

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Amy Trent, AMFT	(530) 515-5686	353 Park Marina Circle, Redding CA 96001	Partnership, Superbill	https://reddingtherapy.org/our-office	Sand Tray, Experiential, Children/Adolescents, EMDR trained, iRest Lvl 1 Cert, Gottman & Terry Real couple's work
Ashley Green, LMFT	(530) 255-4041	1352 Oregon St. Redding, CA 96001	Partnership/Beacon, Superbill	https://www.ashleygreentherapy.com/	Trauma, postpartum, anxiety, depression, survivors of NPD relationships, etc.
Ashley Smith, LMFT	(530) 227-5778	1538 West St. #1 Redding CA 96001	Partnership/Beacon, Superbill	https://www.psychologytoday.com/us/therapists/ashley-michelle-smith-redding-ca/767371	Postpartum/Maternal Mental Health, Christian Counseling, Autism, Kids/Teens
Becky Fogarty, LMFT, LPCC	(530) 605-5405	353 Park Marina Circle, Redding 96003	Partnership/Beacon, Superbill, Out-of-network billing	https://www.beckyfogarty.com/	Eating Disorders and body image concerns, trauma, anxiety, depression, EMDR
Bethany Ault LMFT	(530) 710-8747	1452 Oregon St, Redding, CA 96001		https://www.norcalcounseling.net/	
Catherine Cundy, LMFT	(530) 515-7946	415 Knollcrest Drive, Suite 100 Redding	Partnership/Beacon, Anthem, Crime Victim Assistance/ Victim Compensation Board, Superbill, Out-of-network billing	https://reddingtherapy.org/	Couple and Family Therapy; Trauma (EMDR and Trauma Informed Expressive Arts); Mindfulness; CBT
Charity Olson LMFT	(530) 999-3234	1352 Oregon St, Redding, CA 96001		https://www.psychologytoday.com/us/therapists/charity-olson-counseling-redding-ca/456078	TF therapy
Child Family Services	(530) 229-8080	1550 California St, Redding, CA 96001		https://www.shastacounty.gov/health-human-services/page/children-s-services	

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Christina Whitney LMFT	(530) 638-3811	2040 Shasta St, Suite C Redding CA	Partnership/Beacon, Out-of-network billing	https://www.christinagwhitney.com/	EMDR, trauma, art therapy, Coming soon Transcranial magnetic stimulation
Churn Creek Health Care/Behavior	(530) 768-2436	3184 Churn Creek Rd, Redding, CA 96002	Medical, Partnership	https://www.rrths.org/churn-creek-healthcare/	Medications, SUD, MAT, Individual therapy
Clyde Tibbett LMFT	(530) 962-0307	1650 Oregon St Ste 111, Redding, CA 96001	PHC	https://meetmonarch.com/therapist/clyde-tibbett-marriage-and-family-therapy-redding-ca	Court issues, Trauma PTSD, anxiety, depression, EMDR
Community Behavioral Health	(530) 392-4399	415 Knollcrest Dr, Ste 101, Redding, CA 96002	Partnership only	https://communitybehavioralhealth.com/	Medications, Individual therapy
Creekside Counseling	(530) 722-9957	1170 Industrial St, Redding, Ca 96002	Private Ins, Partnership	https://creeksidecounseling.org/	EMDR, Ind therapy, children, Brain spotting
Crisis (Children) Shasta County Health & Human Services	530-225-5252 or 1-888-385-5201 (24 hours)	1560 Market St, Redding, CA 96001		https://www.shastacounty.gov/health-human-services/page/childrens-mental-health-0	
Crisis Text Line	Text NAMI to 74174	N/A		https://www.crisistextline.org/	Text NAMI to 741741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. NAMI HelpLine: Call 1-800-950-NAMI (6264) M-F, 7 a.m.–3 p.m., PT for free mental health information, referrals and support.
Dalene Forester LMFT	(530)245-9221	353 Park Marina Circle Redding, CA 96001		https://www.daleneforester.org/	EMDR, eating disorders, TF-CBT

