

**This list was last updated in September 2025.** For additional support finding a mental health provider, call KPNW at 503-249-3434 or 1-855-632-8280, weekdays, 8 a.m. to 5 p.m., to speak to a provider or schedule an appointment. For members searching for a culturally responsive provider, please call 503-249-3434 (weekdays, 8-5).

Name of Practice	Name of Provider with First Responder Specialty	Website	Contact for scheduling	Virtual or In person
Birchwood Counseling, LLC	Cat Bice, LCSW	<a href="https://www.birchwoodcounseling.net">https://www.birchwoodcounseling.net</a>	503-433-6016	
Built for Better Counseling	Jeremy Hov	<a href="http://www.Builtforbettercounseling.com">www.Builtforbettercounseling.com</a>	360-217-9093	Provides services virtually. Is licensed in Oregon
Cayanan Counseling and Wellness	Valentina Pishchanskaya-Cayanan	<a href="https://www.cayanancounseling.com">https://www.cayanancounseling.com</a>	<a href="mailto:valentina@cayanancounseling.com">valentina@cayanancounseling.com</a>	Virtual/telehealth only
Cedar Rose Mental Health	Ryan Carroll	<a href="https://cedarrosementalhealth.com">https://cedarrosementalhealth.com</a>	<a href="mailto:ryan.carroll.lcsw@gmail.com">ryan.carroll.lcsw@gmail.com</a>	Teleheath only
Conscious Growth Therapy LLC	Ashlie Black	<a href="https://www.ashlieblackcounseling.com/">https://www.ashlieblackcounseling.com/</a>	<a href="mailto:Ashlie@consciousgrowththerapy.org">Ashlie@consciousgrowththerapy.org</a>	Office is in Salem, but I provide telehealth services.
Counseling Services of Portland	Shawn Austin, RA Angelica Amaya, LCSW	<a href="https://counseling-portlandoregon.com/">https://counseling-portlandoregon.com/</a>	503-342-2510	virtual only
Cyti Psychological	Susan Garrett-Joye Katheryn Hayward	<a href="https://cyticlinics.com/">https://cyticlinics.com/</a>	866-478-3978	Virtual/Telehealth, Licensed in Oregon
Daniel C Donohue, LLC	Daniel C Donohue	<a href="https://www.psychologytoday.com/us/therapists/daniel-c-donohue-1000">https://www.psychologytoday.com/us/therapists/daniel-c-donohue-1000</a>	<a href="mailto:ddonohuelcsw@gmail.com">ddonohuelcsw@gmail.com</a>	In person and Virtual
Essential Reflections Counseling	Valentina Muggia LCSW	<a href="https://www.psychologytoday.com/us/therapists/valentina-muggia-1000">https://www.psychologytoday.com/us/therapists/valentina-muggia-1000</a>	503 449-3337	In person visits available in Oregon City Telehealth available
Headlight	There are several clinicians on staff that support First Responders and Military.	<a href="http://www.headlight.health">www.headlight.health</a>	503-821-7118	There are several clinicians on staff who service First Responders and Military.
Heartafire Counseling Services	Bekah Stines, Hannah Fleckenstein, Amy Kyser, Malia Vasquez	<a href="https://www.heartafirecounselingservices.com">https://www.heartafirecounselingservices.com</a>	<a href="mailto:info@heartafirecounselingservices.com">info@heartafirecounselingservices.com</a>	Located in Tigard, OR. We also all offer Telehealth services

