

Mental Health Referrals

Below is a partial list of mental health providers, most are within 30 minutes or so of the Puget Sound campus. Please regard these resources to assist in your research, rather than assured recommendations or an exhaustive list. Check with your insurance carrier about mental health reimbursement. You can also browse therapist profiles by gender, specialization, and insurance on <https://www.psychologytoday.com/us/therapists>. Resources are listed randomly and do not reflect a ranking of any sort.

Crisis		
<p>If you are in crisis and need to talk with someone A.S.A.P, please call the 24-hour Pierce County Crisis line at 1-800-576-7764</p>	<p>The Washington State Warm Line can during the day at 1-800-500-WARM (9276)</p>	
Inpatient and/or Intensive Outpatient Care		
<p style="text-align: center;">Fairfax Hospital 10200 NE 132nd St. Kirkland, WA 98034 P: 425-821-2000 Toll free 1-800-435-7221 F: 425-820-3533</p>	<p style="text-align: center;">St. Joseph's Medical Center 1717 S J St Tacoma, WA 98405 253-426-6691</p> <p style="text-align: center;">Wellfound Behavioral Health 2201 S. 19th St Tacoma, WA 98405 1-888-445-8120 http://www.wellfoundbh.org</p>	
Assessment and Testing		
<p style="text-align: center;"><u>IV Insights</u> Ivey West, M.Ed., LMHCA <i>For ADD Evaluation</i> <i>Specializes in Autism Spectrum</i> 1916 S Washington St Tacoma, WA 98405 P: 253-303-1913 F: 833-228-4834</p> <p style="text-align: center;"><u>Family Center for Behavioral Health</u> <i>For ADD Evaluation</i> 4411 Point Fosdick Dr NW, Ste. 307 Gig Harbor, WA 98335 P: 253-851-3808 F: 253-851-3188</p>	<p style="text-align: center;"><u>Jeffrey Hart, M.D.</u> <i>For ADD Evaluation</i> 33515 10th Place S., Ste. 16 Federal Way, WA 98003 P: 253-838-2326 F: 253-838-5781</p> <p style="text-align: center;"><u>Advanced Behavioral Medicine & Neuropsychology</u> <i>For first time ADD evaluation and RX</i> 2013 S. 19th St. Tacoma, WA 98405 P: 253-383-3355 F: 253-383-3627</p> <p style="text-align: center;"><u>Harbor Wellbeing</u> <i>For ADD Evaluation</i> <i>Brian O'Connor – Substance Use Counseling</i> 4041 Ruston Way, Ste. 202 Tacoma, WA 98402 P: 253-514-8641 F: 253-761-3288</p>	<p style="text-align: center;"><u>Olympic Psychology Services</u> 711 Court A., Ste. 114 Tacoma, WA 98402 P: 253-269-6063 F: 360-539-5938</p> <p style="text-align: center;"><u>Rainier Behavioral Health</u> <i>For ADD Evaluation</i> 5909 Orchard St. W Tacoma, WA 98467 P: 253-475-6021 F: 253-474-1871</p> <p style="text-align: center;"><u>Robert Sands, M.D.</u> <i>ADD treatment</i> 2115 S. 56th St., Ste. 403 Tacoma, WA 98409 P: 253-752-6056 F: 253-759-7129</p>

