MHAP Provider Guide

3rd Wave Counseling
Hurricane & St. George

Specialties: Comprehensive DBT, EMDR, ERP, Mindfulness
Telehealth, 3 Therapists, Ages 5+, Spanish Speaking Insurance accepted: United Healthcare, Regence BCBS, SelectHealth, EMI Health, PEHP, Aetna, Utah Medicaid, Molina, Medicare, Blomquist Hale, Cigna, Availty

A Child's Hopeful Journey
St. George

Specialties: Anxiety, ADHD, Grief
Telehealth, Female Therapist, Ages 5+
Insurance accepted: Select Health, University of Utah, Aetna, Cigna, BCBS, Meritain, Molina

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Abundance Family Therapy
Hurricane & St. George

Specialties: Anxiety, Depression, Trauma & PTSD, Grief & Loss,OCD, ADHD, Bipolar Disorder, Self-Esteem & Self-Worth, Sleep & Nightmares, Social Skills, LGBTQ+, ART.
Telehealth, 5 Therapists, ages 5+
Insurance accepted: AETNA, CIGNA, EMI, Medicaid, Medicare, Molina, PEHP, Regence, Select Health, United Healthcare, University of Utah Health Plans

Anxiety Trauma & Depression
Treatment Center - St. George

Specialties: Anxiety, Trauma, Depression
Telehealth, 2 Female Therapists, ages 11+
Insurance accepted: All commercial insurance companies (ie. Selecthealth, Aetna, BCBS, Cigna, PEHP, EMI, United/UMR, and more)

Ascend Counseling & Wellness
Hurricane

Specialties: Child & Adolescent therapy, Anxiety, Depression, Mood Disorders, Trauma, PTSD, ADHD, LGBTQ, suicide ideation, self harm, OCD, & more.
Telehealth, 5 Therapists, Ages 6-18
Insurance accepted: SelectHealth, EMI, Regence BCBS, UHC/Optum/UMR, PEHP, Aetna, Cigna, Molina, MotivHealth, U of U, TallTree, Tricare, Medicare, & Non-capitated Medicaid.

Ascend Counseling & Wellness
St. George - 250 West

Specialties: Child & Adolescent therapy, Anxiety, Depression, Mood Disorders, Trauma, PTSD, ADHD, LGBTQ, suicide ideation, self harm, OCD, & more.
Telehealth, 16 Therapists, Ages 4+
Insurance accepted: SelectHealth, EMI, Regence BCBS, UHC/Optum/UMR, PEHP, Aetna, Cigna, Molina, MotivHealth, U of U, TallTree, Tricare, Medicare, & Non-capitated Medicaid.

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Ascend Counseling & Wellness
St. George - Foremaster

Specialties: Child & Adolescent therapy, Anxiety, Depression, Mood Disorders, Trauma, PTSD, ADHD, LGBTQ, suicide ideation, self harm, OCD, & more.
Telehealth, 8 Female Therapists, Ages 4-18
Insurance accepted: SelectHealth, EMI, Regence BCBS, UHC/Optum/UMR, PEHP, Aetna, Cigna, Molina, MotivHealth, U of U, TallTree, Tricare, Medicare, & Non-capitated Medicaid.

Blue Chip Counseling
St. George

Specialties: Trauma, ADHD, Anxiety, Depression
Telehealth, 2 Male & 4 Female Therapists, Ages 5+
Insurance accepted: BCBS, Aetna, Cigna, United Health Care, University of Utah Health, EMI, Select Health, TriCare

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Brain Power Counseling
Hurricane

Specialties: Neuropsychotherapy, DBT, Trauma, Anxiety, Depression, Bipolar Disorder, Schizophrenia, Neurodivergence
Telehealth, 2 Female & 2 Male Therapists, Ages 5+
Insurance accepted: United Health, BCBS/Anthem, Select Health, PEHP, EMI, Motiv, Medicaid, Molina, Cigna, Aetna, University of Utah, UMR, Health Choice

Breakthrough Therapy
Washington

Specialties: Anxiety, OCD, ADHD, autism, depression, communication, friendship & dating, life skills/habits, play therapy, art therapy, sand tray therapy, encopresis, self harm, suicide ideation, impulse control, behavioral issues, college/career transition.
Telehealth, 1 Female Therapist, Ages 4-19
Insurance accepted: Select Health, EMI, Select Health Medicaid, PEHP, UMR, BCBS

