

SOUTHERN UTAH SUICIDE PREVENTION AND GRIEF/BEVEREAMENT PROVIDERS

As of April 1, 2020

NAME AND CONTACT INFORMATION		TREATMENT POPULATON	ACCEPT REFERRALS?		ACCEPT CRISIS CALLS?		INSURANCES ACCEPTED	HOURLY RATES INDIVIDUAL/ GROUP/ FAMILY	COMMENTS
NAME	CONTACT INFORMATION		SUICIDE RISK	GRIEF/ BEREAV E-MENT	CRISIS CALLS	CRISIS PHONE			
Ally Holt	Therapy Associates 377 E Riverside Dr Bldg B St. George, UT 84790 435-862-8273 ally@therapyassociates.net	Adolescents Adults Children	Yes	Yes	No		<ul style="list-style-type: none"> Blue Cross-Regence Medicaid 	<ul style="list-style-type: none"> \$100 \$100 No sliding fee scale 	<ul style="list-style-type: none"> EMDR Trained
Amy Nielson	Peace Balance and Joy Consulting (PBandJ) 2069 N Main St Ste 101 Cedar City, UT 84721 435-590-4417 amybandj@gmail.com	Adolescents Adults Children	Yes	Yes	No		<ul style="list-style-type: none"> Blue Cross EMI PEHP Select Health Tri Care VA 	<ul style="list-style-type: none"> \$90 \$35 Pro bono work 	<ul style="list-style-type: none"> Mental Health First Aid Training
Annette Pelletier	Whispering Fireflies Counseling Services, LLC 66 Harding Ave suite C3 Cedar City, UT 84720 435-241-7150 annette@whisperingfireflies.hush.com	Adolescents Adults Children Seniors	Yes	Yes	No		<ul style="list-style-type: none"> Blue Cross Blue Shield Medicaid 	<ul style="list-style-type: none"> \$100 \$100 \$50 Sliding Scale Fee Pro bono work 	<ul style="list-style-type: none"> Provides adventure therapy and equine assisted psychotherapy
Ari Mendez	Family Health Care 25 N 100 E, Suite 102 St. George, UT 84770 (435) 986-2565 ari@familyhc.org & gato435@skyviewmail.com	Adults Seniors	Yes	Yes	Yes	(435) 668-4956	<ul style="list-style-type: none"> Takes most insurances 	<ul style="list-style-type: none"> Sliding fee scale Pro bono work 	<ul style="list-style-type: none"> Speaks Spanish
Becky Gurr	180 North Gunsmoke Pass Kanab, UT 84741 801-851-0694 beckymgurr@gmail.com	Adults		Yes	Yes		<ul style="list-style-type: none"> Cigna Medicaid 	<ul style="list-style-type: none"> \$120 Has sliding fee scale Pro bono work 	
Bonnie Bennett	Counseling for Success 166 N. 300 W. Suite 4 St. George, UT 84770 541-971-6647 bonnie19bennett@gmail.com	Adolescents Adults Seniors		Yes	Yes	541-971-6647	<ul style="list-style-type: none"> Aetna Blue Cross Blue Shield Select Health 	<ul style="list-style-type: none"> \$150 \$150 Pro bono work 	<ul style="list-style-type: none"> Trauma trained

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Brittney Ward	Dove Center 1240 East 100 South Bldg B, Suite 22 St. George, UT 84790 (435) 628-1204 brittney@dovecenter.org	Children Adolescents Adults Seniors	Yes	Yes	Yes	435-625-1182			<ul style="list-style-type: none"> Provide crisis hotline advocacy, safe shelter, and case management to victims of domestic violence/dating violence/sexual assault/rape who are also dealing with suicidality or suicide loss related to domestic violence, and their children.
Brynn Bell	Utah Behavior Services 1067 E Tabernacle St. George, UT 84770 435-862-1625 bbell@utbs.co	Children Adolescents Adults	Yes	Yes	Yes		<ul style="list-style-type: none"> Blue Cross Blue Shield Cigna Medicaid PEHP Select Health Most other insurances 	<ul style="list-style-type: none"> \$100 \$100 Has sliding fee scale Pro bono work 	<ul style="list-style-type: none"> Autism Specialist
Camilla Olsen	Mindworks Mental Health, PLLC 2113 North Main #4 Cedar City, UT 84721 435-633-6463 mindworksmmentalhealth@gmail.com	Children Adults Seniors		Yes			<ul style="list-style-type: none"> Blue Cross Blue Shield Cigna EMI PEHP Select Health United Health Care United Medical Resources 		<ul style="list-style-type: none"> Clients must call or e-mail to be put on waiting list
Caprice Compton	Premier Psychological Counseling & Consulting 1490 E Foremaster Dr. Ste 340 St. George, UT 84790 435-216-9290 capicfe@gmail.com	Children Adolescents Adults Seniors	Yes	Yes	Yes	801-989-6432		<ul style="list-style-type: none"> \$100 \$115 \$150 Sliding Fee Scale Pro bono work 	<ul style="list-style-type: none"> Extensive background in trauma, PTSD, recovery and provides TMS for Major Depressive Order
Carol Marie Rowley	Sunray Family Counseling 158 Monterey Drive Cedar City, UT 84720 608-658-8368 cmrowley86@gmail.com	Children Adolescents Adults Seniors	Yes	Yes			<ul style="list-style-type: none"> DMBA EMBS EMI PEHP Triwest 		<ul style="list-style-type: none"> Trained in EMDR and TF-CBT