Jennifer Ann Counseling	Jennifer Helms		971-208-3019	I offer telehealth and in person but my office location is in Silverton for in person.
Mariels Counseling	Tim Mariels, LPC	<a href="https://marielscounseling.com/">https://marielscounseling.com/</a>	503-975-8599	Virtual, telehealth
Peter Gold Therapy	Peter Gold, PhD	<a href="https://www.petergoldtherapy.com/">https://www.petergoldtherapy.com/</a>	<a href="mailto:peter@petergoldtherapy.com">peter@petergoldtherapy.com</a> or 503-806-9680	Telehealth, licensed in Oregon.
PNW Counseling Alliance LLC	Garrett "Taylor" Bachman	<a href="https://www.psychologytoday.com/us/therapists/garrett-bachman">https://www.psychologytoday.com/us/therapists/garrett-bachman</a>	<a href="mailto:taylor@pnwcounselingalliance.com">taylor@pnwcounselingalliance.com</a> or (971) 389-7218	location in Oregon City, offer both in-person and virtual
Positive Impact Psychology	Alec Mendelson, Ph.D.	<a href="http://positiveimpactpsychology.com">positiveimpactpsychology.com</a>	Text or call 503-676-7710.	Virtual sessions via Zoom
Quality of Life Therapy LLC	Kimberly Peters	<a href="https://www.qualityoflifetherapy.net/">https://www.qualityoflifetherapy.net/</a>	971-999-0175 or <a href="mailto:Kimberly@QualityofLifeTherapy.net">Kimberly@QualityofLifeTherapy.net</a>	Telehealth availability with offices in Molalla and Salem.
Real Life Counseling	Justin Farrell Stephanie Lyle	<a href="https://reallifecounseling.us/">https://reallifecounseling.us/</a>	submitting request on our website - reallifecounseling.us	OR licensed. In-Person available at our East Vancouver location, telehealth is also an option.
Reflections Counseling	Galen Cohen, LPC		503-893-8843	We are located in Portland, so it would either be in Portland or Telehealth.
Sandy counseling Center	Annie Zander	<a href="https://www.psychologytoday.com/us/therapists/annie-zander">https://www.psychologytoday.com/us/therapists/annie-zander</a>	<a href="mailto:Sandycounselingcenter@gmail.com">SandyCounselingcenter@gmail.com</a>	I am located in Sandy Oregon for in-person
Sapphire Blue Behavioral Health Solutions	varies	<a href="https://sapphirebluesolutions.com/">https://sapphirebluesolutions.com/</a>	(503) 726-5216	Virtual only
SC Counseling LLC	Samantha Cunningham	<a href="https://www.sccounselingllc.com/">https://www.sccounselingllc.com/</a>	<a href="mailto:Samantha@sccounselingllc.com">Samantha@sccounselingllc.com</a> (360)342-4863	Provider physical location in Ridgefield, WA. Telehealth services available to both WA and OR clients
Seattle Neurocounseling	Jeannette Lopez LMHCA	<a href="https://seattleneurocounseling.com/jeannette-lopez">https://seattleneurocounseling.com/jeannette-lopez</a>	<a href="mailto:Admin@seattleneurocounseling.com">Admin@seattleneurocounseling.com</a> 425-403-5765	

Senua Counseling Clinic	Lauren Poss, LPC - virtual services Nicole Gilkey, LCSW- virtual services	<a href="https://www.sccounselingllc.com/">https://www.sccounselingllc.com/</a>	<a href="mailto:hello@senuacounseling.com">hello@senuacounseling.com</a> call/text 971-232-1120	Telehealth (Oregon only)
Shauna Raffety Schatz, LCSW	Shauna Raffety Schatz	<a href="https://www.shaunaraffetyschatzlcsw.com/">https://www.shaunaraffetyschatzlcsw.com/</a>	<a href="mailto:shaunaraffetyschatzlcsw@gmail.com">shaunaraffetyschatzlcsw@gmail.com</a> (805) 316-4333	In person in NE Portland and virtual
The Healing Haven	The providers that work with first responders are Beth Klein and Shane McDaniel, however both are quite full for the foreseeable future	<a href="https://healinghaven.net/">https://healinghaven.net/</a>	<a href="mailto:info@healinghaven.net">info@healinghaven.net</a> 503-877-8218	Beth Klein is available for Telehealth. Shane McDaniel is located in Salem.
Therapy Solutions and Wellness LLC	Dr. Genevieve Strange	<a href="https://therapysolutionsandwellness.com/">https://therapysolutionsandwellness.com/</a>	<a href="mailto:therapysolutionsandwellness@gmail.com">therapysolutionsandwellness@gmail.com</a> 971-915-0195	Telehealth
Thrive Psychological Services	Ben Stimmel	<a href="https://www.thrivepsych.com/d-ben-stimmel-lmft">https://www.thrivepsych.com/d-ben-stimmel-lmft</a>	360-719-2852	Located in Vancouver. Licensed to do telehealth in Oregon and Washington.
Vancouver Counseling Associates	Maureen Garrett Kelly Garrett	<a href="https://www.vancouvercounselingassociates.com/contact">https://www.vancouvercounselingassociates.com/contact</a>	<a href="mailto:mg@vancouvercounselingassociates.com">mg@vancouvercounselingassociates.com</a> <a href="mailto:kg@vancouvercounselingassociates.com">kg@vancouvercounselingassociates.com</a>	Our office is located in Vancouver, Wa.