Desert Consulting
St. George

Specialties: Lifespan Integration Therapy, Trauma Therapy, Gottman Method, EMDR Therapy, Emotion-focused Therapy, Sensory & Spectrum Disorders, ADHD Therapy, LGBTQ Counseling
Telehealth, 2 Male & 1 Female Therapist, Ages 5+
Insurance accepted: None

Elevated Counseling & Wellness
St. George

Specialties: Trauma, Mood Disorders, Teens & Preteens, Relationships, EMDR, DBT
Telehealth, 3 Male & 5 Female Therapists, Spanish Speaking, Ages 5+
Insurance accepted: Blue Cross Blue Shield, DMBA, EMI, Humana, Medicare, Molina, Molina Medicaid, Optum, PEHP, Select Health Medicaid, Select Health, Triwest (military), Tricare (military), United Health

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New Aim Counseling
St. George

Specialties: Anxiety, Depression, ADHD, Trauma-PTSD, Substance Use, Identity
Telehealth, 2 Therapists, Spanish Speaking, Ages 10+
Insurance accepted: Aetna, Anthem, BCBS, Cigna, EMI Health, Golden Rule, Medicaid, Molina, Oscar, Oxford, PEHP, Quest, Regence, SelectHealth, Surest, UMR, UHC (UBH, Optum EAP, Student Resources), UofU

S&S Counseling
St. George - 1470 East

Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Family
Telehealth, 2 Male & 9 Female Therapists, Spanish Speaking, Ages 2+
Insurance accepted: Aetna, BCBS, Cigna, EMI, Molina & Medicaid (Utah, Health Choice, & SBHC), MotivHealth, PEHP, SelectHealth, Tricare West, UHC, UMR, UofU (Healthy Premier & Healthy U - CHIP), VA Community Care, Medicare

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S&S Counseling
St. George - Ridgeview Drive

Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Body Image
Telehealth, 1 Male & 6 Female Therapists, Ages 4+
Insurance accepted: Aetna, BCBS, Cigna, EMI, Molina & Medicaid (Utah, Health Choice, & SBHC), MotivHealth, PEHP, Select Health, Tricare West, UHC, UMR, UofU (Healthy Premier and Healthy U - CHIP), VA Community Care, Medicare

S&S Counseling
Hildale

Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Family
Telehealth, 1 Male & 4 Female Therapists, Ages 2+
Insurance accepted: Aetna, BCBS, Cigna, EMI, Molina & Medicaid (Utah, Health Choice, & SBHC), MotivHealth, PEHP, Select Health, Tricare West, UHC, UMR, UofU (Healthy Premier and Healthy U - CHIP), VA Community Care, Medicare

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S&S Counseling
Hurricane

Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Family, EFT
Telehealth, 2 Male & 3 Female Therapists, Ages 4+
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), VA Community Care, Medicare, Utah Medicaid, SBHC Medicaid

Sage Circle Counseling Center
St. George

Specialties: All therapists are IFS informed, some therapists are EMDR trained, CBT, DBT, ACT
Telehealth, 1 Male & 3 Female Therapists, Ages 4+
Insurance accepted: SelectHealth, Molina, Health Choice, EMI, University of Utah, Medicaid through all, & SWC

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Sunrise Mental Health Services
St. George

Specialties: Trauma, Depression, Anxiety, Self-Esteem, Relationships, EMDR, ART, OCD, Neurofeedback, ADHD
Telehealth, Female & Male Therapists, Spanish Speaking, Ages 5+
Insurance accepted: Aetna, BCBS/Regence, Cigna, DMBA, EMI, Humana, Molina & Medicaid (FFS, Health CU, SBHC), MotivHealth, PEHP, SelectHealth, Tri-Care/West, UHC-Optum, UofU

Therapy Associates
St. George

Specialties: Child & Teen Mental Health, Family Therapy, Emotional Regulation, Sexual Behavior Problems, Substance Abuse, Depression, Anxiety, ADHD, Parent Support
Telehealth, 6 Male & 8 Female Therapists, Spanish Speaking, All Ages
Insurance accepted: PEHP, EMI, Select Health, United, Blue Cross, Humana, Medicaid, Medicare, Cigna, Aetna, ChampVA, Molina, University of Utah Healthy Premier