



**BIPOC-Centered  
Mental Health  
Providers**

# ABOUT THIS RESOURCE

This is a list of Black (and People of Color) Mental Health Providers in Washington State. Their specialties, cash rates and insurance networks are listed for individuals to begin their search for a compatible provider. The Tubman Center for Health & Freedom does not own this list. Please note that just because a clinician is listed, it does not mean that the Tubman Center for Health & Freedom has a relationship with them, nor can we verify their current licensing and/or credentials. Tubman Health is not gaining monetarily by publishing this list nor should the list be considered a referral to these providers. Please use this list as a resource in your search for a therapist/clinician that fits your unique needs.

Thank you to NAMI and Canh Tran, MSW, LICSW, the original sources of this information we compiled.

**This list was last updated in January 2022.**

Cultural competence in therapy goes beyond understanding different cultures; it also involves knowing how to utilize cultural humility and connect with patients genuinely to improve communication. It is about exploring non-traditional ways of medicine such as alternative medicine and modes of healing. It is about increasing POC representation in care, so people have doctors and providers that look like them. People of Color benefit from better care when their provider is culturally similar to them. Racial concordance is when the racial identity of the patient and provider are the same. This has been shown to improve communication, patient satisfaction, and health outcomes. An example of this is Black maternal and Black men's health has been shown to improve when cared for by Black doctors.



**Behavioral/ Emotional and Mental Health Providers for people of Black and African diaspora, other persons of color, people with disabilities, and LGBTQ+ community members**

[Amal Abdulrahman](#)

- **Specialties:** Social justice, personal, family, career challenges
- **Populations:** Individuals
- **Rate:** \$140-180
- **Insurance:** No, out-of-network benefits only (Superbill)

[Nichelle Alderson](#)

- **Specialties:** Holistic health, nutrition, People of Color, Helping Professionals, Artists, and Entrepreneurs.
- **Rate:** \$100-300
- **Populations:** Individuals
- **Insurance:** No, out-of-network benefits only (Superbill)

[Marcus Alexander](#)

- **Specialties:** Anxiety, stress, infidelity, anger, couples counseling, relationship issues
- **Populations:** Individuals, families
- **Rate:** \$110-130
- **Insurance:** No, out-of-network benefits only (Superbill)

[Allen Wellness Center](#)

- **Specialties:** Veterans, bipolar disorder, suicidal thoughts, anxiety
- **Rate:** Unsure
- **Populations:** Individuals, veterans
- **Insurance:** Unsure

[Sharmayne Arrington](#)

- **Specialties:** Women, femme folks, somatic therapy, childhood trauma, relationship issues, intergenerational trauma, spirituality, communication, internalized oppression, family counseling
- **Populations:** Individuals, families
- **Rate:** \$160-210
- **Insurance:** No, out-of-network benefits only (Superbill)

[Toya Aubert](#)

- **Specialties':** N/A
- **Populations:** Individuals, couples, adolescents
- **Rate:** \$120-150
- **Insurance:** No, out-of-network benefits only (Superbill)

[Taryn Beard](#)

- **Specialties:** Anxiety, depression, relationship issues, couples therapy
- **Rate:** \$170
- **Populations:** Individuals, couples
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Donna Bergman](#)

- **Specialties:** Self Image and Self-esteem, Anxiety, Depression, Adjustment/Life transitions, Mental wellness, nutritional education, Women's health and related issues, Grief & Loss Adoption
- **Populations:** Individuals
- **Rate:** Unsure
- **Insurance:** Kaiser, Premera, First Choice

### [Maria Boxill](#)

- **Specialties:** Cultural, racial, and social justice trauma (LGBTQ+ community, inclusive), substance use, trauma, codependency, divorce, domestic violence, sex/love addiction
- **Populations:** Individuals; children, adolescents, adults, seniors
- **Rate:** N/A
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Bryanna Boyd](#)

- **Specialties:** Anxiety, depression, trauma, cultural identity, racism, LGBTQ, queer, trans, non-binary struggles, sex, intimacy, and connectedness
- **Populations:** Individuals
- **Rate:** \$150 (sliding scale/reduced fee available)
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Gedeon Brezil](#)

