

Whatcom County Mental Health Counseling Resources:

Psychology Today Therapist Finder:

Website that lets you search and filter by location, specialty, insurance, type of therapy, etc. (there are many local providers who are not on psychtoday, but this is a good place to start)

<https://www.psychologytoday.com/us/therapists/wa/whatcom-county>

<https://www.psychologytoday.com/us/therapists/wa/bellingham>

Community Mental Health Clinics who accept Apple Health, Molina, Community Health Plan of WA and other state health care plans.

(There are many other mental health providers in Whatcom County, several of whom accept insurance, HSA and private pay options. Always check with your insurance for coverage.)

1. [Catholic Community Services:](https://ccsww.org/get-help/mental-health-services/childrens-mental-health/) 360-676-2164
<https://ccsww.org/get-help/mental-health-services/childrens-mental-health/>
2. Compass Health: 1-360-922-6670 or 1-844-822-7609
<https://www.compasshealth.org/>
3. SeaMar Behavioral Health Child & Family Services: 360-398-5444
<https://www.seamar.org/whatcom-bh-child-family.html>
4. Unity Care NW Behavioral Health: 360-676-6177
<https://unitycarenw.org/behavioral-health/>
5. Touchstone Behavioral Health (Ferndale and Blaine) 360-788-4228
<https://www.touchstonebhc.com/>

Local Mental Health providers who have let us know they ARE accepting new clients.

(Providers vary in what insurances they accept and if they accept insurance or private pay only.)

Accent Counseling (several providers)

www.accent-counseling.com

Ph: (360) 922-6977

1. R. Bobbie Wiley, LMHC,

Certified Child's Mental Health Specialist, Disability Mental Health Specialist

Ages: 4+

Insurances: Aetna, Meritain, Kaiser PPO/HMO/Core, United Healthcare, Premera Blue Cross, Regence Blue Shield, Asuris NW, First Choice Health Network, Tricare, Community Health Plan of Washington, Health Management Administrators (HMA), and LifeWise.

2. Elizabeth Foster Heckman, LMHC

Areas of Specialty: LGBTQ, Women's Issues, Anxiety/Depression, Life transitions

Ages: 16+

Insurances: Aetna, Meritain, Kaiser PPO/HMO/Core, United Healthcare, Premera Blue Cross, Regence Blue Shield, Asuris NW, First Choice Health Network, Tricare, Community Health Plan of Washington, Health Management Administrators (HMA), and LifeWise.

3. Enid Wood, LMHC

Areas of Specialty: Generalist

Ages: 18+

Insurances: Aetna, Meritain, Kaiser PPO/HMO/Core, United Healthcare, Premera Blue Cross, Regence Blue Shield, Asuris NW, First Choice Health Network, Tricare, Community Health Plan of Washington, Health Management Administrators (HMA), and LifeWise.

4. Brittany Bacon, LMHC

Areas of Specialty: Couples, Relationships, Anxiety/Depression, LGBTQ

Gottman Certified Therapist

Ages: 13+

Insurances: Aetna, Meritain, Kaiser PPO/HMO/Core, United Healthcare, Premera Blue Cross, Regence Blue Shield, Asuris NW, First Choice Health Network, Tricare, Community Health Plan of Washington, Health Management Administrators (HMA), and LifeWise.

5. Sarah Calhoon, LMHC

Areas of Specialty: Grief/Loss, Death and Dying, Generalist

Ages: 16+

Insurances: Aetna, Meritain, Kaiser PPO/HMO/Core, United Healthcare, Premera Blue Cross, Regence Blue Shield, Asuris NW, First Choice Health Network, Tricare, Community Health Plan of Washington, Health Management Administrators (HMA), and LifeWise.

6. Michele Costa, LICSW

Areas of Specialty: Grief/Loss, Death and Dying, Geriatric and Elderly, Generalist

Ages: 18+

Insurances: Medicare, Aetna, Meritain, Premera Blue Cross, Regence Blue Shield, Asuris NW, Community Health Plan of Washington, Health Management Administrators (HMA), and LifeWise.

7. April Mullen, LMHC

Areas of Specialty: Generalist

Ages: 16+

Insurances: Premera Blue Cross, Aetna, Meritain, Community Health Plan of Washington, Health Management Administrators, Regence Blue Shield, Asuris NW, LifeWise.

8. Rachel Coats, LMHCA

Areas of Specialty: Trauma, LGBTQ, Generalist

Ages: 13+

Insurances: Molina, Aetna, Meritain, Community Health Plan of Washington, Premera Blue Cross, LifeWise.

9. Etjen Mack Palmer, LMHCA

Areas of Specialty: Trauma, Generalist

Ages: 18+

Insurances: Molina, Aetna, Meritain, Community Health Plan of Washington, Premera Blue Cross, LifeWise.

10. Judy Laub, LMHCA

Areas of Specialty: Families, Teens, Adolescents

Ages: 13+

Insurances: Molina, Aetna, Meritain, Community Health Plan of Washington, Premera Blue Cross, LifeWise.

11. Kaileh Butler, Masters Level Intern

Areas of Specialty: Coping skills, anxiety/depression

Ages: 18+

NO INSURANCE.

\$20 flat fee for sessions.

Hope and Thrive Counseling (several providers)

<https://hopethrivecounseling.com/>

info_admin@hopethrivecounseling.com

(360) 383-8682

Offices in Lynden and Fairhaven, Most Insurances accepted.

