,  
substance abuse assessment & referral.

### **Family Centered Services of Alaska**

474-0890

M-F, 8-5pm

[www.familycenteredservices.com](http://www.familycenteredservices.com)

\*residential treatment, foster care,  
respite care, group homes,  
co-occurring disorders. 5-18 years old\*

### **Grace in Motion**

452-4673

M-F, 9-6pm

[www.graceinmotioncounseling.com](http://www.graceinmotioncounseling.com)

Paige Metzgar, LPC

Damaris Bronson, MA (intern)

\*individual & family counseling, anger

management, depression, anxiety, grief & loss, family violence, marital concerns, childhood abuse, body image\*

Accepts private

insurance/Tricare/sliding scale. No medicare, medicaid

Intake: \$270

Ongoing:

\$25-\$200

### **Headwaters Wellness & Counseling**

456-2256

[www.headwatersfairbanks.com](http://www.headwatersfairbanks.com)

[m](#) Liz Pawelko, LPC

\*chronic pain, anxiety, eating disorders, PTSD, personality disorders, LGBTQ issues, parenting, forensic mental health evaluation

Pay at time of service with cash or personal check which may be reimbursed by insurance

Mental Health Assessment: \$500

Substance Abuse Assessment: \$200

Ongoing Sessions: \$125-200

### **Holistic Medical Clinic**

451-7100

[www.holisticmedicalclinic](http://www.holisticmedicalclinic.us)

[.us/](#) M-F, 9-5pm

Dr. Beth Laughlin

Dr. Suzette Mailloux

Naturopathic doctors, not medical doctors Olivia Foote, LPC - \*anxiety, depression, ADD, trauma\*

\*Hypnosis, Hypnotherapy, acupuncture, therapeutic massage, detox,

psychotherapy, stress management\*

Aetna, Blue Cross, Union

### **Continuing Hope Counseling**

451-8208

[www.continuinghope.org](http://www.continuinghope.org)

John DeRuyter, PsyD

Valerie Gifford, PhD

Jessica McKay, PhD

Rachel Higgins, LCSW

Nikki Baird, MS (student therapist)

\*addictions, depression, anxiety,

PTSD, self-esteem, relationship

issues, parenting\* Accepts private

insurance, Blue Cross, Tricare, client assistance program

### **Hospice of the Tanana Valley**

474-0311

Sally Fenno

### **IAC:Center for Nonviolent Living**

452-2293

1-800-478-7273

[www.iacnvl.org](http://www.iacnvl.org)

Open 24 hours

\*Domestic violence, sexual assault, advocacy, support, housing, legal advocacy\*

### **Interior Community Health Center**

455-4567

[www.interiorhealthalaska.com](http://www.interiorhealthalaska.com)

Hayley Allison, PsyD (prescribing psychologist)

Roberta Gastineau, LCSW (12 sessions/year)

\*mild depression, drug/alcohol abuse, chronic disease mgmt.\*

Adults only and must be currently established for primary care

Accepts sliding scale/Medicaid/private insurance

### **Jennifer Hood, LPC**

750-8831

\*autism, PTSD, eating disorders, ADD/ADHD, FAS, anxiety, depression, learning disabilities, mood disorders\*

### **Kevin Lankford, MA**

456-1620

Psychological assessments

### **LEAP**

452-2473

[www.leapfbks.com](http://www.leapfbks.com)

[m](#) Lisa Hay, LCSW

4 other counselors available as well

\*domestic violence, abuse, trauma, grief, depression, anxiety, anger management, Group counseling\*

### **Lisa Root, PsyD, LPC**

312-2716

\*trauma, PTSD, grief & loss, role identification, gender, sexuality, LGBTQ, behavior modification, individuals, couples\* Accepts private insurance. No Medicaid/Medicare

**Lynn Harrison, LMFT**

479-8450

M-F, 4pm-8pm

Tricare, private insurance (Depends on diagnosis and must be on provider list), some EAP

**Making a Difference Support Services**

Crystal McCormick, LCSW P

341-4869

F 371-1828

Tue-Thu 10am-5pm Fri

10am-2pm

\$180-\$230 per session

\*Depression, anxiety, coping skills, spirituality\*

Accepts Aetna, Blue Cross, Medicare, Tricare, WPS, Meridian, ComPsych, Magellan Behavioral Health, sliding scale

**Michael Magowan, LMFT**

452-6522

Individuals, couples, groups BCBS

**Military & Family Life Consultant Program**

382-8909

382-0594

351-4781

382-1407

382-0597

382-2799

**New Life Counseling**

322-6940

[www.newlifecounselingak.com](http://www.newlifecounselingak.com)

Terry Kelly, LPC

\*EMDR certified, PTSD, trauma

**Northwind Behavioral Health, LLC**

456-1434

<https://northwindbehavioral.com/>

Cathy Johnson, NP Elizabeth

Kraska, LPC Michael

Hollingsworth, LPC Mark

Shields, LCSW

Medication management, adults/teens, couples, family, anxiety, depression, PTSD, SAD, ADHD, has prescribing physician Monday-Thursday, 9-6pm Private Insurance