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Danni Mason, LMFT38729	(530) 217-9464	1452 Oregon Street Redding, CA 96001	Anthem, Crime Victim Assistance/ Victim Compensation Board	https://dannimason.com/	Addiction, Domestic Violence & Sexual Abuse Recovery
David Franceschini AMFT	(530) 918-4943	353 Park Marina Circle Redding, CA 96001	PHC/Medicare	https://www.daleneforester.org/	EMDR
Domestic Violence Hotline	800-799-7233	N/A		https://www.thehotline.org/?utm_source=youtube&utm_medium=organic&utm_campaign=domestic_violence	
Dr. Dana Anderson, PSYD	(530) 232-8150	2135 Pine Street Redding CA 96001	Fee Retainer required	https://psychologydr.com/	Criminal, civil & family law psych evals
Erin Stidham, LMFT	(530) 722-9957	1170 Industrial St. Redding CA	Partnership/Beacon, BCBS, TriCare, Crime Victim Assistance, Magellan, Sliding Scale Offered	https://creeksidecounseling.org/Team/erin-stidham/	Play therapy, EMDR, Bipolar, ASD
Family Dynamics Resource Center	(530) 242-9007	3657 Ricardo Ave, Redding, CA 96002	Private Insurance, Medi-Cal, Partnership	https://familydynamics.info/	SUD, EMDR, Children, Ind therapy, DBT, Group
Greenville Rancheria	(530) 528-8600	1405 Montgomery Rd, Red Bluff, Ca 96080	Medicare, MediCal, Private Ins, cash pay	https://www.grth.org/	Medications, I counselor, (all teleheath)
Guina Cohen Waters PSY32541	(530) 953-2330	2628 Victor Ave. Suite C Redding CA 96002	Partnership/Beacon, Superbil	https://mentaltherapy.io/psychologist/dr-guina-cohen-waters-phd-redding/	
Haley Bagnaschi LMFT	(530) 394-3054	2400 Washington Ave Suite 400 Redding CA 96001	Partnership/Beacon, Crime Victim Assistance/ Victim Compensation Board, Superbill, Out-of- network billing	https://www.kindredheartscounseling.com/about-haley	Trauma, Mood Disorders, Adoption
Hanna Kuyper AMFT	(530) 710-4037	353 Park Marina Circle Redding Ca	Partnership/Beacon	https://www.hannakuyper.com/	Eating Disorders, body image, intuitive eating

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Heather Jordan LMFT	(530) 604-2450	1452 Oregon St Redding CA	<i>Anthem, Superbill</i>	https://heather-jordan.clientsecure.me/?	<i>Adult women with ADHD, PTSD & other</i>
Hill Country Behavioral Health 530-241-4100	(530) 319-7064 Margaret New Patient (Medicaltions) (530) 337-6263 Behavioral Health/Ind therapy (530) 691-4446 Care Center, urgent mental health (530) 238-7133 Mobile Crisis Team	1401 Gold St, Redding CA 96001	<i>Private Ins, Medi-Cal, Medi-Care</i>	https://hillcountryclinic.org/	<i>Medications, SUD, MAT, Ind therapy</i>
Hill Country Mobile Crisis Unit (18 years & older)	General Info (530) 238-7134 Urgent Response (530) 238-7133.	NA		https://hillcountryclinic.org/	
Holly Dellaganna, AMFT	(530) 408-0241	353 Park Marina Circle, Redding CA. 96001		https://www.psychologytoday.com/us/therapists/holly-dellaganna-redding-ca/768818	
Hope Van	(530) 246-5765	Monday: Empire, 1237 California St Tuesday: Salvation Army, 2691 Larkspur Ln Wednesday: Empire, 1237 California ST Thursday: GNRM, 3050 Veda St Friday: Social Services, 2460 Breslauer Wy		https://www.shastahealth.org/hope	
Jantina Thompson LCSW	(530) 638-2067	1135 Pine Street Ste 21. Redding	<i>Medi-Care, Superbill</i>	https://provider.kareo.com/jantina-thompson-2	<i>Couples, family counseling, home bound adults, mood DO</i>

