

Mental Health Resource List
Youth Prevention Suicide Coalition
Gig Harbor/Key Peninsula
<http://ghkpsuicidepreventioncoalition.weebly.com>
September 2013

Disclaimer: This mental health resource guide does not endorse listed mental health providers. It is a comprehensive list of mental health resources available for youth and youth family members in the Gig Harbor/Key Peninsula Community at the time it was established.

Table of Contents

Part I	Crisis Contact Information Crisis Line Phone Numbers Hospital Emergency Rooms
Part II	Outpatient Mental Health Agencies
Part III	Outpatient Private Practitioners Counselors/Therapists Psychiatrists
Part IV	Community Support Resources

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Crisis Contact Information

Suicide Crisis Hotline: 1-800-273-8255 (1-800-273-TALK)
Pierce County Crisis Line: 1-800-576-7764

Pierce County Hospital Emergency Rooms

Allenmore Hospital: Tacoma	253-469-6633
Good Samaritan: Puyallup	253-697-4000
Madigan Army Medical Hospital: Tacoma	253-968-1100
Mary Bridge Children's Hospital: Tacoma (no inpatient psychiatric unit for youth)	253-403-1418
St. Anthony's Hospital: Gig Harbor	253-530-2000
St. Claire Hospital: Lakewood	253-985-1711
St. Joseph Hospital: Tacoma (Inpatient psychiatric unit for patients 18 and older)	253-426-4101

Tacoma General: Tacoma

253-403-1000

Inpatient Psychiatric Hospital

Fairfax Hospital

425-821-2000

Outpatient Mental Health Agencies

Answers Counseling, Consultation &
Case Management Services

253-851-1801

www.answerscounseling.org

4423 Point Fosdick Dr. NW Ste. 100-6

Gig Harbor, WA 98335

*Crisis Family Intervention

*Community Resources

Catholic Community Services

253-208-1139

Pierce County Crisis Team

Franchesca Griffen

5410 N. 44th St.

Tacoma, WA 98408

Comprehensive Life Resources

253-396-5800

1201 S. Proctor Ave.

www.comprehensiveliferesources.org

Tacoma, WA 98405

*Accepts Medicaid

Family Center for Behavioral Health

253-851-3808

(Gig Harbor Family Counselors)

www.gigharborfamilycounselors.com

4700 Pt. Fosdick Dr., Ste. 302

Gig Harbor, WA 98335

*centralized intake

Harbor Wellbeing

253-514-8641

Jaelyn Fisher, MS, LMFT

www.harborwellbeing.com

Brian O'Connor, MA, LMHC, CDC

7195 Wagner Way Ste. 105
Gig Harbor, WA 98335
HopeSparks Family Services
6424 North 9th St.
Tacoma, WA 98406
*2 therapists in Gig Harbor location

253-565-4484
www.HopeSparks.org

Key Peninsula Counseling Center
8903 Key Peninsula Hwy. N
www.keypeninsulacounseling.com
Lakebay, WA 98349

253-884-3644

Olalla Recovery Centers
5122 Olympic Dr. NW Ste. A105
www.olalla.org
Gig Harbor, WA 98335

253-851-2552

Sea Mar Community Health Center
Gig Harbor Behavioral Health
6659 Kimball Dr., Ste. 305
Gig Harbor WA 98335

253-280-9888
www.seamarch.org

Outpatient Private Mental Health Practitioners

Counselors/Therapists

Deborah Adams, LMHC
5801 Soundview Dr. Ste. 251
Gig Harbor, WA 98335

253-606-5070

Carla Kain, LICSW
Answers Counseling
www.answerscounseling.org
4423 Pt. Fosdick Dr. NW Ste. 100-6
Gig Harbor, WA 98335

253-403-2949

Tom Axtelle, LMHC
7191 Wagner Way Ste. 301
Gig Harbor, WA 98335

253-514-8076

Carole Bergen, Phd, LMFT
9814 Harborview Place

253-853-5800
www.therapy4life.com

Gig Harbor, WA

Elizabeth Berman, MS
3309 56th NW Ste. 101
Gig Harbor, WA 98335

253-851-3141

Sharon Brown, MA, LMHC
7512 Stanich Ave.
Gig Harbor, WA 98335

253-229-2251

Jennifer Boucher, MA, LMFT
The Shepherd's Center
6712 Kimball Dr. #103
Gig Harbor, WA 98335

253-858-2224 ext. 223
www.theshepherdscenter.com

Julie Cicero, LCSW
3019 Judson St. Ste. D-2
Gig Harbor, WA 98335

253-831-3852

Pamela Driver, LMHC, CDP
3124 East Bay Drive
Gig Harbor, WA 98335

253-851-8584

Pamela Elderkin, LMHC
7512 Stanich Ave. S Ste. B-24
Gig Harbor, WA 98335

253-884-3385

Melissa Fogerty, LMHC
8903 Key Peninsula HWY
Key Center
Lakebay, WA

253-514-5422

Kimberly Greene, LMFT
3220 Uddenberg LN, Ste. 1
Gig Harbor, WA 98335

253-225-5418

Connie Harrington, LICSW, LMFT, LMHC
Associated Therapists
5801 Soundview Dr. Ste. 255
Gig Harbor, WA 98335

