

Off Campus Counseling Referral List

TREATMENT PLACEMENT SPECIALIST (AZ):

Matt Kane
 (480) 861-0585
 (Free service)

OUT-OF-STATE TREATMENT PLACEMENT SPECIALISTS:



Christian Counseling Practices (in alphabetical order):

Arrowhead Family Systems

18301 N 79th Ave, Suite #B125
 Glendale, Arizona 85308
 (623) 537-7233

www.info@arrowheadfamilysystems.com

- Accepts insurance and self-pay (sliding scale available)
- Individual, family, couples, and group therapy
- Anxiety, depression, ADHD, anger management, chronic illness, and trauma/EMDR
- In-person and telehealth counseling

Central Phoenix Counseling

Lesley Isaak, LPC
 301 E Bethany Home Rd, Suite #C296
 Phoenix, AZ 85012
 (602) 999-2069

www.lesleyisaaklpc.com

- Self-pay only
- Individual therapy
- Anxiety, depression, anger management, grief, life transitions, and trauma/EMDR
- In-person and telehealth counseling

Christian Counseling Services of Arizona

32 Locations in Arizona
 (602) 694-5403

www.christiancounselingservicesaz.com

- Self-pay only (sliding scale available)
- Individual, family, couples, and group therapy
- Anxiety, depression, addictions, attachment, codependency, eating disorders, and trauma/EMDR
- In-person and telehealth counseling

Crossroads Counseling

Locations: Anthem and Scottsdale
 Call: (623) 680-3486 / Text: (623) 688-5115
www.counselingphoenixscottsdale.com

- Self-pay only
- Individual, family, couples, and group therapy
- Anxiety, depression, grief, premarital, relationship, and trauma/EMDR
- In-person and telehealth counseling

Professional Counseling Associates (PCA)

Scottsdale, Gilbert and Mesa Locations
 (480) 730-6222

www.pcaaz.com

- Accepts insurance and self-pay
- Individual, family, and couples therapy
- Psychological assessment/testing and pastoral counseling
- Anxiety, depression, OCD, anger management, addictions, learning disabilities, and academic problems
- In-person and telehealth counseling

Thrive Therapy

Locations: Glendale and Phoenix
 (602) 529-6557

www.thrivetherapyphx.com

- Accepts insurance and self-pay (sliding scale available - \$40 with an intern)
- Individual, family, couples and group therapy
- Anxiety, depression, eating disorders, grief, mood disorders, OCD, relationships, trauma
- IOP's for anxiety, depression, OCD and trauma
- In-person and telehealth counseling



Off Campus Counseling Referral List

Office of Student Care
Off Campus Counseling Referral List
3300 W Camelback Rd
Phoenix, AZ 85017

General Counseling Practices (in alphabetical order):

Catholic Charities Community Services

5151 N. 19th Ave.
Phoenix, AZ 85015
(602) 749-4405

www.catholiccharitiesaz.org

- Self-pay (sliding scale based on income -\$45 to \$100 for an intern or a licensed provider)
- Individual, family, and couples therapy
- Anxiety, depression, anger management, grief, stress, stress, and trauma
- In-person and telehealth counseling

Living Hope Counseling

11111 N. Scottsdale Rd, Suite #235
Scottsdale, Arizona 85254
(602) 448-7912

- Self-pay only (sliding scale available)
- Individual and couples therapy
- Anxiety, depression, chronic illness, eating disorders, grief, life balance, relationship issues, and trauma/EMDR

Orange Tree Psychotherapy

1440 E Missouri Ave, Suite C-160
Phoenix, AZ 85018
(602) 878-8142

www.orangetreepsychotherpay.com

- Insurance and self-pay
- Individual
- Anxiety, depression, body image, grief, life transitions, neurodivergence, ADHD, relationships, and trauma/EMDR
- In-person and telehealth counseling

Transitions Counseling and Consulting

Multiple locations in Arizona and Texas
(480) 680-9143

- Insurance and self-pay (sliding scale available-\$50/intern)
- Individual, family, couples, group therapy, and IOP's
- Psychiatry and medication management
- Depression, anxiety, life transitions, relationships, and trauma/EMDR
- In-person and telehealth counseling

Additional Provider Directories:

Psychology Today: www.Psychologytoday.com; Open Path Psychotherapy Collective: www.openpathcollective.org; and Better Help's Faith-Based Counseling: www.faithfulcounseling.com/christianhabits

*Use filters to search for providers near you, providers who accept various insurance, self-pay, or low-cost plans, and/or providers who specialize in specific/relevant issues.

CRISIS RESPONSE:

[For immediate crisis dial 911](tel:911), call Campus Safety at (602) 639-8100 or email wellnesscheck@gcu.edu

- Empact Crisis Line (480) 784-1500
- National Suicide Prevention Lifeline Call or Text 988
- Crisis Text Line: Text "HOME" or "HOLA" to 741741
- Connections Health Solutions (602) 416-7600, 1201 S 7th Ave, Ste #150, Phoenix, AZ 85007
- Warm Line (602) 347-1100 (non-emergency, peer support specialist available 24/7 just to talk)