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Jenna Menard, AMFT	(530) 921-2685	415 Knollcrest Dr Ste 100 Redding CA 96002	Partnership/Beacon, Superbill, Cashpay 100/hr	https://reddingtherapy.org/jenna-menard%2C-amft	Older teens and adults, couples. Anxiety, Depression, Parenting, Motherhood, Burnout, Gottman couples therapy, Failure to launch.
Jenni Gordon LMFT	(530) 355-0115	353 Park Marina Circle Redding, CA 96001		http://www.daringredding.com/	EMDR
Jenny L. Young, LMFT 112992	(530) 768-7246	2309 Windy Way. Redding, CA 96002	Partnership/Beacon, Superbill	https://www.jennylyoung.com/	Trauma, self-discovery
Joy Foss, AMFT (530) 638-0915	(530) 638-0915	5000 Bechelli Ln, Suite 102, Redding, CA 96002	Beacon, Mdi-Cal, OON	https://www.psychologytoday.com/us/therapists/joy-foss-redding-ca/967915	Individuals, families, and teens
Juliana Lash AMFT	(530) 212-7019		PHC	https://www.psychologytoday.com/us/therapists/juliana-lynn-lash-redding-ca/850216	Neurofeedback
Kära Nolan, LMFT 123003	(530) 241-4115	1201 Industrial St., Redding CA 96002	Partnership/Beacon, Anthem, BCBS Most private insurances accepted excluding all HMO plans		Adults only; areas of focus: LGBTQ+ Including gender affirming surgery letters, EMDR, trauma, addiction
Karen Crum, DrPH, MA, AMFT	(470) 396-0021	5000 Bechelli Lane Suite 102	Partnership/Beacon, Crime Victim Assistance/ Victim Compensation Board, Superbill	https://karencrum.com/	Love all ages, do depth work, EMDR. Play therapy, sand tray, creative processing with art etc.

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Kate Garnaas, AMFT	(530) 255-4517	1352 Oregon St, Redding, CA	Partnership/Beacon, Cash Pay	https://www.kategarnaastherapy.com/	Adolescents and above, trauma counseling, EMDR, eating disorders, LGBTQ, equine therapy, relationship conflicts, etc.
Kelly Smith, Licensed Psychologist	(530) 238-5102	PO Box 518 Shasta CA 96087	Superbill, BCBS Prime Healthcare (shasta regional)	https://creeksidecounseling.org/Team/kelly-smith/	PTSD, trauma, psychological testing
Luke Wilkerson LMFT	(619) 365-9956	448 Redcliff Drive Suite 225 Redding, CA 96002		https://lukewilkerson.com/	Couples, adults
Marcia Ramstrom, MS, PPS	(530) 440-6033	3402 Bechelli Ln, Ste E Redding CA	Sliding Scale, Cash Pay only \$100/hr	https://lotuseducationalservices.com/	Youth & Adults, Suicide Prevention & Intervention, Crisis Counseling, Anxiety & Depression
Marlinda Butler, LCSW	(530) 623-7225	415 Knollcrest Dr. Suite 100 Redding Ca	Partnership/Beacon, Anthem Out-of-network billing	https://reddingtherapy.org/marlinda-butler%2C-lcsw	Trauma, depression, anxiety
Mercy Medical Center	(530) 225-6000	2175 Rosaline Ave, Redding, CA 96001		https://www.dignityhealth.org/north-state/locations/mercy-redding	
Misty Barnett, LCSW	(530) 238-5152	2628 Victor Ave Redding CA	Partnership/Beacon, Superbill	https://misty-barnett.clientsecure.me/	Children and Families
Mt Valley Health Center	(530) 999-9030	20615 Commerce Way, Burney, CA 96013	MediCal, Medicare, Private Ins	https://www.mountainvalleys.org/	Medications, SUD, MAT, Individual therapy
Naomi Hunt, LMFT	(530) 722-7763	1538 West St. #1 Redding CA 96001	Partnership/Beacon, Crime Victim Assistance, Superbill, Sliding Scale Offered	https://www.psychologytoday.com/us/therapists/naomi-hunt-redding-ca/770681	Children, Adolescents, trauma, depression, anxiety

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
North American Mental Health	(530) 646-7269	1742 Oregon St, Redding, CA 96001	Partnership only	https://namhs.com/	Medications, EMDR, Eating disorders, Brain spotting, Children, Genesite testing
Northern Valley Catholic Social Services Butte, Shasta, Siskiyou, Tehama County	(530) 241-0552	2400 Washington Ave, Redding, CA 96001	PHC/Medical Sliding scale options available	https://nvcss.org/	
One Safe Place	(530) 244-0117	2250 Benton Dr, Redding, CA 96003		https://www.ospshasta.org/	
Parish Health and Wellness	(530) 528-2342	22425 Sunbright Ave, Red Bluff, CA 96080		https://phwcare.com/	
Poison Control	(800) 222-1222	N/A		https://www.poison.org/	
Positive Approach Counseling Center	(530) 710-8971	1726 Tehama St, 1352 Oregon St, Redding, CA 96001	Private insurance and PHC	https://pactherapyservices.com/	
Psychiatric Care Center	(530) 221-7474	2891 Churn Creek Rd. Redding, Ca 96002	Private Ins, Cash, Sliding Scale	https://pcccares.com/	Medications, Groups, SUD, Nutrition, Groups, day prog
Raechel Callejo, LMFT 119641	(530) 378-4855	3330 Churn Creek Rd Ste D4 Redding CA 96002	Partnership/Beacon (will take as secondary also), Cigna, United HealthCare, Beacon Commercial, Superbill, Sliding Scale.	https://northstatecounseling.com/staff/	Adults- Trauma, Brainspotting, Anger Management, Anxiety, Boundaries.
Redding Christian Counseling	(530) 285-2608	2051 Hilltop Dr # A5, Redding, CA 96002		https://reddingchristiancounseling.com/	Faith based counseling
Redding Police Department	(530) 225-4200	777 Cypress Ave, Redding, CA 96001		https://www.cityofredding.gov/government/departments/police/index.php	

