

Counselor List for Houghton, Baraga & Keweenaw Counties - Revised 11/21

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	E-Mail	Phone
Michelle Lambert, LMSW	Telehealth	UPHP BCBS Blue Care	Trauma, PTSD, depression, anxiety, relationships	Age 13+		906-231-1320
<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/M edicaid)	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, LLCP	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		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	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, LLPC	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, Multiple Credentials	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, MSW	Atlantic Mine	UPHP, BCBS, Magellan	Primarily trauma	Primarily youth		906-370-2881
<u>Last Frontier Counseling</u> Megan Giacoletto	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
<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
KBIC Counseling Services (for KBIC Members and descendents)	Baraga		individual, couples, and family psychotherapy and crisis intervention	All Ages		906-353-4532
Copper Country Mental Health L'Anse Office	L'Anse		family relationship problems, parent/child conflicts, interpersonal-social conflicts and symptoms related to depression, anxiety, and other acute psychiatric problems	All Ages		906-524-5885 After Hours Emergency: 1-800-526-5059
Unitē Mental Health and Wellness	Houghton		a non-profit that works to increase access to mental health care in	All Ages		(906) 523-7064

			our local community			
Deborah Makkonen, MS	Hancock	most insurances	professional counselor and a marriage & family therapist	individual, couples, and families		906-369-0791