
MHAP Provider Guide

A Child's Hopeful Journey



Specialties: Anxiety, ADHD, Grief, Depression, Parent-Child Conflict
Telehealth, Female Therapist, ages 4-14
Insurance accepted: Select Health, Cigna, Aetna, University of Utah, Regence BCBS

A Way Back Counseling



Specialties: Addiction, Grief and Loss, Divorce, Trauma, Grief, Addiction, Stress, Family Problems, Anxiety, Depression, Disabilities, Chronic Illness; Telehealth, Male/Female Therapists, All ages, Spanish Speaking, Sign Language; Insurance accepted: Aetna, All Savers, Allied Benefit Systems, BlueCross and BlueShield, and more

Abundance Family Therapy



Specialties: LMFT, CBT, DBT, EFT, Gottman, AMFT, ADOS Testing
Telehealth, Female/Male Therapists, ages 8+, Spanish Speaking
Insurance accepted: Select Health, EMI, PEHP, Regence BCBS, United Health, Medicaid, Medicare, Molina, AETNA

Anxiety Trauma & Depression Treatment Center



Specialties: Anxiety Trauma & Depression
Telehealth, Female Therapists, ages 11+
Insurance accepted: All except Medicaid

Ascend Counseling & Wellness



Specialties: Play therapy, Child & Adolescent Psychotherapy, anxiety, depression, grief, trauma, addiction, LGBTQ+ issues, self harm, suicide ideation, abuse, behavioral issues, ADHD, mood disorders, and relationship issues; Telehealth, Male/Female Therapists, ages 4+; Insurance accepted: Select Health, BCBS, EMI, Optum United Health, and more

Blue Chip Counseling



Specialties: Trauma, Play Therapy, ADHD, Anxiety, Depression; Telehealth, Male/Female Therapists, ages 5+
Insurance accepted: Blue Cross Blue Shield, Select Health, University of Utah Health Insurance, Aetna, United Health Care, Educators Mutual, Tri-Care, UMR, Optum

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Breakthrough Therapy



Specialties: OCD, Family Relationship Problems, Depression, Anxiety
Telehealth, Male/Female Therapists, ages 6+
Insurance accepted: EMI, PEHP, BCBS, Select Health

Clear View Counseling



Specialties: Sensory and Spectrum Disorder, ADHD Therapy, EMDR Therapy, Trauma, Depression, Anxiety
Telehealth, Male/Female Therapists, Spanish Speaking, ages 3+
Insurance accepted: None

Desert Consulting



Specialties: Anxiety & Panic Disorders, Depression & Mood Disorders, Trauma / PTSD, Grief & Loss, Autism Spectrum & Developmental Disorders, ADHD / Executive Functioning, Behavioral Issues (tantrums, aggression, defiance), (parent-child dynamics, blended families); Telehealth, Male Therapists, Spanish Speaking, ages 3+
Insurance accepted: None

Enterprise Valley Medical Clinic



Specialties: Anxiety, Depression, Grief, Self-Harm, Addiction, Technology/Internet Addiction, Self-Esteem Struggles, Stress Management/Burnout, Athletes, School Related Issues, Bullying, Isolation, Peer Pressure; Telehealth, Male Therapist, ages 10+; Insurance accepted: All insurances & a sliding scale for those who do not have insurance

New Aim Counseling



Specialties: Addiction, ADHD, Adoption, Anger Management, Anxiety, Behavioral Issues, Bipolar Disorder, Codependency, Coping Skills, Depression, Emotional Disturbance, Grief, Family Conflict, Mood Disorders, Obsessive-Compulsive, Oppositional Defiance, Racial Identity, Self Esteem, Stress, Substance Use, Trauma and PTSD; Telehealth, Male/Female Therapists, Spanish Speaking, ages 10+; Insurance accepted: Aetna, Anthem, BlueCross and BlueShield, Cigna and Evernorth, EMI Health, Optum, and more.

Red Sands Psychiatry, Restorative Therapy, & Consulting



Specialties: Anxiety, Depression, Behavior Modifications, Grief, Mood Dysregulation, ADHD, Parenting Supports, Child Centered Therapy, Sand Tray, Flash, 4-Blink, EMDR, Registered Play Therapist, FirstPlay Kinesthetic, Medication Management if needed; Telehealth, Female Therapists, All ages; Insurance accepted: Medicaid, Medicare, Molina, United, Aetna, EMI, PEHP, SelectHealth, Blue Cross, U of U, Regence, Evernorth, Cigna, Angle, Champ VA, Tricare, DMBA, Humana, Optum, Voc Rehab, Wellcare

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S&S Counseling



Specialties: Trauma, CBT, DBT, Play Therapy, Sand Tray Therapy, ADHD, Emotion Regulation, Teens, Children; Telehealth, Male/Female Therapists, All ages, Spanish Speaking
Insurance accepted: Aetna, Blue Cross Blue Shield, Cigna, EMI, Health Choice, Molina, MotivHealth, PEHP, Select Health, Tricare West, UHC, UMR, UofU (Healthy Premier and Healthy U - CHIP), Medicare, Utah Medicaid, SBHC Medicaid, BHO EAP, VEST EAP

Sage Circle Counseling Center



Specialties: IFS informed, EMDR, CBT, DBT, meeting client where they are at and matching the modality to their needs.
Telehealth, Male/Female Therapists, ages 10+
Insurance accepted: Selecthealth, Molina, U of U Health Plan, Health U, EMI

Therapy Associates



Specialties: Behavioral Health, Substance Use
Telehealth, Male/Female Therapists, Spanish Speaking, All ages; Insurance accepted: Almost all insurance payers (Blue Cross, Select Health, Aetna, Cigna, United, PEHP, EMI, DMBA, MotivHealth, Medicaid, Molina, TriCare, etc.)