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Carolyn Hollingshead	294 N Eagle Cove Ivins, UT 84738 8015577565 chollingshead2@aol.com	Adults Seniors		Yes				• \$80	
Cheli Webb	Springs of Serenity Counseling 1173 S 250 W St. George, UT 84770 435-862-8908 springsofserenity@outlook.com	Children Adolescents Adults Seniors	Yes	Yes	Yes		• Blue Cross • Blue Shield • Cigna	• \$85 • \$85 • \$65 • Pro bono work	
Chelsea Gambles	Chelsea Gambles, LCSW 1052 East Fiddlers Ranch Road Cedar City, UT 84721 435-477-2280 chelseagambles@gmail.com	Adolescents Adults	Yes	Yes			• Blue Cross • Blue Shield • EMI • PEHP • Select Health • UMR	• \$80	
Cody Cox	PB&J Consulting 2069 N Main Street Ste. 101 Cedar City, UT 84721 435-215-1775 codymarkcox@gmail.com	Adolescents Adults Seniors	Yes	Yes			• EMI • PEHP • Select Health	• \$90 • \$90 • \$30 • Sliding Fee Scale	• Offer integrative psychotherapy including yoga for trauma, nutrition, meditation and others
David Eddy	Southwest Behavioral Health Center 474 West 200 North St. George, UT 84770 435-634-5600 deddy@bhcutah.org	Adolescents Adults Seniors	Yes	Yes		435-669-4119	• Medicaid • Medicare • Other insurances accepted by Southwest Behavioral Health Center	• Sliding Fee Scale	
David H. Coombs	Achieving Wholeness Counseling 1296 W Red Butte Drive 84780 Washington, UT 84780 435-705-3579 drdavidcoombs@gmail.com	Adults Seniors	Yes	Yes	Yes			• \$80-100 • Sliding Fee Scale	• Has been therapist for over 45 years • Works well with individuals and couples
David Jones	Red Mountain Counseling and Education 321 N Mall Dr, VW 103 St. George, UT 84790 435-767-1532 davidjonestherapy@gmail.com	Adults Seniors	Yes	Yes	Yes		• Blue Cross • Blue Shield • PEHP • Select Health • Tricare • UHC	• \$125 • \$125	