253-851-6178

Cheryl Hart, PsyD
3309 56th St. NW Ste. 104
Gig Harbor, WA 98335

253-514-8331

Elizabeth Humes, MA, LMHCA
The Shepherd's Center
www.lizhumes4life.com
6712 Kimball Dr. Ste 103
Gig Harbor, WA 98335

253-858-2444 x304

Stacie A.E. McLean, MA, LMHCA
The Shepherd's Center
6712 Kimball Dr. Ste. 103
Gig Harbor, WA 98335

253-245-9221
www.staciemcleancounseling.com

Heidi Phair, LICSW
Associated Therapists
5801 Soundview Dr. Ste. 255
Gig Harbor, WA 98335
(not accepting new clients at this time)

253-851-6178

John Shobe, LMFT
3417 Soundview Dr., Ste. 104
Gig Harbor, WA 98332

253-857-4812

Ann Stevens, LICSW
Associated Therapists
5801 Soundview Dr. Ste. 255
Gig Harbor, WA 98335

253-851-6178

Psychiatrists

Melanie Brace, MD
Harbor Pediatrics
(only sees patients with Harbor Pediatrics)
4700 Pt. Fosdick Dr. Ste. 319
Gig Harbor, WA 98335

253-853-3888

Julie Farrington, MD

253-851-9902

Avalon Psychiatry
2727 Hollycroft, Ste. 310
Gig Harbor, WA

Said Farzad, MD
Crescent Psychiatry
7191 Wagner Way, Ste. 301
Gig Harbor, WA 98335

253-514-8076

Michael Pearson, MD
(no new patients accepted at this time)
5801 Soundview Dr. Ste. 251
Gig Harbor, WA 98335

253-858-3464

Merit Rome, MD
Family Center for Behavioral Health
4700 Pt. Fosdick Rd. Ste. 302
Gig Harbor, WA 98335

253-851-3808

Devin Shoquist, MD
Delphi Psychiatry
4423 Pt. Fosdick Dr. NW Ste. 312
Gig Harbor, WA

253-514-5534

Vanraj Varu, MD
Crescent Psychiatry
7191 Wagner Way, Ste. 301
Gig Harbor, WA 98335

253-514-8076

Community Support

Boys and Girls Club
Milgard Hope Center
8502 Skansie Ave.
Gig Harbor, WA 98332

253-502-4670

Fish Food Bank
4425 Burnham Dr.
Gig Harbor, WA 98332

253-858-6179

Key Peninsula Family Resource
17010 S. Vaughn Rd.
Vaughn, WA 98394

253-884-5433

NAMI (National Alliance on Mental Illness)
Pierce County Chapter
www.nami.org/sites/PierceCounty

253-677-6629

Red Barn
15921 84th St. Key Peninsula
Lakebay, WA 98349

253-853-7878
www.redbarnkp.com

Y.M.C.A.
10550 Harbor Hill Dr.
Gig Harbor, WA 98332

253-853-9622

Communities in Schools
15921 84th St. KPN
Lakebay, WA 98349

253-884-5733
www.peninsula.ciwa.org

Harbor Hope Network
Neil Sampson, LMFT
5262 Olympic Dr. NW
Gig Harbor, WA 98335

253-358-0403
www.neilsampsonmft.org

Madigan Army Medical Center
Suicide Prevention Program
Department of Behavioral Health
*Active duty military personnel

253-966-6693

Top 10 Questions to ask when choosing a therapist

1. What is your area of specialization?
2. What is your experience working with youth and youth family members?
3. What are your credentials?
4. What type of insurance programs do you accept?
5. Are you a provider in my insurance program?
6. Do you offer a sliding fee pay scale?
7. Do you accept Medicaid?
8. Are you accepting new clients/patients at this time?

9. What are your clinic days and hours?
10. How often can we schedule appointments with you; i.e. 1x/week, 2x/month, etc.

Credential Guide for Mental Health Practitioners

MD	Medical Doctorate: a psychiatrist may have an MD or a DO.
DO	Osteopathic Physician
NPN	Nurse Practitioner: can prescribe psychotropic medication as needed.
MS	Master's Degree in Science
MA	Master's Degree in Arts
MSW	Master's Degree in Social Work
PhD	Doctorate of Philosophy: psychologists may have their PhD or PsyD.
LMFT	Licensed Marriage and Family Therapist
LICSW	Licensed Independent Clinical Social Worker
LSW	Licensed Social Worker
LMHP	Licensed Mental Health Practitioner
(A)	Associate: provider working toward professional licensing under supervision of a qualified mental health professional.