- **Specialties:** Adjustment to change, anxiety, depression, bi-polar disorder, grief and loss and trauma.
- **Populations:** Individuals
- **Rate:** \$80-120
- **Insurance:** Blue Cross and Blue Shield, Medicare with BCBS secondary, Harvard Pilgrim Health Care, Tufts Health Care, Tri-Care Northeast GIC, Unicare Out of Network, United Health Care, Always Healthcare

### [Bryan Brown](#)

- **Specialties:** Trauma and PTSD, Depression, Sexual Abuse, Grief, depression, anxiety, relational conflict, racial trauma, LGBTQIA+ issues, spiritual abuse
- **Rate:** \$120-160
- **Populations:** Individuals, group, couples
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Jamila M. Brown](#)

- **Specialties:** Parenting support, teen transitions, stress, depression, expats
- **Populations:** Individuals, couples
- **Rate:** \$125
- **Insurance:** Unsure (some insurance plans accepted)

### Summer Brown

- **Specialties:** LGBTQQI2S and gender nonconforming individuals and couples, kids, teens and adults.
- **Populations:** Individuals, couples/dyads
- **Rate:** \$150
- **Insurance:** Aetna, American Behavioral Care, Oregon/Health Share, Cigna, First Choice, First Choice Health, Moda Health, Molina, ODS Plus/ Connexus, OHSU PPO, OHP (Oregon Health Plan), PacificSource, Premera Blue Cross, Providence/ Preferred, Regence Blue Cross, Samaritan Health Plans
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### DJ Burr

- **Specialties:** Addiction, substance use, codependency, Problematic Sexual Behavior, love addiction, trauma
- **Populations:** Individuals, group therapy
- **Rate:** \$235
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### Erika Cherry

- **Specialties:** Women's Issues, PTSD/Trauma, Adolescents. Alternative Relationships, Christian Perspective, Couples Therapy, DBT, Family Issues, Family Therapy, Relationship Issues, Spirituality, Therapy, LGBTQ
- **Rate:** \$150-200
- **Populations:** Individuals, families, couples
- **Insurance:** Aetna, Beacon Health/ Value Options, Cigna, First Choice, Kaiser, MHN, Premera, Regence, and United Behavioral Health/Optum

### Linda Chia

- **Specialties:** Racial Identity, Spirituality, Women's Issues
- **Populations:** Individuals
- **Rate:** \$130
- **Insurance:** No, out-of-network benefits only (Superbill)

### Avery Cox

- **Specialties:** African American/Black intersectionality, multicultural identity, boundaries, communication, self-esteem, self-compassion, relationships, guilt, men's issues, women's issues
- **Populations:** Individuals, families, couples
- **Rate:** \$150
- **Insurance:** No, out-of-network benefits only (Superbill)

### Alexandria Deas

- **Specialties:** Anxiety, Family Conflict, Racial Identity, Women's Issues (20s-30s), perfectionism, imposter syndrome, boundary-setting
- **Populations:** Individuals
- **Rate:** \$180 (reduced fee available)
- **Insurance:** No, out-of-network benefits only (Superbill)

### Danesha Deloatch

- **Specialties:** Women and Maternal/ Reproductive Services, Infertility, Perinatal Mood and Anxiety Disorders, Pre and Postpartum, Depression and Anxiety, Relationship Stressors, Intimacy
- **Populations:** Individuals, families
- **Rate:** \$125
- **Insurance:** N/A

### Chrishinda Dempsey

- **Specialties:** Black Mental Health, substance use
- **Rate:** \$70-200
- **Populations:** Individuals, adolescents, teenagers, families
- **Insurance:** Kaiser (Out-of-Network), Medicaid, Oregon Health Plan (OHP), Pacific-Source Out of Network/Cash

### Bre-Ann Dunlap

- **Specialties:** Depression, anxiety, trauma, and life transitions. I also work with families in supporting them to address generational trauma and navigating challenges impacting the family unit.
- **Rate:** Unsure
- **Populations:** Individuals, families
- **Insurance:** No, out-of-network benefits only (Superbill)

### Karelia Edwards

- **Specialties:** Life Transitions, Anxiety, Depression, Social Discomfort, Career/Work-Related Stressors, Relationship Concerns, Negative Thinking, Grief, PTSD/Trauma, Substance Abuse, Self-Esteem, Lack of Motivation
- **Populations:** Individuals; adults and teenagers
- **Rate:** \$150-230

