

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 *not accepting new clients*	Telehealth	UPHP BCBS Blue Care	Trauma, PTSD, depression, anxiety, relationships	Age 13+	906-231-1320
Erika Magers Licensed Professional Counselor, LPC, ATR-BC	Houghton	UPHP United Blue Cross	Trauma and PTSD Life Transitions Anxiety Depression	6+	906-250-0895
<u>Copper Island Behavioral Health</u> Tom Collins, LMSW CAADC	Hancock	Most Insurance	Mental health, substance use	All ages, individual, family & couple	906-482-9440
Authentic Wellness Zoe Lincoln Licensed Professional Counselor, LPC	Hancock, In Person and Telehealth	none	Self Esteem, Life Transitions, Pregnancy, Prenatal, Postpartum	Teens and up	906-299-9355
Authentic Wellness Natalie Morgan, LMSW	Hancock, In Person and Telehealth	none	Anxiety, Depression Trauma and PTSD	6+	906-299-9355
<u>Modern Mind Psychotherapy PLLC</u> Sarah Cheney Clinical Social Work/Therapist, LMSW-C *not accepting new clients*	Telehealth	sliding scale	Anxiety, OCD Trauma and PTSD	preteen and up	(906) 224-2097
Oriana Counseling Patricia Tikkanen, LMSW	Zoom and in office	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> Sherri Dakota	L'Anse	UPHP, BCBS, Medicaid Aetna	Long term psychotherapy, talk therapy-	Age 14+	(906) 228-8881
<u>Access Psychological</u> Tanya Truesdell, PhD	L'Anse	UPHP, BCBS, Medicaid Aetna	Substance use, complex crisis	Age 14+	(906) 228-8881

Great Lakes Recovery	Hancock L'Anse	UPHP; Medicaid BCBS	Substance use, mental health	Substance use: 14+ Mental health: 14+	906-482-7710 H 906-275-2046 L
<u>Dial Help</u> Virginia Lambert (victims)	Houghton	Free	Depression, stress, bullying, trauma, anxiety, victimization	Victims: All ages	906-482-9077
Copper Country Mental Health	Houghton L'Anse Calumet	Medicaid, most insurances	Serious Mental Illness	All ages	906-482-9400 H 906-524-5885 L 906-337-5810 C
Barbara Kettle Gundlach Home	Calumet	Free	Domestic Violence	Ages 18+	906-337-5623
Baraga County Shelter Home	L'Anse	Free	Domestic Violence	Ages 18+	906-524-7078
<u>MTU Counseling Services</u>	Telehealth Houghton	Free	Multiple Counselors and Services	MTU students	906-487-2538
KBIC Health System (Behavioral Health)	Baraga	Free	individual, couples, and family psychotherapy and crisis intervention	Native American children, adults, and families with mental health needs	906-353-4532
<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 *not currently taking new clients*	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, CADC	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

True Self Mental Health LLC Kristen Babakitis MS, LPC, LCPC, LCADC, CAADC	Hancock	BCBS,Cigna Evernorth, Priority Health, UPHP, United Healthcare	Addiction Anxiety Depression	18+	(906) 422-6772 and (702) 483-0631
Ann Marie Lanala LMSW	Baraga/Tele health		In person-Individual, Family, Couples, Adolescent	All Ages	(906) 395-1788
Unite Mental Health and Wellness	Houghton/ Telehealth	Many	Many	All Ages	906-523-7064
Life Counseling with Cynthia Drake	Baraga		Grief		906-370-6686
Respire Counseling Services Dr. Selin Philip, Ph.D., L.P.C., N.C.C	Houghton	BCBS	Mindfulness-based techniques, Emotionally Focused Therapy (EFT), Solution Focused Brief Therapy (SFBT). Trauma-responsive care, Christian	18+	906-205-1188
Phoenix House	Calumet		Substance Abuse Assessments, Outpatient Substance Abuse Counseling	18+	(906) 337-0763
Western Upper Peninsula Health Department	Hancock	Medicaid/ UPHP	Substance Abuse	18+	906-482-7382 ext 164
Amber Kirksey, LMSW Mountain Ridge Mental Health	Pelkie (serves Baraga and Houghton in person), Telehealth in Michigan	no insurance	Animal Assisted Therapy Cognitive Behavioral Therapy, Trauma-Focused CBT, EMDR, DBT depression, anxiety, grief, PTSD, complex relationship issues, and veterans		906-201-1148