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David Zolman	Family Health Care 25 N 100 E St. George, UT 84770 435-986-2565 davidz@familyhc.org	Children Adolescents Adults Seniors	Yes	Yes			<ul style="list-style-type: none"> Health Choice Medicaid Select Health Triwest 	<ul style="list-style-type: none"> Sliding Fee Scale 	<ul style="list-style-type: none"> 6 of the 8 therapists are Family Healthcare are bilingual
DeNean Petersen	136 West University Blvd Cedar City, UT 84720 435-586-5495 petersendn@suu.edu	Adolescents Adults Seniors		Yes		435-590-7251	<ul style="list-style-type: none"> EMI Medicare PEHP Select Health Most EAP's Most Insurances 	<ul style="list-style-type: none"> \$120 \$80-Group 	
Eva Beatty	1031 South Bluff St. George, UT 84770 4352602324 evalou@hotmail.com	Adolescents Adults Seniors	Yes	Yes	Yes (established patients only)	435-272-7974	<ul style="list-style-type: none"> BCBS EMI PEHP Medicare 	<ul style="list-style-type: none"> \$110 \$110 Pro bono work 	<ul style="list-style-type: none"> Work with individuals regarding payment
Geniel Peto	3524 Price Hills Dr. St. George, UT 84790 801-635-9316 genielp@gmail.com	Adults Seniors		Yes	Yes			<ul style="list-style-type: none"> Pro bono work 	<ul style="list-style-type: none"> Extensive experience in a variety of settings with a variety of populations to include substance use and interpersonal violence
Geri Harames	275 Valley View Dr. St. George, UT 84770 801-814-8553 trueyoucounseling@gmail.com	Children Adolescents Adults Seniors	Yes	Yes	Yes	801-814-8553		<ul style="list-style-type: none"> \$95 \$95 \$40 	
Heather Shelline	The Church of Jesus Christ of Latter-day Saints - Family Services 2480 E. Red Cliffs Dr. St. George, UT 84790 435-673-6446 hshelline@churchofjesuschrist.org	Adolescents Adults	Yes	Yes				<ul style="list-style-type: none"> \$120-initial assessment \$80-regular session Specialty groups offered at \$40 per session 	
Jamie Arbizu	Core Compass Counseling Hurricane, UT 84737 435-229-8405 jamie.counseling@gmail.com	Children Adolescents Adults Seniors	Yes	Yes	Yes		<ul style="list-style-type: none"> Blue Cross Blue Shield PEHP Select Health Tricare/ Triwest WISE Provider Network 	<ul style="list-style-type: none"> \$150-initial appointment \$125-follow-up appointment Sliding Fee Scale 	<ul style="list-style-type: none"> TF-CBT Certified and EMDR trained

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Jason Harrison	Jason Harrison, Inc. 2239 W 2400 N Cedar City, UT 84721 435-531-6047 jasonharr74@gmail.com	Adolescents Adults	Yes	Yes				<ul style="list-style-type: none"> \$75 \$90 	<ul style="list-style-type: none"> Worked with a variety of populations including adolescent girls, individuals with developmental disabilities Primary modality of practice is Acceptance and Commitment therapy
Jodi Hildebrandt	801-874-7691 jodihildebrandt@hotmail.com		Yes	Yes					
Justin Stum, LMFT	640 E 700 S, Suite 205B St. George, UT 84770 435-574-9193 justin.stum.lmft@gmail.com	Adolescents Adults Seniors	Yes	Yes				<ul style="list-style-type: none"> \$130 \$130 \$35 per person per group Pro bono work 	<ul style="list-style-type: none"> 16+ years in practice Training in trauma technologies, EMDR, Brainspotting Booked out, at times, for 2-3 weeks
Kaden Rogers	2403 S 1100 W St. George, UT 84770 435-744-7045 kadenrogers23@gmail.com	Children Adolescents Adults Seniors	Yes	Yes	Yes			<ul style="list-style-type: none"> \$80 \$120 \$160 Sliding Scale Fee Pro Bono Work 	
Karen Finke, CMHC, SUDC	Four Directions Counseling, PLLC 321 N. Mall Dr., Bldg. R101 St. George, UT 84790 406-570-2915 kfinkework@aol.com	Adults Seniors		Yes	Yes	Existing clients, as needed	<ul style="list-style-type: none"> PEHP Select Health Contracts with Southwest Behavioral Health Center, Dove Center, and Cherish Families 	<ul style="list-style-type: none"> \$100 \$100 Not currently running any groups Sliding Fee Scale 	<ul style="list-style-type: none"> Passionate about her work and supporting others
Lea Frances-Poll	Therapy Associates 377 East Riverside Drive, Building B St. George, UT 84790 435-862-8273 lea@therapyassociates.net	Children Adolescents Adults Seniors	Yes	Yes	Yes	4356192294	<ul style="list-style-type: none"> Aetna Blomquist Hale EAP Blue Cross Blue Shield JJC-St. George EMI Medicaid Medicare Optum EAP Select Health 	<ul style="list-style-type: none"> \$100 or contracted rate \$100 or contracted rate \$30 or TBD 	<ul style="list-style-type: none"> Closely affiliated with Star Guides and wilderness programs for youth with technology/pornography/sexual addiction issues