### Jennifer Elve

- **Specialties:** Childhood trauma and intergenerational trauma, addiction/recovery, intersectionality, racial identity, marginalized communities, codependence, ancestral healing and somatic processes
- **Populations:** Individuals
- **Rate:** \$165 first session; \$145 following sessions
- **Insurance:** First Choice Health, Regence, WellSpring

### [Jordan Demarco Emerson](#)

- **Specialties:** Depression, Anxiety, Anger Management, codependency and setting boundaries/limits.
- **Populations:** Individuals, adolescents, teenagers
- **Rate:** \$80-175
- **Insurance:** Aetna, Premera

### [Antoinette Evans](#)

- **Specialties:** Grief and loss, Trauma, Transitions & Adjustments, Depression, Anxiety, Cultural issues, Post-Traumatic Stress Disorder, Blended families/Step families adoptive families, Divorce, Parenting
- **Rate:** \$130-180
- **Populations:** Individuals, families, children
- **Insurance:** Anthem, First Choice Health | FCH, Kaiser (Out-of-Network), LifeWise, Premera, Regence, UnitedHealthcare

### [Makinie Fortino](#)

- **Specialties:** Racial trauma, understanding your family, and negative patterns, culturally sensitive and informed counseling, Depression, Anxiety, Relationships, Spirituality, Authentic Personal Empowerment, Sexual Issues and Empowerment, Emotion Regulation, Assertiveness Training, Introversion, Life Transitions, Identity Issues, Stress Management / Boundary Setting, African-American-Caribbean Spirituality
- **Populations:** Individuals
- **Rate:** \$110
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Fortitude Counseling](#)

- **Specialties:** Couples Therapy, Play Therapy
- **Rate:** N/A Unsure
- **Populations:** Individuals, couples, families, children
- **Insurance:** Tricare, Aetna, Regence, Premera

### [Brandon Gibs](#)

- **Specialties:** Sexuality, Identity, Formation/Exploration, Substance Use & Addiction, Codependency, Depression & Anxiety, Black & Latinx Psychology, LGBTQ2IA+ Focused Counseling
- **Rate:** \$175 (sliding scale/reduced fee available)
  - **Populations:** Individuals

### [Quantas Ginn](#)

- **Specialties:** Sex therapy, BDSM, kink, fetish, couples therapy
- **Rate:** \$150 (sliding scale/reduced fee available)
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Claudelle Glasgow](#) (Dr. G)

- **Specialties:** Anxiety, spirituality, racial identity, depression, stress management
- **Populations:** Individuals
- **Rate:** \$200
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Marie Goines](#)

- **Specialties:** QTBIPOC wellness and care, coping skill-building, identity formation and self-acceptance based on cognitive behavioral change as a means to managing traumatic grief, PTSD, OCD, ADHD, Anxiety and Depression.
- **Populations:** Individuals, families, groups
- **Rate:** \$150
- **Insurance:** Premera, Kaiser, Regence, Aetna, Cigna
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Sauntia Griffin](#)

- **Specialties:** Internalized oppression, trauma, grief, disability, chronic illness, mental health, and secondary trauma. Identity / Racial Identity Development Whole Person-centered Strengths-based Perspective Support / Facilitating Self-Healing Trauma / Racial Trauma-focused Deep Understanding / Empathy Self-Discovery Advocacy / Activism Dismantling White Supremacy
- **Populations:** Individuals; teens and adults
- **Rate:** \$100
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Hayden Hamilton](#)

- **Specialties:** Anxiety, depression, grief, chronic pain, issues of personal identity (race/gender/sexuality orientation), and life transitions (relational/academic/professional).
- **Populations:** Individuals (adults and adolescents)
- **Rate:** \$120-220
- **Insurance:** Blue Cross Blue Shield, First Choice Health | FCH, LifeWise, Premera, Regence, Uniform | UMP
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Kiarra Hehn](#)

- **Specialties:** Generational Trauma Patterns, Complex Trauma, Life After Sobriety, Women of Color,
- **Rate:** \$130
- **Populations:** Individuals, families
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Notes:** Identifies as Afro-Indigenous, As of October 2021, has openings



