



THERAPISTS AND COUNSELORS:

@THE MENTAL HEALTH LAB: Seeing clients ages 8+

515 6th Ave. Grinnell, IA | 641-990-4936 | thementalhealthlab@gmail.com | mentalhealthlab.net

Most insurances accepted

- Focus: Trauma work, PTSD, depression, anxiety, majority of mental health concerns and life struggles. Specializes in EMDR, CBT and DBT. Check the website for more information

ANA SANCHEZ SMITH: Seeing Children ages 0-17, young adults, women and families. Bilingual mental health therapist (Spanish/English).

641-352-6061 | referral@sanargrinnell.com | sanargrinnell.com | Accepts private pay & Optum/UHC, Wellmark BCBS, Medicaid, Tricare

- Providing in person sessions and telehealth sessions
- Assess and treat anxiety, depression, neurological needs, support parent-child relationships, assist with adjustment difficulties, loss/grief across the lifespan and fertility needs
- Focus on supporting children and families in all areas of relational needs, transitions/adjustments, parent-child relationships and behavioral needs
- Trauma informed therapist and trained in Infant Mental Health, PCIT, PC-CARE, TheraPlay, Sandtray, EMDR, TF-CBT and DBT

ARDENT COUNSELING CENTER: Person-centered counseling for individuals, couples, and families

818 4th Ave., Grinnell | 319-206-9460 | ardentcenter.com | Accepts most insurance including Medicaid

- Visit website for information regarding their practice and approach
- Provider specialties include anxiety, depression, marriage and family therapy, ADHD, intimacy and alternative lifestyle support, trauma, and more
- Medication management available for all ages

CAPSTONE: Psychotherapy services for individuals 6 years and older

200 4th Ave. W., Grinnell | 641-528-6065 | All insurance accepted

- Psychological testing to include ADHD (starting at age 6), personality testing, IQ, dementia screening, etc., mental health counseling.
- Offers psychiatry evaluations, conservative medication management, and medication education for ages 7 and older.
- Residential and community setting
- Chemical dependency treatment

CREATIVE HOPE COUNSELING: Individual counseling for all ages

Montezuma | 641-226-2665 | sara@creative-hope.com | Accepts several major insurances

- Depression, anxiety, behavior disorders, adjustment issues, and more

DAVIS HEALTH CARE: Therapy for all ages

217 4th Ave West., Grinnell | 641-236-0632 | davishealth.care | All insurance accepted

- Specializes in treating veterans with PTSD
- Marriage counseling, family therapy
- Psychological testing is available
- Depression and anxiety treatment

ERIK KOHL: Basic psychotherapy services for adults and children ages 10 and older

821 5th Ave. Suite 408, Grinnell | 641-244-3347 | Accepts a variety of insurance, including Medicaid. Does not accept Medicare

- Works from a trauma informed model and specializes in treating PTSD, depression, anxiety, & other mood disorders. Also trained in EMDR therapy

THERAPISTS AND COUNSELORS:

GALLEGOS COUNSELING: Therapy for older adolescents and adults

641-781-0770 | Accepts most private insurance.

- Works from a strength based approach and specializes in treating depression, bi polar, anxiety, grief & loss
- Telehealth services offered

HEALTHY HOMES FAMILY SERVICES: Counseling for ages 6 years of age and up

812 Commercial St., Grinnell | 641-236-0273 | Accepts most insurance

- Specializes in individual therapy for children 6+ and adults, as well as couples and family counseling services

HOPE FAMILY COUNSELING: Counseling and therapy for adults and children ages 4 and older

817 4th Ave. Grinnell | 641-323-2729 | Accepts most insurance

- Special interest in trauma and abuse, couples, domestic violence, suicide intervention & prevention

DR. H. JACQUIE PERMAN: Therapy for individuals, couples, adults and adolescents 15 years and older

827 ½ Unit 1 Broad St., Grinnell | 641-812-2990 | Accepts Blue Cross, Blue Shield, United Shield, Medicare

- Special focus on trauma work and service for individuals with diverse cultural (ethnicity, sexual orientation, etc.) backgrounds

JEFF WELLS: Mental health therapy for adults

Grinnell | 641-236-4680 | iowa-Therapy.com

Most insurance accepted, including: Wellmark Blue Cross and Blue Shield, Health Partners, Amerigroup and Iowa Total Care

- Individual therapy for adults, and substance use counseling
- In-person and remote sessions available

KUN-HONG LU: Individual therapy for people 16 years and older addressing a wide range of conditions & issues

Office 641-236-8811 | Cell 319-471-1597 | grinnellcounseling@yahoo.com | grinnellcounseling.com

Blue Cross Blue Shields (Wellmark is the Iowa BCBS), Medicare, and some additional insurance. Does not accept Medicaid and United Healthcare.

- Visit <http://www.grinnellcounseling.com> for information regarding her practice and approach
- In-person sessions in Grinnell as well as virtual sessions for residents of Iowa

PATHWAYS COUNSELING LLC: Individual therapy ages 13 and up. Couples therapy

807 4th Ave. Grinnell, IA | 641-510-1381 | ryane.pathways@gmail.com | pathwayscounseling.info

Most insurance accepted

- Certified as an EMDR Therapist and use that to help those with trauma or are stuck on something from their past
- Christian counseling offered
- Help those struggling with anxiety, depression, stress, or other issues

STEINER & ASSOCIATES: Evaluations and treatment for a wide range of concerns for children and adults

821 5th. Ave. Suite 403 | 877-944-1200 | steinerpsych.com

Accepts most insurance, including Medicare and Medicaid

- Sees patients on Wednesday mornings in Grinnell
- Visit website for information regarding their practice and approach

UNITYPOINT HEALTH GRINNELL BEHAVIORAL HEALTH CLINIC: Telehealth visits available for patients 12+ and adults

UPH-Grinnell Ahrens Medical Arts Building; 202 4th Avenue | 641-236-2323 | unitypoint.org/providers/Margot-Duchowny-2986538

Accepts - all major insurance payers but recommend that patients call their carrier before making an appointment

- Telemedicine therapy and counseling sessions and psych medication management in the areas of acute and chronic conditions, medical co-morbidities, health diversity including LGBTQ+care, postpartum support, substance use and addiction