Eating Disorder

Evidence Based Treatment Centers of Seattle

Anxiety and Eating Disorders

1200 5th Ave., Ste. 800

Seattle, WA 98101

P: 206-374-0109

F: 206-374-0108

The Emily Program

673 Woodland Sq Loop Ste 303

Lacey, WA 98503

866-673-8652

Center for Discovery

2202 S. Cedar St #175

Tacoma, WA 98405

425-660-9002

Opal: Food + Body Wisdom

1100 NE 45th Street, Suite 600

Seattle, WA 98105

Phone: 206-926-9087

Hope Sparks

Dietician

6424 N. 9th St.

Tacoma, WA 98406

P: 253-565-4484

F: 253-565-5823

Viveza Counseling LLC

711 St Helens Avenue

Suite 204

Tacoma, Washington 98402

(253) 271-4570

Susan Blake, NTP

Nutritional Therapist

3618 S. 19th St.

Tacoma, WA 98405

253-778-0684

Sophia Tasler, RD

Dietician

309 S. G St., Ste. 4

Tacoma, WA 98405

P: 253-254-6945

F: 1-253-254-6945

Kailey Cunningham, RD

Dietician

Olympia, WA

(253)-693-8328

Allenmore Psychological Associates

Has an Eating Disorder Specialist

Does not accept state insurance

1530 S. Union Ave., Ste. 16

Tacoma, WA 98405

P: 253-752-7320

F: 253-756-0427

Psychiatry

Crescent Psychiatry

7191 Wagner Way NW, Ste. 202

Gig Harbor, WA 98335

P: 253-514-8076

F: 253-514-8078

Deborah Hickey, M.D.

6512 20th St. Ct. W., Ste. C

Fircrest, WA 98466

P: 253-565-6809

F: 253-565-5899

Boyd Cowan, ARNP

621 Pacific Ave

Tacoma, WA

(360) 276-6727

Phillip Perkins, D.O.

Works with patients 20+

6512 20th St. W., Suite C

Fircrest, WA 98466

P: 253-565-9513

F: 253-565-5899

Rainier Behavioral Health

5909 Orchard St. W.

Tacoma, WA 98467

P: 253-475-6021

F: 253-474-1871

Robert Sands, M.D.

2115 S. 56th St., Ste. 403

Tacoma, WA 98409

P: 253-752-6056

F: 253-759-7129

Group Practices

Comprehensive Life Resources

Adult

1305 Tacoma Ave. S., Ste. 305
Tacoma, WA 98402
P: 253-396-5800
F: 253-759-5548

Greater Lakes Mental Healthcare

9330 59th Ave. SW (Main Building – has South Tacoma
location as well)
Lakewood, WA 98499
P: 253-581-7020
F: 253-581-6089