### [Danielle Jenkins Henry](#)

- **Specialties'**: Depression, Anxiety and Panic, Trauma, Guilt and Shame, Self-Doubt, Attachment Difficulties, Family Issues, Grief and Loss, Despair, Workplace Stress, Conflict or Trauma, Career Change/Transition, Feelings of loneliness, emptiness, Intrusive Thoughts, Negative Thinking, Life Transitions, Anger/Mood Swings Relationship Conflict & Intimacy Issues, Divorce, Co-parenting, Blended Families
- **Rate**: Unsure
- **Populations**: Individuals, Couples, Families
- **Insurance**: Unsure

### [Darlene Hill](#)

- **Specialties**: Anxiety, depression, Trauma, family therapy
- **Rate**: \$90-150
- **Populations**: Individuals, couples, families, children
- **Insurance**: Unsure

### [Derrick Hoard](#)

- **Specialties**: Anti Racism, video game addiction, ADHD, relationship issues, anxiety
- **Populations**: Individuals, couples
- **Rate**: \$350 (sliding scale available)
- **Insurance**: No, out-of-network benefits only (Superbill)

### [Michelle Hooks](#)

- **Specialties**: Depression, anxiety, traumatic experiences, behavioral issues, eating disorders, difficulty with emotion regulation and emotional expression, social deficits, issues related to educational or occupational functioning, relationship issues and difficulty communicating
- **Populations**: Individuals, couples, families
- **Rate**: \$130-200
- **Insurance**: Premera, Regence, Aetna, Cigna, UBH, Kaiser, Beacon Health, First Choice

### [Danielle Huston](#)

- **Specialties**: Trauma
- **Rate**: \$120-185
- **Populations**: Individuals, young adults, adults
- **Insurance**: No, out-of-network benefits only (Superbill)

### [Olajumoke Iyiola](#)

- **Specialties**: Mood related disorders such as anxiety and depression, trauma and abuse, domestic violence, stress, self-esteem issues, life transitions, relationships, anger management, grief, marriage and family issues and addiction.
- **Rate**: \$105-130
- **Populations**: Individuals, couples, young adults
- **Insurance**: No, out-of-network benefits only (Superbill)

### [Olajumoke Iyiola](#)

- **Specialties:** Anxiety, Depression, Christian counseling, life transitions, young adults
- **Populations:** Individuals, couples
- **Rate:** \$105-130
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Renee Jones](#)

- **Specialties:** Couples/Relationships, Substance use, addiction, expressive arts therapy, LGBTQ+ therapy
- **Populations:** Individuals, couples, families, children
- **Rate:** \$100-250
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Michelle Kabuye](#)

- **Specialties:** Eating disorders, emotional regulation, college students
- **Populations:** Individuals
- **Rate:** \$195-200
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Jessie Kolle](#)

- **Specialties:** stress, anxiety, depression, anger, grief, loss, and relational issues, collaborating with clients when setting the goals of therapy.
- **Rate:** \$90-120
- **Populations:** Individuals, families
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Ricky Leachman](#)

- **Specialties:** Anxiety, depression, gender identity, racial trauma, mindfulness
- **Populations:** Individuals
- **Rate:** \$100-150 (reduced fee available)
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [LaTonya Littleton](#)

- **Specialties:** Anxiety, Depression, Trauma, Cultural Adjustment, Multicultural Concerns, Bipolar Disorder, College Mental Health, Cultural and Systemic Oppression, Grief, Divorce, Mood Disorders, Parenting, Peer Relationships, PTSD
- **Populations:** Individuals, couples
- **Rate:** \$120-150
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Heather Lowrey](#)

- **Specialties:** Sexual Addiction, Eating Disorders, Relationship Issues
- **Populations:** Individuals and group therapy
- **Rate:** \$160
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Kenya Makhiawala](#)

- **Specialties:** Anxiety, Depression, Parent Training, Behavioral issues, Attention Deficit Hyperactivity Disorder (ADHD), Disruptive School Behavior, and School Consultation Developmental Delays
- **Populations:** Individuals, children, adolescents
- **Rate:** \$170-190
- **Insurance:** Premera