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Maikwe Parsons	Maikwe Parsons MSW JD LLC 321 N. Mall Dr, Bldg R-115 St. George, UT 84790 702-321-7567 parsons702@gmail.com	Adults Seniors		Yes	Yes	Current clients only	<ul style="list-style-type: none"> Nevada Medicare Will apply for Medicare in Utah 	<ul style="list-style-type: none"> \$125-\$150 Sliding Fee Scale 	<ul style="list-style-type: none"> Treats trauma with Advanced Integrative Therapy (AIT – this is used as a Humanitarian Aid response in Central America following disasters such as volcanoes and for sexual violence. Clients make good progress in the first session with AIT. Trained in EMDR but find the AIT faster, gentler, and more effective Experienced in grief counseling including following suicide and murder
Matt Kevin Bulloch	A Beacon Of Hope Counseling 427 S Main Street Suite 304 Cedar City, UT 84720 435-590-9354 bullochster@gmail.com	Adolescents Adults	Yes	Yes	Yes	435-590-9354	<ul style="list-style-type: none"> Blue Cross Blue Shield EMI PEHP Select Health 	<ul style="list-style-type: none"> \$80 \$80 \$30 per person Would look at sliding fee scale based on volume of clients Occasional pro bono work on a case-by-case basis 	
McKenzie Esplin	Esplin Counseling 135 N 900 E STE 2 St. George, UT 84770 801-210-1184 esplincounseling@gmail.com	Children Adolescents Adult	Yes	Yes	Yes	435-215-5991	<ul style="list-style-type: none"> Blue Cross Blue Shield EMI Select Health 	<ul style="list-style-type: none"> \$115 \$115 	
Mercy Stout, CMHC	Zion Counseling, LLC P.O. Box 125 Glendale, UT 84729 435-592-2296 mercystout@gmail.com	Adolescents Adults	Yes	Yes				<ul style="list-style-type: none"> \$75 \$75 Pro Bono Work 	
Michael Gurr	Michael Gurr, PLLC 180 N. Gunsmoke Pass Kanab, UT 84741 801-803-1227 michaelwestgurr@gmail.com	Adults	Yes	Yes			<ul style="list-style-type: none"> Cigna Medicaid 	<ul style="list-style-type: none"> \$120 Sliding Fee Scale 	

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Michelle Lindquist	720 S River Rd. B105 St. George, UT 84790 435-773-3524 michelle.empowering.therapy@protonmail.com	Adolescents Adults Seniors	Yes	Yes			<ul style="list-style-type: none"> Blue Cross Blue Shield Medicare PEHP Select Health United Health Care University of Utah 	<ul style="list-style-type: none"> \$150 \$150 \$75 	
Nateasa McGuire	Sunray Family Counseling 2202 N Main Street Suite 301 Cedar City, UT 84720 319-541-4485 nateasam.sunray@gmail.com	Children Adolescents Adults	Yes	Yes			<ul style="list-style-type: none"> Blue Cross Blue Shield EMI PEHP Select Health 	<ul style="list-style-type: none"> \$90 Pro Bono Work 	<ul style="list-style-type: none"> Trained in EMDR, TF-CBT, and DBT
Nicolle Rammell	Nichole Rammell Counseling Services 321 N Mall Dr. Suite VW105 St. George, UT 84790 435-705-9571 nrammell@mdofficemail.com	Adolescents Adults Seniors	Yes	Yes		4357059571	<ul style="list-style-type: none"> Aetna Blue Cross Blue Shield Cigna EMI PEHP Select Health United 	<ul style="list-style-type: none"> \$110 \$120 	<ul style="list-style-type: none"> Trained in EMDR
Paul Marshall	Beaver Valley Hospital 1109 N. 100 W. Beaver, UT 84713 (435) 438-7275 plmarshall@beaverhospital.net	Children Adolescents Adults Seniors	Yes	Yes	Yes		<ul style="list-style-type: none"> Blue Cross Blue Shield EMI PEHP 	<ul style="list-style-type: none"> Pro Bono Work 	
Rachel Armstrong	St. George, UT 84790 435-201-2731 rjam26@gmail.com		Yes	Yes					
Roger Nelson	Southwest Behavioral Health Center 441 West 200 North St. George, UT 84770 rnelson@sbhcutah.org	Children Adolescents Adults Seniors	Yes	Yes	Yes	435-414-4362		<ul style="list-style-type: none"> Pro bono work 	
Ryan Rudd	Crimson Counseling LLC 249 E Tabernacle St Suite 100 St. George, UT 84770 435-705-7574 rruud@crimsoncounseling.net	Adolescents Adults	Yes	Yes	Yes	435-592-3789	<ul style="list-style-type: none"> Almost all insurances accepted 	<ul style="list-style-type: none"> \$120 \$120 \$50 Sliding Fee Scale Pro Bono Work 	<ul style="list-style-type: none"> Also work with teens and adults with autism and other behavior challenges