MultiCare Behavioral Health

325 E Pioneer Ave.
Puyallup, WA 98372
P: 253-697-8400
F: 253-697-8590

Olympic Psychology Services

711 Court A., Ste. 114
Tacoma, WA 98402
P: 253-269-6063
F: 360-539-5938

Allenmore Psychological Associates

Does not accept state insurance

1530 S. Union Ave., Ste. 16
Tacoma, WA 98405
P: 253-752-7320
F: 253-756-0427

Puget Mental Care

4009 Bridgeport Way W., Ste. A
University Place, WA 98466
P: 253-503-6761
F: 253-503-6925

Rainier Behavioral Health

5909 Orchard St. W.
Tacoma, WA 98467
P: 253-475-6021
F: 253-474-1871

Rebuilding Hope: The Sexual Assault Center of

Pierce County

101 E 26th St., Ste. 200
Tacoma, WA 98421
P: 253-597-6424
F: 253-597-6443
24hr Crisis Line: 253-474-7273

Tacoma Psychology*

2102 N. 30th St, Ste. B
Tacoma, WA 98403
P: 253-383-0101
F: 253-383-0149

Private Practice Therapists

<p><u>Lucas Abernath, MA,</u> <u>LMHC</u> 10902 Market St Tacoma, WA 98402 Inside Urban Grace church (206) 745-5080</p> <p><u>John Allemand PhD, LICSW</u> 621 Pacific Ave Tacoma, WA 98402 (253) 235-0234</p> <p><u>Karen Armand, PhD*</u> N 33rd & N Proctor St Tacoma, WA 98407 (206) 595-2648</p> <p><u>Lanae Ayers, MA LMHC.</u> 519 South G Street . Tacoma, WA 98403 253-355-6160</p> <p><u>Emilie Buter, MSW</u> <u>Counseling *</u> 2711 N. 21st St. Tacoma, WA 98406 253.260.4145 www.emiliebuter.com</p> <p><u>Deanne Caron, MA, LMHC</u> 3402 6th Ave. Tacoma, WA (253) 343-1297</p> <p><u>Michaela Cox, LMCH</u> 401 Broadway Tacoma, WA 98402 (503) 755-5295</p>	<p><u>Ruth Dangelmaier, Ph.D.</u> 1019 Regents Blvd. Suite 102 Fircrest, WA 98466 P: 206-713-9740</p> <p><u>Jesalyn Kimura, MA,</u> <u>LMHC*</u> (253) 220-6990</p> <p><u>Leslie Davenport, MS,</u> <u>LMFT*</u> 2711 N 21st St Tacoma, WA 415-459-4235 <i>EMDR</i></p> <p><u>Stef Demas, LMHC</u> 902 Market St. Tacoma, WA 98402 206-491-4236</p> <p><u>Irene Farsje, M.A.*</u> 2412 N 30th St., Ste. 102 Tacoma, WA 98407 253-380-1399</p> <p><u>Terrie Ford, ARNP*</u> 20 Tacoma Ave N Ste B Tacoma, WA 98403 614-301-4399</p> <p><u>Deborah Jordan, M.Ed.</u> 1019 Pacific Ave., Ste. 1121 Tacoma, WA 98402 253-272-9762</p>	<p><u>Carol Lentz, M.Ed*</u> 20 Tacoma Ave N Ste B Tacoma, WA 98403 (253) 271-4046</p> <p><u>Anne Mauro, LMFT,</u> <u>DHS*</u> 4141 6th Ave Suite C Tacoma, WA 98406 https://www.annemauro.com 253-303-2074</p> <p><u>Anne Merrill, M.A.,</u> <u>L.M.H.C.*</u> 2711 N. 21st St. Tacoma, WA 98406 253-591-9479</p> <p><u>Gina Palumbo, M.A.*</u> 2412 N 30th St Tacoma, WA 98407 (253) 209-2661</p> <p><u>Joanna Robinson M.Ed*</u> 615 N 2nd Ave Tacoma, WA 98403 (253) 761-8808 Ext 1 www.soulcarepsychotherapy.com</p> <p><u>Lisha Song, LMHC</u> 1207 N. K St. Tacoma, WA 98403 P: 253-230-5754 F: 253-276-0202</p>	<p><u>Angela Tefft, ARNP</u> Innovative Mental Health and Pain Care 2727 Hollycroft St., Ste. 110 Gig Harbor, WA 98335 253-358-3143</p> <p><u>Olivia Uhart, ARNP*</u> 2105 N. 30th St. Tacoma, WA 98403 206-258-7702</p> <p><u>Amy VanZandt, M.Ed.,</u> <u>LMHCA</u> 2711 N. 21st St. Tacoma, WA 98406 253-353-2690</p> <p><u>Ivey West, M.Ed</u> <i>For ADD Evaluation</i> <i>Specializes in Autism</i> <i>Spectrum</i> 1916 S Washington St Tacoma, WA 98405 P: 253-303-1913 F: 833-228-4834</p> <p><u>Mark Zimmerman, MA*</u> 2610 North Alder Street Tacoma, WA 98407 (206) 954-6776 <i>EMDR</i></p>
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LGBTQ+

<p><u>Marilyn Boyle, M.A., M.T.S.</u> 917 Pacific Ave., Ste. 406 Tacoma, WA 98402 253-572-7926</p> <p><u>Kian Leggett, LSWAIC, CDPT</u> <i>Gender-affirming therapy services</i> <i>Sliding scale</i> 6512 20th Street Court West, Suite B-2 Fircrest, WA 98466 253.299.4664 www.kleggett counseling.com</p>	<p><u>Anne Mauro LMFT, DHS*</u> 4141 6th Ave Suite C Tacoma, WA 98406 (206) 316-8448</p> <p><u>Pride Counseling*</u> Amira Erickson, MA 2711 N. 21st St. Tacoma, WA 98406 P: 253-201-0203 F: 253-276-2925</p>
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* Within 1.5 miles of UPS