### [Cortney Manning-Tripp](#)

- **Specialties:** Racial and Ethnic Identity, Relationship Issues, Coping Skills, Anxiety, Depression, Divorce Family Conflict, Life Coaching, Life Transitions, Premarital and Marital, Parenting, Peer Relationships, School Issues, Self Esteem, Stress, Trauma & PTSD, Women's Issues
- **Rate:** \$175-225
- **Populations:** Individuals
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Anne Mauro](#)

- **Specialties:** Sex therapy, sexuality, relationship issues
- **Populations:** Individuals, couples
- **Rate:** \$215
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Keziah Mayers](#)

- **Specialties:** Sex Therapy, Kink/Diverse Sexualities, Sexual Dysfunction, Sexual Abuse, Open Relationships/Polyamory, Marital and Premarital, Relationship Issues, Sex Education
- **Rate:** \$120
- **Populations:** Individuals, couples
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary friendly/competent

### [Ashly McGirt](#)

- **Specialties:** Racial trauma, Multicultural issues (acculturation, immigration, stereotypes), [Grief & Loss](#), Depression, Suicidal ideation, Anxiety, Stress management, Conflict resolution, Life Coaching, Career counseling, Personal & health issues, Senior Services, Adjusting to change/Life transitions
- **Populations:** Individuals
- **Rate:** \$200 (reduced fee available)
- **Insurance:** No, out-of-network benefits only (Superbill); some EAPs

### [KaTonya McGirt](#)

- **Specialties:** Trauma, anxiety, anger, relationships, communication
- **Populations:** Individuals
- **Rate:** \$225-275
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Insurance:** No, out-of-network benefits only (Superbill)

### Eric Mills

- **Specialties:** Anxiety, Stress, Trauma, Grief, Life Transitions, African American, LGBTQ+, kink, polyamory/consensual non-monogamy, & faith-based communities.
- **Populations:** Individuals, Couples, Families
- **Rate:** Unsure
- **Insurance:** Aetna, Premera
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### Dontea' Mitchell-Hunter

- **Specialties:** Self-Identity + Discovery, Women Empowerment, Finding Happiness, Happiness in Singlehood, Couples Therapy, Infidelity Challenges within Gender Roles, Building Self-Confidence
- **Populations:** Individuals, couples
- **Rate:** \$200-300
- **Insurance:** No, out-of-network benefits only (Superbill)

### Melody Murray

- **Specialties:** Women's issues, coping skills, life transitions, family of origin, racial identity, self-esteem, divorce, infertility
- **Populations:** Individuals, families
- **Rate:** \$140-250
- **Insurance:** Cigna, ComPsych, Healthcare Management Administrators, Premera, Regence, WellSpring, EAP

### Michelle Norman-Bryant

- **Specialties:** Self-esteem, Womxn of Color, PTSD, substance use, domestic violence, depression, anxiety, attention disorders (ADHD, ADD)
- **Rate:** Unsure
- **Populations:** Individuals, children, adolescents, families
- **Insurance:** No, out-of-network benefits only (Superbill)

### Tolani Ogunyoku

- **Specialties:** Depression, Anxiety, Grief (death of a loved one, loss of a relationship), Trauma, Work/life balance, Stress management, Life transitions, Racial identity Romantic relationships, Building self-esteem, Substance use
- **Populations:** Individuals
- **Rate:** \$130-150
- **Insurance:** Premera, Cigna, Regence

### Almetta Pitts

- **Specialties:** Trauma Informed Care & Wellness, Mindfulness Based Stress-Reduction, Interpersonal and Relationship Wellness, Addiction Treatment (Dual Diagnosis), Consulting & Organizational Change, Workplace & Leadership Wellness, Race-Based Traumatic Stress, Restorative Justice, Military & Veterans Wellness, LGBTQIA+ Wellness, Sports Psychology, and Expatriate Wellness.
- **Rate:** \$120-185
- **Populations:** Individuals
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### Shon Powell

- **Specialties:** Life transitions, trauma and PTSD, racial Identity, military veterans
- **Populations:** Individuals, adolescents
- **Rate:** N/A
- **Insurance:** Aetna, Blue Cross Blue Shield, Cigna, Kaiser (Out-of-Network), Premera, Regence