**Parent Warm Line**

452-4588

726 26<sup>th</sup> Avenue Ste 2

Parenting questions

**Rachel Kacsur, LCSW**

322-3286

EMDR certified

Anxiety, depression, chronic illness, adult survivors of child abuse, infertility and adoption

Private insurance (Check insurance before calling) no sliding scale, no Medicare or Medicaid

**Ralph Perdue Center**

452-6251

<https://www.fairbanksnative.org/our-services/behavioral-health/ralph-perdue-center/>

\*drug and alcohol treatment

**Resource Center for Parents & Children**

456-2866

726 26<sup>th</sup> Avenue

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

support groups, parenting classes, WIC assistance

**Spruce Wind Healing Arts**

378-0573

Sally

Fenno

M-F

\$60/session

Does not accept insurance

\*Grief, growth, trauma, change

**Susie Diane Gilbreath, LMFT**

388-6128

Monday-Saturday

**Tanana Chiefs Conference Behavioral**

**Health**

452-8251 ext. 3800

[www.tananachiefs.org](http://www.tananachiefs.org)

**Tanana Valley Clinic**

459-3500

M-F, 8-5pm

[www.foundationhealth.org/tvc](http://www.foundationhealth.org/tvc)

459-3500

***TVC 1st Care (1101 Noble Street)***

458-2682

8am-8pm (7 days a week)

Telemedicine services: 8am-8pm

***TVC 1st Care West (510 Riverstone Way #3)***

458-2655

M-F 8am-5pm

**Turning Point Counseling Services**

374-7776

M-Th, 9am-6pm

F, 8am-5pm

[www.turningpointcounselingservices.com](http://www.turningpointcounselingservices.com)

Joseph Nowell, LPC

Gunnar Ebbesson, LPC

Jonathan Miller, LPC Amy

Carlson, LCSW Danielle

Burke, M Ed. Holly

Sanborn, MA

Claire Gelvin-Smith M.Ed, M.A

Elizabeth Sewell, LPC

Ashley Kelley, MS

Justin Knowles, MSW

Krista Zody, M.Ed.

Patricia Cooper, LPC

Mary Elkins, MA

Accepts Tricare/Blue Cross/Private pay

\*intensive outpatient program for

substance abuse, individual therapy,  
brainspotting, family therapy,  
equine-assisted therapy

**UAF Student Health & Counseling Center**

474-7043

Students receive 6 free sessions/semester  
with Health Services fee

\$25 for extra sessions

\$25 No Show fee

**UAF Community Mental Health Clinic**

474-1999

<https://www.uaf.edu/mentalhealth/>

Gruening Room 215 (one floor below entry)

Fall 2021: T, 9am-3pm, W, 2pm-8pm, Th,

9am-3pm

Initial screening free

\$10 per session after screening

**UAF Dept of Military & Veterans Services**

Eielson Building, Rm 104

\*Tutoring, professional development, help  
with paperwork, military educational  
benefits, etc\*

**Uncommon Therapy**

459-8200

Text: 388-8963

Larry Moen,

LPC M-F,

9-6pm

Accepts private insurance, no

Medicaid/Medicare

**Wendell Street Psychiatric Services**

455-4135

Dr. Mikki Barker,

Psychiatrist

M-F, 7am-4pm,

Sat, 9am-12pm

Private insurance

\*prescribing physician

No Medicare/Medicaid

## Support Groups

### Zion Lutheran Church

347-3564

2982 Davis Rd.

<http://www.zionfairbanks.org/home>

Various support groups, visit their website to view the calendar and descriptions

### Arctic Resource Center for Suicide Prevention

816 28th Ave

Fairbanks, Alaska 99701

1-907-987-6829

Please call for appointments

[www.arcsp.org](http://www.arcsp.org)

### Friends Community Church

452-2249

1485 30 th Ave.

Celebrate Recovery – Thursday’s @

6:30pm

Various small groups

[www.friendschurch.org/celebrate-recovery](http://www.friendschurch.org/celebrate-recovery)

### Alcoholics Anonymous

24-hour helpline: 1-844-751-4393

Visit website for current meetings

[www.fairbanksaa.org](http://www.fairbanksaa.org)

### Narcotics Anonymous

Golden Heart Area of Narcotics

Anonymous

PO Box 82824 | Fairbanks, AK 99708

Helpline: 1-866-258-6329

<https://akna.org/areas/fairbanks/index.html>

### Al-Anon

907-456-6458

Visit website for current meetings

[Al-anon-ak.org](http://Al-anon-ak.org)

### National Alliance on Mental Illness (NAMI) Alaska Chapter

[Namialaska.org](http://Namialaska.org)

View their Online Support Groups tab for schedule

NAMI Family Support Group

NAMI Connection Recovery Support Group

### Foundation Health Groups

[Foundationhealth.org](http://Foundationhealth.org)

Various support groups offered

Visit Website under “Our Community” tab for informatio

