Local Counselors/Therapists

This is a list of local providers in the area who work with children and families. This list is offered as a courtesy and may contain unintentional errors or omissions. Inclusion in this list does not indicate a specific recommendation or endorsement. Counselors/Therapists have different licenses, training, and approaches; it is recommended that you contact providers directly to find the best fit for your situation and needs.

# Ally Holt, CSW

Phone: 435-862-8273

Website: <http://therapyassociates.net/>

Children to adults. Trauma, addiction, mental health, EMDR.

# Amy Cluff, LCSW

Phone: 435-688-2123

Website: <http://www.alliantcounseling.com/>

Mood disorders, anxiety, trauma, attachment and relationship therapy, attention and impulse control, blended families, co-parenting and divorce.

# Angela Hinton, CMHC

Phone: 435-767-1072

Website: <https://www.hintoncounseling.com/>

Children, adults, couples, families. Offers Play therapy, DBT, Theraplay, EMDR. Parenting and family concerns, grief/loss, depression, anxiety, LGBTQ+.

# Brandon Andrus, LCSW

Phone: 435-292-8954

Adolescents, young adults, families. Anxiety, depression, attachment, trauma, video game/screen addictions. Neurodiverse clients (ADHD, high functioning autism spectrum, learning differences, sensory processing disorders, etc.).

# Brent Holm, LCSW

Phone: 435-363-3618

Children and adolescents struggling with ADHD, anger, anxiety, behavioral issues, codependency, depression, self-esteem, stress, suicidal ideation.

# Carolyn Cox, CMHC,

Phone: 801-485-8051

Website: <https://touchstonetherapyinc.com/>

EMDR certified, special needs adoptions, play therapy, sand tray therapy, Fetal Alcohol Syndrome Disorder, attachment disorders, PTSD/complex trauma, anxiety, depression, early childhood developmental difficulties.

# Cary L Chamberlain, LCSW

Phone: 435-632-0946

Children ages 8+, adolescents, individual, family and marriage counseling.

# Christine Erickson, LCMHC

Phone: 435-767-7945

Website: <https://emotionalhealingtoday.com/>

Play and art therapy for children dealing with death, divorce, loss, addiction, trauma, ADHD, behavior issues, sleep problems, anxiety, depression, bipolar, Asperger’s, OCD, and schizophrenia.

# Conrad Cannell, LAMFT

Phone: 833-951-0684

Works with teens. Offers therapy in both English and Spanish. LGBTQ+.

# Debra Gibbons, LMFT

Phone: 435-868-8376

Website: <http://www.debragibbons.com/>

Individual, couples, and family counseling. Works with teens: social skills training, depression, anxiety, anger management, ADHD time management skills training.

# Doctor’s Volunteer Clinic (No Insurance)

Phone: 435-656-0022

Website: <http://www.doctorsvolunteerclinic.org/>

Psychiatrist, Dr. Nielsen, works with children.

# Elizabeth Goble, CMHC

Phone: 435-862-8273

Website: <http://therapyassociates.net/>

Play therapy with children, attachment disorders, victims of abuse, pervasive development disorders.

# Family Healthcare Clinic (Sliding Scale Fee)

Phone: 435-986-2565

Website: <https://familyhc.org/>

Multiple therapists who provide therapy services to children and families. Physicians also available for medication management, if needed.

# Intermountain Psychiatry and Counseling

Phone: 435-688-485

Website: <https://intermountainhealthcare.org/locations/st-george-psychiatry-counseling/>

Psychiatrist and psychologists working with children age 5+.

# Jamie Arbizu, CMHC

Phone: 435-229-8405

Website: <https://www.corecompasscounseling.com/>

Individual, family, couples, and group counseling. Sand tray and expressive arts therapy. Complex trauma, grief/loss, depression, anxiety, anger management, attachment, disruptive behavior, autism spectrum, substance abuse, bipolar.

# Janet M. Brown, LCSW

Phone: 435-619-7843

Children and adolescents, mood disorders, marriage and family counseling.

# Justin Stumm, LMFT

Phone: 435-574-9193

Website: <https://www.justinstum.com/>

Adolescent/Teens dealing with anxiety, depression, complex families, addiction, relationship issues.

# Kade Mathews, LCSW

Phone: 435-241-1107

Children, adolescents, families. Depression, anxiety, defiance, negative communication/interactions, substance abuse, trauma.

# Kena Frey, LCSW

Phone: 435-862-8273

Website: <http://therapyassociates.net/>

Children, adolescents, play therapy, trauma, abuse.

# Life Launch Center

Phone: 435-767-0552

Website: <https://www.lifelaunchcenters.com/>

Individual, family and group services (including intensive outpatient) for youth and young adults struggling with anxiety, sadness/depression, self-harm, isolation, school struggles, lack of motivation, harmful media, anger, trauma, lying.

# Malia McDermott, BSBA, IMFT

Phone: 435-688-1111

Website: <http://www.stgeorgefamilies.com/>

Child-directed play therapy, relational issues, anxiety, depression, addiction, grief, trauma, LGBTQI.

# Melyssa Myers, Myers, LMFT

Phone: 435-214-1783

Individuals, couples, families. Adolescents and young adults. Eating disorders, trauma.

# Rebecca Dawson, CMHC

Phone: 435-673-6446

LDS Family services. Children, victims of abuse, mental health.

# S&S Counseling

Phone: 435-862-8612

Website: <http://www.sandscounseling.org/>

Multiple therapists who work with children, autism, grief and loss, blended families, divorce, anxiety, depression.

# Southwest Behavioral Health Center (Medicaid Provider)

Phone: 435-634-5600

Website: <http://www.sbhc.us/>

Children, adolescents, and adults. Offer crisis intervention, individual, group or family therapy, parent education, skills development, psychological evaluation and testing, psychiatric evaluation, pharmacotherapy, case management.

# Stable Environment: Equine Therapy

Phone: 435-429-1269 or 435-680-2726

Website: <http://stable-environment.com/>

Equine therapy to address behavioral issues, relationships, trauma/PTSD, grief and loss, anxiety, depression, eating disorders, adoption/RAD.

# Steve Allred, LMFT

Phone: 435-673-1387

Website: <https://www.antelopespringscounseling.com/index.php>

Parenting, families and couples.

# St. George Children and Family Psychiatric Center

Phone: 435-652-1897

Dr. Cantril Nielson. Child and adolescent psychiatry services.

# Utah Behavioral Services

Phone: 801-255-5131

Autism services, behavior therapy, social skills, day treatment, mental health, psychological evaluations, neurofeedback, medication management.