### DeHeavalyn Pullium

- **Specialties:** Anxiety, depression, grief, trauma, PTSD, systemic oppression, life transitions.
- **Populations:** Individuals, couples, families
- **Rate:** \$110-135
- **Insurance:** No, out-of-network benefits only (Superbill)

### Krys Redcross

- **Specialties:** Anxiety Depression, ADD/ADHD, Adjustment Disorder, Burn Out, Coping Skills, LGBTQIA+, Life Transitions, Mindfulness, Mood Disorders, Multicultural Concerns Parenting, Racial Identity, Relationship Issues, School Issues, Women's Issues
- **Populations:** Individuals, children, adolescents
- **Rate:** \$80-100
- **Insurance:** Aetna, Cigna, United Healthcare, Optum
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### Barbara Reynolds

- **Specialties:** Trauma and PTSD, Depression, Anxiety and stress, Relationship issues, Family of origin and attachment work, BIPOC folx, especially women of color First generation professionals, LGBTQI2 folx
- **Populations:** Individuals
- **Rate:** \$120-150
- **Insurance:** Yes, certain insurance plans (inquire for more information)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### Quiana Roberts

- **Specialties:** Coping Skills, Depression, Family Conflict, Anxiety, Relationships, Bipolar Disorder, Women's Issues
- **Populations:** Individuals, couples/dyads, families
- **Rate:** \$90-120
- **Insurance:** Aetna, Premera, Lifewise, Cigna, Regence, First Choice, United Healthcare

### Kendra Roberson

- **Specialties:** Trauma and PTSD, Anxiety, Depression
- **Populations:** Individuals, couples, families
- **Rate:** \$100-150
- **Insurance:** No, out-of-network benefits only (Superbill)

### Rian Roberson

- **Specialties:** Intersectionality, LGBTQ, POC, depression, anxiety, sexual trauma, stress, social justice, gender identity, racial identity
- **Populations:** Individuals, adults, couples/relationships
- **Rate:** \$150-220 (sliding scale/reduced fee available)
- **Insurance:** No, out-of-network benefits only (Superbill)
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary

### Astrik Price

- **Specialties:** Anxiety, Depression, Family Conflict
- **Populations:** Individuals, families
- **Rate:** \$150-180
- **Insurance:** No, out-of-network benefits only (Superbill)

### Fatou Sakho

- **Specialties:** Mood disorders, anxiety, substance abuse, domestic violence and interpersonal difficulties, immigrant, refugees
- **Populations:** Individuals, families
- **Rate:** \$170-190
- **Insurance:** Blue Cross Blue Shield (BCBS), Premera, Regence, FirstChoice, Aetna, and Cigna.

### Katrina Sanford

- **Specialties:** Trauma, PTSD, African centered ways of healing, sex therapy, Queer community, anxiety, mood disorders, womyn's issues, gender and racial identity struggles, spiritual transitions
- **Populations:** Individuals, couples/dyads
- **Rate:** Unsure
- **Note:** Identifies as queer/trans/non-binary, or queer/trans/non-binary friendly/competent

### [Ariel K. Schachter](#)

- **Specialties:** Trauma and PTSD, Depression, Anxiety
- **Populations:** Individuals, Families
- **Rate:** \$140
- **Insurance:** Lyra EAP

### [Linsey Singleton](#)

- **Specialties:** Life Transitions & Work/Life Harmony, Developing Healthy Boundaries & Assertive Communication, Depression & Anxiety, Self-Understanding & Developing Confidence, Perinatal Mental Health
- **Rate:** \$120-150
- **Populations:** Individuals
- **Insurance:** Regence Blue Shield, Premera Blue Cross, First Choice Health Network

### [Samuel Marque Smith](#)

- **Specialties:** Multicultural counseling, African-American mental health, Racial identity development, Impact of racism, homophobia, transphobia and other forms of oppression and discrimination, Bicultural stress and identity, Gender and sexual identity, First-generation college students, Family of origin concerns, Interpersonal relationships and attachment, Life transitions and adjustment, Mood disorders, Stress management and coping skills, Mindfulness and relaxation, Cross-cultural communication and conflict, Loneliness and disconnection, Faith and spirituality.
- **Populations:** Individuals
- **Insurance:** Premera, Lifewise, BCBS, Kaiser PPO, First Choice
- **Rate:** \$200-300

