

## **THERAPIST AND PSYCHIATRIST RESOURCES (2 sided)**

\*\*\*This is a list of some local agencies and practitioners provided for your convenience only. Colchester High School has not vetted nor do we recommend any particular practitioner. Please do your own research and make decisions accordingly. Your Primary Care Physician or Insurance Company may have specific suggestions.

\*\*\*You may have to leave a message on a general voice mail system for someone to call you back. It may be helpful to continue calling others on the list if you do not hear back or if there are no openings.

\*\*\*Partners for Access can assist families in finding available providers. The Community Access Specialist can be reached by calling **(802) 488-7474** or by emailing [PartnersForAccess@howardcenter.org](mailto:PartnersForAccess@howardcenter.org).

[Vermontcounselingnetwork.com](http://Vermontcounselingnetwork.com) (weekly list of counselors with openings)

**\*\*If you have a mental health crisis and live in:**

**Chittenden County, contact First Call at 1-802-488-7777**

**Grand Isle or Franklin Counties, contact NCSS at 1-802-524-6554 or 1-800-834-7793**

### **Suicide & Crisis Lifeline**

- Phone: 988
- Text: 988
- Online Chat: <https://chat.988lifeline.org/>

### **Child, Adolescent, and Family Counseling Centers and Counselors**

Allison Prine (Optima)- Burlington- 651-9898

Amy Caldwell- South Burlington- 391-4061

Associates at the Gables- Williston- 876-1100

Associates in Psychology- Burlington- 863-6114

Associates in Psychotherapy and Family Counseling- South Burlington- 658-4208

Behavior Therapy and Psychotherapy Center of UVM- Burlington- 656-2661

Cedar Brook Associates- Williston- 879-5333

Center for Child, Youth and Families at Fletcher Allen- Burlington- 847-4563

Cornerstone Psychotherapy- Burlington- 862-7876

Counseling Connection- Colchester- 264-5333

Crossroads/Matrix Health- Essex Jct.- 288-1087

Christian Diamond-(802) 310-2452

Daniel Chiodo- Burlington- 802-372-2038

Evolution Psychotherapy- Michael Sheppard- Colchester 488-0448

The Growth Center- Essex Jct.- 879-1207

Howard Center- Child, Youth and Family Services- Burlington- 488-6600

Jennifer Kerns (Oasis Counseling and Consultation)- Colchester- 781-392-9969

Julie Leaf- Burlington- 802-324-6242

Katie Cate- Winooski- 802-625-0068

Networks, Inc.- Burlington- 863-2495

Mansfield Psychotherapy Institute- Burlington- 863-9079

Mending Hearts Therapy- Colchester- 619.602.4598

Meridian- Essex (802) 489-7235

Michael Gilman- Burlington- 802-658-4888

Nina La Rosa -(802) -735-2265

New England Counseling and Trauma Center- Williston- 878-4990

Nicolas Nyirjesy, Colchester- (802) 613-0968

Northeastern Family Institute- South Burlington- 658-0040

Otter Creek Associates- Burlington- 865-3450

Partners in Psychiatry- Williston- 876-4000  
Pamela Nauda Clark- Burlington- 802-242-8707  
Riverstone Counseling- 802-8647423 x 310  
Sabino Ramirez [Jr-Srpsychotherapyllc@gmail.com](mailto:Jr-Srpsychotherapyllc@gmail.com)- (802) 355-6721  
Sean Walkama- Howard Center- 802-585-6919, [srwtherapy@gmail.com](mailto:srwtherapy@gmail.com)  
Spectrum Youth and Family Services- Burlington- 864-7423  
Stillwater Counseling Center- Winooski- 654-7600  
Stonehouse Associates- South Burlington- 654-7607  
Serena Rockingster- Burlington- 802-532-5302  
Song Lee- Burlington- 802-825-3862

**Child/Adolescent Psychiatrists**

Green Mountain Behavioral Medicine (counseling and medications)- 216-0727  
Otter Creek Associates- Burlington- 865-3450  
Otter Creek Associates- Essex Jct.- 288-1087  
Doug Dennett, MD- Essex Jct.- 879-9263  
Champlain Valley Psychiatry Services- South Burlington- 651-7561  
UVM Medical Center Child Psychiatry- Burlington- 847-4563