

St. Catherine's Mental Health Referrals: (last update: 10.20.22)

Counseling:

Group Name or Therapist	Contact &/or Website
Patrick Scara, MA, LMFTA Family and Couples Counseling	Peopleincwashington.patrick@gmail.com 425-202-5161
Lauren Matthews, LICs <i>*Maple Leaf area</i>	Greenlake Therapy Website
Good Intentions Counseling <i>*Maple Leaf area</i>	Good Intentions Website 206-427-4679 info@goodintentionscounseling.com
Seattle Christian Counseling	Seattle Christian Counseling Link
Bothell Christian Counseling	https://bothellcounseling.com/
Emmaus Counseling	https://www.emmauscounseling.net/bothell-branch/
The Seattle Clinic	https://www.theseattleclinic.com/
Envision Counseling	https://envisioncounseling.net/
Jonas Batt, M.A., LMHC	Cascadia Mindfulness Website jonas@cascadiamindfulness.com
Emma Jennings, LMHC	Telehealth Counseling Emma Jennings, LMHC Washington (emmajenningstherapy.com)
Jennifer Stoakes, M.A., LMHC	Childrens Psychotherapy NW
Calm Counseling Renee Calm, M.A., LFMT	Calm Counseling Website
Momentum Health Psychology Jenny Evans, PhD	Momentum Health Website
Child and Teen Solutions (CATS) Karen Pavlidis, PhD	CATS Website Phone: (206) 926-9901 Email: drpavlidis@childandteensolutions.com
Skills for Life Counseling Sarah Fiskness, LICSW, MSW	Skills for Life Website
Aspiring Youth Gordon Greeves. M.A., LMFTA	gordon.c.greaves@gmail.com 425-223-3286
Mindful Therapy Group	MTG Website
Seattle Family Support Jamie Asaka, MSW, LSWAIC	Seattlefamilysupport.org
Canopy Therapy Jim Dunn, M.A., LMHC	Canopy Therapy Website
Madrona Mental Health Therapy Sarah Burdell <i>*Currently NOT taking client* - Call to get on waitlist</i>	Madrona Website
Arboretum Psychological Services Angela Hungelmann, Ph.D.	Arboretum Psych

Envision Counseling Alison Borgen – Practice Manager	Envision Website
Seattle Children’s Hospital Odessa Brown Clinic	Odessa Brown Website Will need a referral from your child’s PCP
Tamara Roberts	Tamara Robert’s Website
Ryther	Ryther Website
Sound Health Services <i>*Maple Leaf area</i>	Sound Services Website
Beachview Counseling <i>*Maple Leaf Area</i>	https://www.beachviewcounseling.com/
Zane Counseling <i>*Currently taking Clients*</i>	https://zanecounseling.com/

Parent-Child and Family: (some therapy, mostly resources)

- [The Heartful Parent](#)
- [Be Sproutable](#)
- [Sound Discipline](#)
- [Love and Logic](#)
- [Mindfulmazing](#)

Mental Health Professional Search Engines:

In case you would like to search on your own. Lots of good options all around the Sound!

- [Quartet Health](#)
- [The Shrink Space](#)
- [Psychology Today](#)
- [Find a Therapist](#)

Online/Apps:

Therapy apps can be very helpful, especially as we struggle to find enough providers to match the needs of our kids who need therapy. In-person is typically more fruitful, but these apps can act as a great bridge while you wait for an opening.

- BetterHelp: [Website](#)
- Talkspace: [Website](#)
- Teen Counseling: [Website](#)

Psych Evaluations:

- UW Psychology Department
 - [Website](#)
- Aliisa Breisch, Psy.D.
 - Licensed Clinical Psychologist with Mindful Therapy Group
 - 425-640-7009 x151 phone
425-640-9600 fax
 - www.mindfultherapygroup.com
 - www.facebook.com/MindfulTherapy
- Seattle Children's Neuropsych Evaluation:
 - [Website](#)
- Sound Psychological Services:
 - [Website](#)
- ABCD, Inc.:
 - [Website](#)
- Washington Alliance and Advocacy: (for autism, mostly)
 - [Website](#)

Educational Psychologist:

- **Drs. Jennifer Blair & Nora Thomson**
 - 425-640-61340- Edmonds
 - Full learning assessment
- **Dr. Belle Chenault**
 - 206-425-8068- South Seattle
 - Full learning assessment
- **Drs. Brock & Fernette Eide**
 - Mislabeledchild.com- Edmonds
 - Full learning assessment
- **Dr. Cindy Dupuy**
 - 425-378-7634- Mercer Island
 - Full learning assessment
- **Dr. Elizabeth Smith**
 - 425-301-1816- Bellevue
 - Full learning assessment
- **Dr. Gwen Lewis**
 - 425-672-1850 Edmonds
 - Full learning assessment

- **Dr. Amy Summers**
 - 206-522-4104- Seattle
 - Full learning assessment
- **Karen Toth**
 - www.karentoth.net- Seattle
- **Toby Diamond Ph. D**
 - 206-323-1988- in Seattle area.
 - Often booked out months in advance
- **Debra Vilhauer Ph.D**
 - 270-8805
 - In Seattle area
- **Gregory Greenberg**
 - 425-637-7700
 - Bellevue area
 - Specializes in educational testing and ADHD/ADD.
- **Northwest Neuropsychology**
 - Learning and Behavioral Services
 - Dr. Gayle Faye
 - Bellevue
 - 425-452-8036

Crisis supports are available if your student is concerned for themselves or others.

Teen Link can be reached daily from 6-10 PM at 1-866-833-6546; the following resources can be reached 24/7 365 days a year: Suicide Prevention Lifeline: 800-273-8255 / Worried about someone on social media? Support on Social Media - Lifeline; the 24-hr Crisis Line:1-866-427-4747; and the Crisis Text Line can be reached via SMS 24/7— simply text “HEAL” to 741-741.