### [Richard W. Solitaire](#)

- **Specialties:** Child or Adolescent, ADHD, Anxiety
- **Populations:** Individuals, Couples, Families
- **Rate:** Unsure
- **Insurance:** Unsure

### [Sheri Stephens](#)

- **Specialties:** Grief, life transitions, learning disabilities. Learning and social developmental challenges, mood, anxiety, trauma, and multi-generational, racial, and/or colonization trauma can be mitigated with Art Therapy.
- **Rate:** \$100-150
- **Populations:** Individuals, families, groups
- **Insurance:** No, out-of-network benefits only (Superbill)
  - **Additional Languages:** French

### [Tracy Stewart](#)

- **Specialties:** Trauma and PTSD, children, adolescents, relationship issues
- **Populations:** Individuals, families, couples
- **Rate:** \$125-200
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Jackie St. Louis](#)

- **Specialties:** Gender identity, racial identity, family counseling, substance use, coaching
- **Populations:** Individuals, families
- **Rate:** Unsure
- **Insurance:** Unsure

### [Lauren Taylor](#)

- **Specialties:** Life Transitions, Anxiety, Depression, Social Discomfort, Career/Work-Related Stressors, Relationship Concerns, Negative Thinking, Grief, PTSD/Trauma, Substance Abuse, Self-Esteem, Lack of Motivation
- **Populations:** Families & Individuals; children and adults
- **Rate:** \$150-230
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Time To Blossom Counseling PLLC](#)

- **Specialties:** Adult/Children Mental Health, Marriage and Family, Domestic Violence, Physical Abuse, Sexual Assault, Victim and Family Advocacy, Community/Foster System, Pre/Post Adoptions, Developmental Delays, Group Therapy, Substance Abuse and Expressive Arts Therapy.
- **Rate:** \$110
- **Populations:** Individuals, Couples, Families
- **Insurance:** Premera

### [Nicole Torrence](#)

- **Specialties:** I am an expert in health and geriatrics specializing in the treatment of adults who face depression, anxiety, life transitions, multicultural issues, grief, as well as work stress and burnout.
- **Rate:** Unsure, inquire directly
- **Populations:** Individuals
- **Insurance:** No, out-of-network benefits only (Superbill)

### [Simoné Walcott](#)

- **Specialties:** Therapy for individuals, couples, and families. Certified in Cognitive Behavioral Therapy and Functional Family Therapy.
- **Populations:** Individuals, couples
- **Rate:** \$125
- **Insurance:** No, out-of-network benefits only (Superbill)

### [M. Antoinette Walker](#)

- **Specialties:** Dual Diagnosis, Drug Abuse, Anxiety, Trauma, Stress, sleep disruption
- **Populations:** Individuals, group
- **Rate:** \$150
- **Insurance:** No, out-of-network benefits only (Superbill)



### Elaine Waller-Rose

- **Specialties:** Relationship Issues, Mood Disorders, Self Esteem, Trauma, Anxiety
- **Populations:** Individuals, Couples
- **Rate:** \$130
- **Insurance:** Regence, Aetna

### Jennifer Watson

- **Specialties:** Anxiety, Depression, Sleep or Insomnia
- **Populations:** Individuals
- **Rate:** \$160-240
- **Insurance:** First Choice Health | FCH, Kaiser PPO Plans, TriWest

### Lashon Watson

- **Specialties:** Anxiety, depression, adjustment disorders, ADHD, anger management, men's Issues, racial identity, relationship issues, self-esteem
- **Populations:** Individuals; adolescents, adults
- **Rate:** \$155 first session; \$140 following sessions
- **Insurance:** Lyra, Cigna, First Choice, Regence, Amerigroup, Kaiser, Premera, United, Community Health Plan, Life Wise

### Alfred White

- **Specialties:** Addiction, Trauma and PTSD, Substance Use, Spirituality
- **Populations:** Individuals and couples
- **Rate:** Unsure