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Sandi Burningham	The Lotus Group Counseling and Consulting 1173 South 250 West, Suite 203 St. George, UT 84770 435-986-0522 sandiburningham@hotmail.com	Adolescents Adults Seniors	Yes	Yes	From existing clients only		<ul style="list-style-type: none"> Blue Cross Blue Shield EMI PEHP Select Health 	<ul style="list-style-type: none"> \$150 \$150 	
Sarah Boone	Kane County Hospital 355 N Main Kanab, UT 84741 4356444119 sboone@kchosp.net	Children Adolescents Adults Seniors	Yes	Yes	Yes		<ul style="list-style-type: none"> In process of contracting with insurance companies 		<ul style="list-style-type: none"> LCSW with Kane County Hospital with 15+ years of experience providing trauma-informed care
Sarah Cowley	Sunray Family Counseling 2202 north Main Street suite 301 Cedar City, UT 84720 435-868-1448 sarahc_sunray@gmail.com	Children Adolescents Adults Seniors	Yes				<ul style="list-style-type: none"> Blue Cross Blue Shield EMI PEHP Select Health Triwest 	<ul style="list-style-type: none"> \$90 \$90 \$90 Sliding Scale Fee Pro Bono Work 	
Saskia Stallings	Enlightened Counseling Services, LLC 321 N Mall Drive VW-103 St. George, UT 84790 4353592433 saskiastherapy@gmail.com	Adults Seniors		Yes	Yes		<ul style="list-style-type: none"> Blue Cross Blue Shield EMI Cigna Medicare Optum PEHP Select Health Triwest United Behavioral UMR 	<ul style="list-style-type: none"> \$120 	<ul style="list-style-type: none"> Full practice and not able to see clients weekly
Scott Sorensen	Scott Sorensen, LCSW 351 W. Center, Centrum #225L Cedar City, UT 84720 435-586-1938 sorensen_s@suu.edu	Children Adolescents Adults Seniors	Yes	Yes	Yes		<ul style="list-style-type: none"> Blue Cross Blue Shield Optum PEHP Select Health Some out of state insurances 	<ul style="list-style-type: none"> \$75 \$75 Sliding Fee Scale 	<ul style="list-style-type: none"> Solo practice
Sheree Davidson	628 N. 400 W St. George, UT 84770 435-261-3612 shereedavidsonlcsw@yahoo.com	Children Adolescents Adults	Yes	Yes	Yes	801-792-3041	<ul style="list-style-type: none"> EMI 	<ul style="list-style-type: none"> \$120 \$120 \$40 per session 	
Sherrie Gerry	Counseling for Success 166 N 300 W, Ste 4 St. George, UT 435-272-8659 counseling4success@gmail.com	Children Adolescents Adults	Yes	Yes			<ul style="list-style-type: none"> Aetna Blue Cross Blue Shield EMI Select Health Tricare United 	<ul style="list-style-type: none"> \$100 \$100 \$50 Sliding Fee Scale Pro Bono Work 	<ul style="list-style-type: none"> Addiction certified facility with the State of Utah Specialize in trauma

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Teri Nielsen	Southwest Healing Arts 1080 W. Grand Canyon Drive Kanab, UT 84741 435-644-8577 terinielsen@comcast.net	Children Adolescents Adults Seniors	Yes	Yes			<ul style="list-style-type: none"> Blue Cross Blue Shield CIGNA Cigna EAP New Directions EAP 	<ul style="list-style-type: none"> \$90 \$110 \$40 	<ul style="list-style-type: none"> See terinielsen.com or southwesthealingarts.com for more information
Thurmon Thomas	Ascend Counseling & Wellness 52 S 820 W, Suite 202B Hurricane, UT 84737 435-688-1111 thurmon.thomas@gmail.com	Children Adolescents Adults Seniors	Yes	Yes	Yes	435-862-6831	<ul style="list-style-type: none"> Blue Cross Blue Shield Cigna EMR Medicaid PEHP Select Health United 	<ul style="list-style-type: none"> \$120 \$120 \$60 per client or \$150 per hour Sliding Fee Scale Pro Bono Work 	
Todd Graves	Todd Graves, LMFT, PLLC 393 East Riverside Dr set 3-A St. George, UT 84790 435-767-8140 mftzrppl2@gmail.com	Adolescents Adults Seniors	Yes	Yes	Yes		<ul style="list-style-type: none"> Tricare 	<ul style="list-style-type: none"> \$120 	<ul style="list-style-type: none"> Specialize in sexual addiction as well as trauma of all kinds