



Off Campus Counseling Referral List

TREATMENT PLACEMENT SPECIALIST:

Shannon Spollen, MBA

(480) 861-0585

Email: Shannon.spollen@acadiahealthcare.com

Doorways of Arizona (4 miles from campus)

4747 N 7th St, Suite #450

Phoenix, AZ 85014

(602) 997-2880

- Takes insurance (Aetna, BCBS, Cigna, UHC)
- Offers grants for self-pay clients
- Specializes in young adults up to age 25
- Faith-based counseling available
- ADD and ADHD, bipolar, depression, eating disorders, mood disorders, OCD, self-harm, social anxiety, substance abuse, suicide prevention, and trauma/EMDR

Central Phoenix Counseling (4 miles from campus)

Lesley Isaak, LPC

301 E Bethany Home Rd, Suite #C296

Phoenix, AZ 85012

(602) 999-2069

www.lesleyisaaklpc.com

- Self-pay only
- Faith-based counseling available
- ADHD, anger management, anxiety, depression, grief/loss, life transitions, and trauma/EMDR

Catholic Charities Community Services Counseling

(5 miles from campus)

1825 W Northern Ave

Phoenix, AZ 85021

(602) 749-4405

www.catholiccharitiesaz.org

Sliding scale starting at \$35 (income-based) to meet with an intern, \$60 to meet with a licensed provider. Virtual and in person.

Crossroads Counseling (6 miles from campus)

Biltmore/Arcadia Location: 2211 E Highland, Suite #240

Phoenix, AZ 85106

(623) 680-3486

www.counselingphoenixscottsdale.com

- Self-pay only
- Faith-based individual, families, couples, groups
- Anxiety, depression, family systems, grief/loss, premarital, PTSD, relationship, and trauma/EMDR

The Phoenix Counseling Collective (6 miles from campus)

531 E Lynwood St Phoenix, AZ 85004

(623) 295-9448

www.office@phxcounselingcollective.com

- No insurance accepted, sliding scale available
- Groups offered
- Faith-based counseling available

Caitlin Rudgear, MA, LPC (7 miles from campus)

Orange Tree Psychotherapy

(602) 680-0853

4647 N 32nd St, Suite B175

Phoenix, AZ 85018

orangetreepsychotherapy.com

- Body image, grief, life transitions, and self-worth
- In-network with Aetna and Optum/United Healthcare (includes GCU student insurance)

Momentum Counseling (9 miles from campus)

Alan Kettering

5902 W Cactus Rd

Glendale, AZ 85304

(623) 377-4737

www.momentumcounselingaz.com

- Self-pay only
- Faith-based counseling for individuals, family, and couples
- ADHD, anxiety, depression, grief/loss, pre-marital and relational struggles

CRISIS RESPONSE:

For immediate crisis dial 911, call Campus Safety at (602) 639.8100 or email wellnesscheck@gcu.edu

- Empact Crisis Line (480) 736-4950
- National Suicide Prevention Lifeline Dial 988 or (800) 273-8255
- Crisis Text Line: Text "HOME" to 741741
- The Urgent Psychiatric Care Center (UPC) (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)



Off Campus Counseling Referral List

East Valley:

Kerry Failoni & Associates

1425 W Elliot Rd, Suite #207

Gilbert, AZ 85233

(480) 751-9015

www.kerryfailoniassociates@gmail.com

- Self-pay (sliding scale available)
- Faith-based counseling available
- Anxiety, depression, grief/loss, and trauma/EMDR

Professional Counseling Associates

1830 S Alma School Rd

Dr Suite #112

AND

9332 E Raintree

Suite #160

Mesa, AZ 85210

Scottsdale, AZ 85260

(480) 730-6222

- Some providers take insurance
- All mental health issues
- Psychologists on staff
- Faith-based counseling available

