

### Counselor List for Houghton, Baraga & Keweenaw Counties

Dial-Help is not responsible for the effectiveness of treatment offered by individuals or organizations listed on this form

Facility/Name /Credentials	Location	Insurance	Specialty	Ages	Phone
Michelle Lambert, LMSW	Telehealth	UPHP BCBS Blue Care	Trauma, PTSD, depression, anxiety, relationships	Age 13+	906-231-1320
Erika Magers Licensed Professional Counselor, LPC, ATR-BC	Houghton/ Telehealth	UPHP Medicaid Blue Cross	Trauma and PTSD Life Transitions Anxiety	6+	906-250-0895
<u>Copper Island Behavioral Health</u> Tom Collins, LMSW	Hancock	Most Insurance	Mental health, substance use	All ages, individual, family & couple	906-482-9440
Lawrence J Pollack, PhD	Houghton	Most Insurances	Anxiety, depression, trauma, relationships, marital	Ages 14+	906-482-8332
Patricia Tikkanen, LMSW	Telehealth	Medicare UPHP BCBS, most others	Depression, anxiety, relationships, trauma- informed therapy	Ages 18+	906-369-5722
<u>Portage Psychological Services</u> Gary Kilpela, PsyD	Hancock	Most (not Medicare/ Medicaid)	Anxiety, depression, trauma, ADHD exams, relationships	Ages 13+	906-281-3459
<u>Access Psychological</u> Kimberly Hendrickson, LMSW	Telehealth	UPHP, BCBS, Medicaid , Aetna	Long term psychotherapy, talk therapy-	Age 14+	906-524-2800
<u>Access Psychological</u> Tanya Truesdell, PhD	L'Anse	UPHP, BCBS, Medicaid , Aetna	Substance use, complex crisis	Age 14+	906-524-2800
<u>Great Lakes Recovery</u> Ilea Sillers, LCP	Hancock	NO UPHP; Medicaid BCBS	Substance use, complex crisis, mental health	Substance use: 12+ Mental health: 14+	906-482-7710
<u>Dial Help</u> Morgan Vallejo (youth) Virginia Lambert (victims)	Telehealth, in schools, Houghton	Free	Depression, stress, bullying, trauma, anxiety, victimization	Victims: All ages All other: Youth	906-482-9077
Copper Country Mental Health	Houghton	Medicaid, most insurances	Serious Mental Illness	All ages	906-482-9400
Barbara Kettle Gundlach Home	Calumet	Free	Domestic Violence	Ages 18+	906-337-5623
<u>MTU Counseling Services</u> Amber Bennett, LMSW, LCSW	Telehealth	Free	Family systems, anxiety, substance use, LGBTQ+	MTU students	906-487-2538
<u>MTU Counseling Services</u> Nancy Taglione, LMSW	Telehealth	Free	Trauma, depression anxiety, eating disorders, body image & self-esteem, EMDR	MTU students	906-487-2538

<u>MTU Counseling Services</u> Kerri Gilbertson, LMSW	Telehealth	Free	Grief & loss, crisis intervention/suicide prevention, family members with mental illness, self-esteem	MTU students	906-487-2538
<u>MTU Counseling Services</u> Crystal McLeod, MA, LLP	Telehealth	Free	Anxiety, depression, trauma, group psychotherapy, psychological assessments, bi polar disorder, Autism	MTU students	906-487-2538
<u>MTU Counseling Services</u> Sarah Dowd, MS-Ed, LSPC	Telehealth	Free	Body image & self-esteem, eating disorders, traumatic brain injuries, student athlete mental health, sport psychology	MTU students	906-487-2538
<u>MTU Counseling Services</u> Sarah Woodruff, CRC, LPC	Telehealth	Free	Mindful self-compassion, emotional intelligence, resilience, bipolar disorder, personality disorders, suicide prevention, DBT, EMDR, psychiatric rehabilitation	MTU students	906-487-2538
<u>MTU Counseling Services</u> Eric Arundel, LPC	Telehealth	Free	Relationships, anxiety, loneliness, mindfulness, spirituality, acceptance commitment therapy	MTU students	906-487-2538
Finlandia University Northstar EAP Counselors	Finlandia University & Telehealth	Based on individual counselors	General behavioral health issues	All ages	906-225-3145
<u>North Coast Counseling</u> Tim Payment	Houghton & Ontonagon	Most	Multiple services	All ages	906-523-5580
<u>North Coast Counseling</u> Carol Salo, LCMSW, CAADC	Hancock	Most	Mental health, elderly	All ages	906-523-5580
<u>Independent</u> Leslie M Griffith, LMSW	Atlantic Mine	UPHP, BCBS, Magellan	Primarily trauma	Primarily youth	906-370-2881
<u>Last Frontier Counseling</u> Megan Giacoletto, LMSW	Telehealth		Depression, Alcoholism, Wellness, Alcohol Assessments	All Ages	(906) 934-2590
<u>Public Counseling</u> Meghan Immel - LLMSW, CADL	Houghton		Group and Individual Counseling, Assessments	All Ages	(906) 523-7172
<u>Keweenaw Counseling Services PLLC</u> Kyle Lynn Duquette, Marriage & Family Therapist, MA, LMFT	Houghton	Many	Depression Anxiety Relationship Issues	All Ages	(906) 281-9999
<u>Modern Mind Psychotherapy PLLC</u> Sarah Cheney	Telehealth		Anxiety Eating Disorders Grief	All Ages	(906) 224-2097
Ann Marie Lanala LMSW	Baraga/Tele health		In person-Individual, Family, Couples, Adolescent	All Ages	(906) 395-1788