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Redding Rancheria	(530) 224-2700	1441 Libery St, Redding, Ca 96001	Native American only – Any Ins	https://www.reddingrancheria-nsn.gov/	Medications, Eating disorders, trauma, LGBTQ
Robert Francis PSYD	(530) 338-1452	2885 Churn Crk Rd # A, Redding, CA 96002	Medicare	https://www.drewsplacepsychotherapy.com/	
Rolling Hills	(530) 690-2778	2540 Sister Mary Columbo Dr, Red Bluff, Ca 96080	Medicare, MediCal, Private Ins, cash pay, sliding scale	https://rhclinic.org/	Medications, therapy (not taking new patient until July)
Sandy Groom LCSW	(530) 338-6549	1415 Victor Avenue, Redding, CA, 96003		http://sandygroom.com/	individual, all ages, couples family, EMDR, trauma, crisis intervention/self harm, play therapy, etc
Sarah Parker, LMFT 102942	(530) 515-4753	415 Knollcrest Drive, Suite 100 Redding CA	Partnership/Beacon, United Health Care, TriCare, Crime Victim Assistance, Out-of- network billing	https://www.psychologytoday.com/us/therapists/sarah-parker-marriage-and-family-therapy-redding-ca/170923	Couples, Family, Grief
Sean "Niko" Kuyper	(530) 356-9793	353 Park Marina Circle, Redding, CA 96001	Partnership/Beacon, Superbill	http://www.nikokuyper.com/	Trauma, EMDR, Anxiety, Male Issues, First Responders
Shasta Community Health Center	(530) 246-5710	1035 Placer Street, Redding, CA 96001	MediCal, MediCare, Sliding Scale (\$30)	https://www.shastahealth.org/	Medications, SUD, MAT, groups, LGBTQAI
Shasta County Sheriff Office	(530) 245-4200	300 Park Marina Cir, Redding, CA 96001		https://www.shastacounty.gov/sheriff	
Shasta Options	(530) 224-5469	2750 Eureka Way #101, Redding, CA 96001	PHC	https://shastaoptions.com/	
Shasta Regional Medical Center	(530) 244-5400	1355 East St #200, Redding, CA 96001		https://shastaregional.com/	
Shasta Treatment Associates	(530) 222-4787	84 East Cypress, Ste 100, Redding, CA 96002	Private Insurance, Partnership	http://www.shastatreatmentassociates.net/	Sex offender, Parenting, anger management, DV

NAME	PHONE NUMBER	ADDRESS	PAYMENT	WEBSITE	NOTES
Staci Bertagna, LCSW	(530) 338-1452	1388 Court St, Suite A-1, Redding, Ca 96001	Anthem, BCBS, Cigna/Evernorth, United Health Care, TriCare, Medi-Care, Aetna, Crime Victim Assistance/ Victim Compensation, Board, Magellan, Superbill, Out-of-network billing	https://drewsplacepsychotherapy.com/staci-about-me	
Suicide Hotline	988	N/A		https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox	
Sunrise Mountain Wellness Center	(530) 618-5630	1300 Hilltop Rd, Ste 200, Redding, Ca 96003	Free	https://www.kingsview.org/smw/	Groups, activities, peer support, transportation
The Sound Mind	(530) 238-5771	355 Hemsted Dr. Ste 101, Redding, Ca 96002	Partnership, private ins	https://soundmindservices.net/	Neurofeedback therapy, Ind therapy
Tyrene Siadous, LMFT	(530) 710-8255	1452 Oregon Street Redding CA 96001	Partnership/Beacon	https://reddingtherapist.com/	Adults - Trauma, anxiety, depression
Wright Education Services	(530) 223-5122	2660 Victor Ave, Ste B, Redding, Ca 96002	Partnership, Private pay	https://www.wrighteducationservices.com/	Anger management, Triple P, Ind/group counseling