Journeys Counseling Center

6515 S. Rural Rd, Suite #101

Tempe, AZ 85283

(480) 656-0500

www.contact.journeys@gmail.com

- No insurance accepted, sliding scale available
- Educational seminars \$40-75/per class
- Faith-based counseling available

West Valley:

Arrowhead Family Systems

18001 N 79th Ave, Suite

#B45 Glendale, Arizona

85308

(623) 695-8733

- Self-pay (sliding scale available)
- Faith-based counseling available
- ADHD, anger management, anxiety, chronic illness, depression, family systems, grief, and group therapy

North Central:

Thrive Therapy

4545 E Shea Blvd, Suite #100

Phoenix, AZ 85028

(602) 529-6557

www.thrivetherapyphx.com

- Some providers take insurance
- Sliding scale available for self-pay
- Faith-based counseling; **psychiatrist** on staff
- Addictions, anxiety, depression, eating disorders, grief, mood disorders, relationship issues, self-harm, trauma
- IOPs for eating disorders and chemical dependency

Life Tree Counseling

7075 W Bell Rd, Suite

#1

Glendale, AZ 85308

(602) 488-6104

www.lifetreecounselingaz.com

- Faith-based counseling available
- Mood disorders, anxiety, depression, addictions, eating disorders, grief, relationship issues, self-harm, and trauma

Living Hope Counseling

16421 N Tatum Blvd, Suite #124

Phoenix, Arizona 85032

(602) 448-7912

- Self-pay only (sliding scale available)
- Addiction, anxiety, chronic illness, depression, domestic violence, eating disorders, grief/loss, life balance, relationship issues, and trauma/EMDR

Central:

MUV Counseling

7420 E Camelback Rd, Suite #103

Scottsdale, AZ 85251

(480) 300-2635

www.muvcounseling.com

- Self-pay
- Anxiety, depression, PTSD, and transitions
- In person or virtual counseling
- Able to provide virtual counseling to those located in Arizona and Oregon

Additional Counseling Services: www.psychologytoday.com; www.twloha.com/find-help; www.openpathcollective.org
*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

Off Campus Counseling Referral List

Based on our scope of practice and clinical criteria, the GCU Office of Student Care recommends the services on this referral list.

While we attempt to take into consideration limitations regarding finances and transportation, referrals and recommendations are based on clinical criteria and scope of practice. It is the student's responsibility to follow through with the recommendations provided that most appropriately meet their needs.

Steps to establishing care for off-campus services:

1. Determine the type of provider you are looking to see:
 - a. **Therapist** (has one of the following credentials: LPC, LAC, LMFT, LAMFT, LCSW, LMSW): someone who provides counseling and care to help with symptoms such as: depression, anxiety, PTSD, OCD, addiction etc. (Cannot prescribe medications)
 - b. **Psychologist**: someone who provides counseling and care but is also more likely to do clinical and diagnostics testing; this is especially helpful for ADHD, evaluations, and specialized care. (Cannot prescribe medications)
 - c. **Psychiatrist**: someone generally used in conjunction with therapy, someone who can prescribe and monitor medication for a variety for mental health related issues. 15-20 minute appointment for the purpose of medication management.
2. If you would like to use insurance, call your insurance company (the number is typically listed on your insurance card.) Ask, "Am I covered for mental health care?", "How many visits can I have?", "What is the co-pay?", "What is my deductible", "What information do I need to ask the provider in order to confirm that I am covered?", "Where can I find a list of covered providers in AZ (or in your home town)"?
3. Call the list of providers (provided by insurance company or GCU). Ask, "Do you accept my insurance?", "What do you charge per session?" or "What will be my out-of-pocket cost with my insurance?", "What forms of payment do you accept?", "Do you provide a free consult?", "What are your specialties?", "Do you provide any discounts?", "Do you offer teletherapy?", "What days/hours are you available?", and "When is the earliest I can schedule a session?" Then, schedule an appointment with the provider you feel would be the best match for you.
4. Take your insurance card (if using insurance), and your form of payment to the appointment.