

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	https://www.birchwoodcounseling.net	503-433-6016	
Built for Better Counseling	Jeremy Hov	www.Builtforbettercounseling.com	360-217-9093	Provides services virtually. Is licensed in Oregon
Cayanan Counseling and Wellness	Valentina Pishchanskaya-Cayanan	https://www.cayanancounseling.com	valentina@cayanancounseling.com	Virtual/telehealth only
Cedar Rose Mental Health	Ryan Carroll	https://cedarrosementalhealth.com	ryan.carroll.lcsw@gmail.com	Teleheath only
Conscious Growth Therapy LLC	Ashlie Black	https://www.ashlieblackcounseling.com/	Ashlie@consciousgrowththerapy.org	Office is in Salem, but I provide telehealth services.
Counseling Services of Portland	Shawn Austin, RA Angelica Amaya, LCSW	https://counseling-portlandoregon.com/	503-342-2510	virtual only
Cyti Psychological	Susan Garrett-Joye Katheryn Hayward	https://cyticlinics.com/	866-478-3978	Virtual/Telehealth, Licensed in Oregon
Daniel C Donohue, LLC	Daniel C Donohue	https://www.psychologytoday.com/us/ther	ddonohuelcsw@gmail.com	In person and Virtual
Essential Reflections Counseling	Valentina Muggia LCSW	https://www.psychologytoday.com/us/ther	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.	www.headlight.health	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	https://www.heartafirecounselingservices.com	info@heartafirecounselingservices.com	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	https://marielscounseling.com/	503-975-8599	Virtual, telehealth
Peter Gold Therapy	Peter Gold, PhD	https://www.petergoldtherapy.com/	peter@petergoldtherapy.com or 503-806-9680	Telehealth, licensed in Oregon.
PNW Counseling Alliance LLC	Garrett "Taylor" Bachman	https://www.psychologytoday.com/us/ther	taylor@pnwcounselingalliance.com or (971) 389-7218	location in Oregon City, offer both in-person and virtual
Positive Impact Psychology	Alec Mendelson, Ph.D.	positiveimpactpsychology.com	Text or call 503-676-7710.	Virtual sessions via Zoom
Quality of Life Therapy LLC	Kimberly Peters	https://www.qualityoflifetherapy.net/	971-999-0175 or Kimberly@QualityofLifeTherapy.net	Telehealth availability with offices in Molalla and Salem.
Real Life Counseling	Justin Farrell Stephanie Lyle	https://reallifecounseling.us/	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	https://www.psychologytoday.com/us/ther	Sandycounselingcenter@gmail.com	I am located in Sandy Oregon for in-person
Sapphire Blue Behavioral Health Solutions	varies	https://sapphirebluesolutions.com/	(503) 726-5216	Virtual only
SC Counseling LLC	Samantha Cunningham	https://www.sccounselingllc.com/	Samantha@sccounselingllc.com (360)342-4863	Provider physical location in Ridgefield, WA. Telehealth services available to both WA and OR clients
Seattle Neurocounseling	Jeannette Lopez LMHCA	https://seattleneurocounseling.com/jeannette-lopez	Admin@seattleneurocounseling.com 425-403-5765	

Senua Counseling Clinic	Lauren Poss, LPC - virtual services Nicole Gilkey, LCSW- virtual services	https://www.sccounselingllc.com/	hello@senuacounseling.com call/text 971-232-1120	Telehealth (Oregon only)
Shauna Raffety Schatz, LCSW	Shauna Raffety Schatz	https://www.shaunaraffetyschatzlcsw.com/	shaunaraffetyschatzlcsw@gmail.com (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	https://healinghaven.net/	info@healinghaven.net 503-877-8218	Beth Klein is available for Telehealth. Shane McDaniel is located in Salem.
Therapy Solutions and Wellness LLC	Dr. Genevieve Strange	https://therapysolutionsandwellness.com/	therapysolutionsandwellness@gmail.com 971-915-0195	Telehealth
Thrive Psychological Services	Ben Stimmel	https://www.thrivepsych.com/d-ben-stimmel-lmft	360-719-2852	Located in Vancouver. Licensed to do telehealth in Oregon and Washington.
Vancouver Counseling Associates	Maureen Garrett Kelly Garrett	https://www.vancouvercounselingassociates.com/contact	mg@vancouvercounselingassociates.com kg@vancouvercounselingassociates.com	Our office is located in Vancouver, Wa.