



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

- Therapy to support anxiety, depression, PTSD, grief, trauma, life transitions and changes, stress related to family, finances, or being away from home, as well as challenges with self-esteem, coping skills, and time management. Evidence-based approaches like CBT, DBT, and EMDR to help find healing, balance, and growth

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:

HEALTHY HOMES FAMILY SERVICES: Counseling for ages 6 years of age and up
629 West St South, Suite 100-200, 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 (adults and adolescents) and couples
drhjperman@gmail.com | 641-812-2990 | Accepts Blue Cross Blue Shield, and Medicare
• Special focus on depression, anxiety, emotion regulation work, trauma work and service for individuals with diverse cultural backgrounds (ethnicity, sexual orientation, etc.)

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 & 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
Wellmark Blue Cross Blue Shield, Medicare, Aetna, 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

LARCH COUNSELING PLLC: Individual tele-therapy services for adolescents & adults (Iowa residents only; in-person group therapy). Military members & families, veterans, healthcare workers and first responders, women's issues
641-200-1546 | jen@larch-counseling.com | larch-counseling.com
• Art Therapy, EMDR, Narrative, Somatic & Christian Therapy, CBT, DBT, Positive Psychology, Supportive Parenting of Anxious Childhood Emotions and for Parents of Adult Children with Failure to Launch
• Anxiety, disruptive moods, depression, grief, compulsive behaviors, abuse, trauma & PTSD, life adjustments & growth, relationships, compassion fatigue/vicarious trauma

QUICKVISIT: Seeing clients Ages 2 - 100
213 West St. S Grinnell, IA 50112 | (641) 458-3055 | quickvisiturgentcare.com/location
Accepts all insurance. Sliding scale for individuals with financial needs and self-pay rate of \$129.
• ADHD, anxiety, behavioral issues, Bipolar Disorder, general counseling, depression, grief counseling, individual & family, marriage & relationship, medication management, OCD, stress management

PATHWAYS COUNSELING LLC: Individual therapy ages 13 and up. Couples therapy
807 4th Ave. Grinnell, IA | 641-569-8953 | ryane.pathways@gmail.com | pathwayscounseling.info
Most insurance accepted
• Certified as an EMDR Therapist helping those with trauma and conflict resolution
• Help those struggling with anxiety, depression, stress, or other issues, Christian counseling offered

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: Supportive telemedicine therapy
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