- **Amanda Shannon**, LMFT, Premera, Blue Cross/Blue Shield, First Choice Health, Kaiser, TriCare, MHN, Regence, HMA, Optum, Aetna
- **Kelly Cooper**, MS LMHCA, Premera, Aetna
- **Jill Karber**, MA LMHCA, Premera, Aetna

Associates in Mental Health: (several providers) Accept most insurance, depending on provider.

<http://amhinfo.com/>

360-715-2488

Bayside Therapy Associates: (several providers) Accept most insurance, depending on provider.

<https://www.baysidetherapy.com/>

360-734-7310

Annie Elder, MA, LMHC

www.annierosecounseling.com

annierosecounseling@gmail.com

360-202-0067

I specialize in trauma, depressive symptoms, high risk behavior, and mood disorders. Trained in comprehensive DBT (I'm with Middle Path) and Lifespan Integration. I work with clients ages 11 and up. Experience with working with children in foster care and CCS Wise program.

Carma Roetscisoender, MA, LMHCA

Shalom Counseling

www.shalomcounselingwa.com

360.389.2455

Trauma and PTSD, Grief and Loss, Anxiety, Chronic Illness, Chronic Pain, Codependency, Depression, Life Transitions, Relationship Issues, Self Esteem, Spirituality, Stress

Dorcas Nung, LMFT

therapy@dorcasnung.com

Marriage and family therapy. Working with children and adolescents. Insurance accepted.

Julie Hall, MA, LMHCA

juliehallcounseling.com

julie@juliehallcounseling.com

I enjoy working with older teens (highschool +), adults, and couples, and specialize in trauma, anxiety, depression, ADHD, and relationship difficulties. No insurance, but sliding fee scale.

Kelsie Wheeler, MA, LMHC

www.readysetgrowcounseling.com

Kelsie@readysetgrowcounseling.com

360-303-6639

Kids age 8 and up. I offer individual, family and parent coaching/counseling. No insurance, but sliding scale as needed.

Lydia Peckover MS, MA, LMHC

Arise Well Counseling Services, LLC

<https://arisewellcounselingservices.com/>

(425)200-5593

In network with: Premera, Aetna, Regence/Blue Cross, First Choice, Community Health Plan of WA, Coordinated Care, Optum/United Healthcare, sliding fee schedule, Bill out if network

I currently offer small groups for teen DBT Skills and COVID19, family, parenting and couple counseling.

Open Monday through Saturday, evening appointments too.

Tamara Harrison, MA, LMHC, CMHS

(360) 389-3703

Therapy for individuals age 18+. I specialize in anxiety disorders, OCD, eating disorders. Private pay only.

Tara Ettlin, MS, LMHC

taraettlinlmhc@gmail.com

360-527-5854

360-734-7310 4515

Depression and mood problems, Anxiety and stress, Women's Issues, Self-esteem and body image concerns, Postpartum depression, Adjustment and interpersonal problems, Interpersonal conflicts, Grief and loss, Gender Identity and Gender Dysphoria, Developing Mindfulness skills, Cross cultural counseling specializing in serving the Latino population/Spanish speakers.

Tyler McFarland, LMHC

Creative Solutions Mental Health and Autism Counseling

Creativesolutionsmentalhealth.com

tyler@creativesolutionsmentalhealth.com

360.610.7880

Accepting Regence, Premera and will hopefully soon also be accepting Molina. I specialize in working with children and teens and young adults, and issues related to autism and behavior problems, as well as depression and anxiety.

Emergency Assistance and National Counseling Resources:

Emergency: 911

National Crisis Text Line: text 741741

<https://www.crisistextline.org/>

National Suicide Prevention Lifeline: 1-800-273-8255

Free, confidential support for people in distress and/or crisis (not limited to suicidal crisis)

<https://suicidepreventionlifeline.org>

Trevor Project Hotline (LGBTQ focus): 1-866-488-7386

<https://www.thetrevorproject.org>

Substance Abuse and Mental Health Services Administration (SAMHSA) National Hotline:

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

Volunteers of America Care Crisis Response Services: 1-800-584-3578

<http://www.imhurting.org>

Teen Link: 1-866-833-6546

[Confidential and anonymous help line for teens](https://www.crisisconnections.org/teen-link/)

<https://www.crisisconnections.org/teen-link/>

Child Abuse Hotline: 1-800-422-4453

<http://www.childhelp.org/hotline/>

Bellingham Domestic Violence and Sexual Assault Services (DVSAS): 1-877-715-1563

<https://www.dvsas.org>

Business Line: 360-671-5714

National Domestic/Relationship Violence Hotline: 1-800-799-7233

<https://www.thehotline.org>

National Sexual Assault Hotline: 1-800-656-4673

<https://www.rainn.org>

National Eating Disorders Helpline: 1-800-931-2237

<https://www.nationaleatingdisorders.org>

Self-Injury Cutting: 1-800-366-8288

<https://selfinjury.com>

Connect with State and Local Resources: 211

<https://wa211.org>

Help Guide – a nonprofit mental health and wellness website

<https://www.helpguide.org>

COVID-19 Resources:

Bellingham School District

<https://bellingshamschools.org/families/health-services/monitoring-communicable-diseases/>

Whatcom County Health Department

<https://www.whatcomcounty.us/3329/Novel-Coronavirus-COVID-19>

Whatcom Unified Command

<https://whatcomcovid.com/>

Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/>

Substance Abuse and Mental Health Services Administration (SAMHSA) <https://www.samhsa.gov>

SAMHSA Publication: [“Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks”](#)

SAMHSA Publication: [“Coping with Stress During Infectious Disease Outbreaks”](#)

SAMHSA Publication: [“Taking Care of Your Behavioral Health During an Infectious Disease Outbreak”](#)