### Mario White

- **Specialties:** Anxiety, Depression, Trauma, Abuse Survivors, Communication Issues, Couples Counseling, Existential Crisis, Marital and Premarital, Men's Issues, Mood Disorders, Personality Disorder, Relationship Issues, Self Esteem, Self-Harming, Sexual Abuse
- **Rate:** \$80-90
- **Populations:** Individuals, couples
- **Insurance:** No, out-of-network benefits only (Superbill)

### Olivia White

- **Specialties':** Terminal illness of a loved one, Loss of a loved one, Divorce/separation in the family, Caregiver, Incarceration, Caregiver, Addiction, Long distance move/relocation
- **Populations:** Individuals, children
- **Rate:** \$112-150
- **Insurance:** No, out-of-network benefits only (Superbill)

### Gregory Whiting

- **Specialties:** Depression, trauma, PTSD, anxiety
- **Populations:** Individuals, Couples, Families
- **Rate:** \$150
- **Insurance:** First Choice, Kaiser Access PPO, Kaiser HMO, Kaiser Options PPO, Lifewise, and Premera insurance.

### [Shauntae Willis](#)

- **Specialties:** Queer and trans young people and adults, Folks of color and exploring how oppression and internalized oppression impacts our sense of self in the world and our mental, emotional and spiritual health
- **Populations:** Individuals
- **Rate:** Unsure

### [Treneesia Wilson](#)

- **Specialties:** Anxiety, Depression, Divorce, Grief and Loss, Geriatric Issues, Job Loss, Life Transitions, Retirement, Stress
- **Populations:** Individuals, adolescents, families, couples
- **Rate:** \$150-225
- **Insurance:** Aetna | Aetna Coventry, LifeWise, Premera, Regence

# ADDITIONAL MENTAL HEALTH RESOURCES



## [Therapy for Black Girls](#)

*Online space dedicated to encouraging the mental wellness of Black women and girls. It offers a listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast, and an online support community.*

## [Therapy for Black Men](#)

*“Finding the right therapist can often be a lengthy and challenging process, and Black men may not know where to begin. Determining what kind of therapist is best suited for treating a particular issue is not the easiest of tasks. **[TherapyForBlackMen.org](#)** is a directory to help men of color in their search for a therapist. Using the directory, men can search by therapist location and specialization. Searching by location, the results will include the therapists near you and will display their credentials, location, and the issues they treat.*

At [TherapyForBlackMen.org](https://www.therapyforblackmen.org), men will also find a wide range of resources aimed at helping them in their search for a multiculturally-competent therapist.”

### [The SIWE Project](#)

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

### [Mental Health Resources for the Black Community – Anxiety & Depression Association of America](#)

Another resource roundup including first-person stories, informational articles, and mental health resources specifically for the Black community.

### [Nina Pop](#) and [Tony McDade](#) Mental Health Recovery Funds (created by [The Okra Project](#))

“The Nina Pop Mental Health Recovery Fund is an emergency mutual aid fund that raises money to pay for one-time mental health therapy sessions with licensed Black women therapists, and the Tony McDade Mental Health Recovery Fund is an emergency mutual aid fund that raises money to pay for one-time mental health therapy sessions with licensed Black male therapists. Those who are willing and interested may donate funds AND/OR may donate one therapy session with their Black therapist to be used by Black folks who identify as transgender\* who have been participating in the protests against state-sanctioned violence and/or are coping with the emotional stress of the public murders of Nina Pop, Tony McDade, and the epidemic of Trans people being murdered worldwide.”

### [Melanin and Mental Health](#)

“Melanin & Mental Health was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. We are committed to promoting the growth and healing of our communities through our website, online directory, and monthly events.”

### [Black Mental Wellness](#)

Providing easy access to Mental Health fact sheets, informational topics, and strategies for coping and wellness; giving access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

### Loveland Foundation

*“The Loveland Foundation was established in 2018 by Rachel Cargle in response to her widely successful birthday wish fundraiser, Therapy for Black Women and Girls. Her enthusiastic social media community raised over \$250,000, which made it possible for Black women and girls nationally to receive therapy support. Black women and girls deserve access to healing, and that healing will impact generations. The Loveland Foundation is the official continuation of this effort to bring opportunity and healing to communities of color, and especially to Black women and girls. Through fellowships, residency programs, listening tours, and more, ultimately we hope to contribute to both the empowerment and the liberation of the communities we serve.”*