For people of all ages, mental health problems and addictions can affect relationships, school, and job performance. Mental health is just as important as physical health, and access to effective care is essential to healthy communities.

Fortunately, help is here. Our region is home to an array of skilled, licensed mental health professionals who can help people feel better and function better.
**Mental Health Provider**

**Address**

**Telephone/Fax**

**Email**

**Specialty Care**

**Ages Served**

**Insurance Accepted**

**Degree/Licenses**

**Hours Available**

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**Dr. William Ballantyne, Psy.D**

* "The Mill" 21704 Mainham Meadow Way, Woodstock, VT 05089

908 Opera House Sq., Claremont, NH 03743, Mailing 2 Ramierede Lane, Windsor, VT 05089

Tel: (6); 296-1211

lwb@drballantyne.com

Cognitive Behavior Therapy, General practice of psychology with emphasis on anxiety, depression, and trauma. Also sexual behavior problems and young adults struggling with transition to adulthood.

Adolescents and adults

BC/BS, Cigna, Anthem, Green Mountain Care and others

VT/NH licensed Psychologist

Monday, Tuesday, and Friday 9am-6pm

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**Erin Bozer, LADC, LCYCHC**

* Mt. Ascutney Hospital, 289 County Rd., Windsor, VT 05089

220 Opera House Sq., Claremont, NH 03743, Mailing 2 Ramierede Lane, Windsor, VT 05089

Tel: (6); 674-7382 Fax: (6); 674-7314

erbozer@hcns.org

Short-term counseling for depression, anxiety and substance abuse.

Adults 18+

Most insurance plans accepted

Masters of Arts, Licensed Drug and Alcohol Counselor and Clinical Mental Health Counselor

Mon, Tues, Wed, and Thurs

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**Karen Chalom, LICSW**

* Simmons House, 3 Pleasant Street, Woodstock, VT 05091 and Windsor Connection Resource Center, 1 Railroad Plaza, Windsor, VT 05089

Tel: (6); 457-6191

karenhalom@yahoo.com

Traditional Talk Therapy, Body/Mind Psychotherapy, Expressive Arts Therapies helping children, adults, individuals, couples, families and groups. Life issues including depression, anxiety, life transitions, trauma, PTSD, parenting, anger, stress, relationships, grief and loss.

Ages 5 and up

Green Mountain Care, Medicare, BC/BS, MVP, Cigna, UBH, Aetna, Harvard Pilgrim and others

Licensed Independent Clinical Social Worker (LICSW)

Wednesday – Friday

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**Jennifer Connors, MD**

* MAHC, 289 County Road, Windsor, VT 05089

OHC, 32 Pleasant Street, Woodstock, VT 05089

Tel: (6); 674-7300 Fax: (6); 457-4033

N/A

Psychiatric evaluation and treatment upon referral/ consultation through your MAHC/HCHC provider.

All ages

Most insurance plans accepted

MD, VT Medical Licensure

Mon, Tues, Fri in Windsor and Wed and Thurs in Woodstock

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**Dana DeSchamp, LICSW**

* Mt. Ascutney Hospital Professional Building, Suite 102, 287 County Road, Windsor, VT 05089

Tel: (6); 952-1029

danadeschamp@gmail.com

Cognitive behavioral therapy, children, adolescents, adults and families; anxiety, depression, trauma, grief and loss, parenting issues, Autism Spectrum Disorders.

All ages

Most insurance plans accepted

Licensed Independent Clinical Social Worker

Monday, Thursday evening, Saturday

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**Janet Farley, MSW, LICSW**

* 56 Main St., Springfield, VT 05156, 15 State St., Windsor, VT 05089

Tel: (6); 674-6065

materynzy55@yahoo.com

Combination psychodynamic psychotherapy and cognitive behavioral therapy: Treatment for depression, anxiety, stress, grief and loss, coping with illness, aging issues. Individual and family therapy.

Adults 21+

Green Mountain Care, Medicare, BC/BS, MVP and United Healthcare

Licensed Independent Clinical Social Worker

Monday, Wednesday, and Thursday

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**Heather Findlay, LCHCC**

* 841 US Route 5, Frazer Agency’s Nationwide Bidg., Windsor, VT 05089

Tel: (6); 230-6480

hfindlay@gmail.com

Practicing EMDR Therapy for children, adolescents and adults with emphasis on anxiety, depression, headache and pain management, loss/grief, stress and trauma.

All ages

Medicaid, BC/BS, Aetna, MVP, Cigna, UBH and Harvard Pilgrim

Master’s Degree in Clinical Mental Health Counseling; Licensed Clinical Mental Health Counselor in VT and NH

20-25 hrs/week by appointment. Mon, Wed, Thurs, Fri, Sat

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**Marilyn Gabriel, PHD, LICSW**

* 2484 US Rte S, Windsor, VT 05089

Tel: (6); 280-7789

marilyn.gabriel@gmail.com

Cognitive behavior therapy, diagnostic and forensic evaluation, child and family therapy, holistic health and yoga therapy. QEEG Guided 2-Score LoRETA Neurofeedback.

All ages

Green Mountain Care, BC/BS, Anthem, Harvard Pilgrim, Health Plans Inc.; Cigna and MVP

Licensed Independent Clinical Social Worker (PHD)

By appointment; Monday – Tuesday and some evenings

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**Mark Gabriel, MSW, LICSW**

* 2484 US Rte S, Windsor, VT 05089

44 Woodchuck Hill Road, Grafton, VT 05156

Tel: (6); 280-7789

mark.gabriel@gmail.com

Cognitive behavioral therapy, Child and Family Therapy and Couples, Treating: PTSD, Depression, ADHD and Anxiety.

All ages

Green Mountain Care, BC/BS, MVP

Licensed Independent Clinical Social Worker (MSW)

By appointment; Monday – Tuesday and some evenings

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**Bonnie Irwin, MA**

* Windsor Connection Resource Center, 1 Railroad Plaza, Windsor, VT 05089

Tel: (6); 785-4581

Alt: 674-2111

brownw@mylarpoint.net

Psychodynamic psychotherapy, life issues including depression, anxiety, stress, chronic illness. Child-parent psychotherapy for attachment issues.

Children, adolescents, and adults

None, affordable fees are negotiated individually with each client

MA, VT psychotherapist

Wednesday, Friday

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**Lynn Irwin, MA**

* Windsor Connection Resource Center, 1 Railroad Plaza, Windsor, VT 05089

Tel: (6); 674-2111

Alt: 785-4581

linwir@mylarpoint.net

General psychotherapy practice, open to all; Experience psychotherapy for attachment issues.

Adolescents and adults

None, affordable fees are negotiated individually with each client

MA, VT psychotherapist

Friday

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**C. Frederick Lord, MD, FASAM**

* Connecticut Valley Recovery Services, 15 State Street, Windsor, VT 05089

Tel: (6); 674-9400

Fax: (6); 674-9410

correll@comcast.net

Addiction medicine and pain medication consultation/management.

Adults 18+

VT Medicaid, VT Medicare, BC/BS, MVP and others

MD, Fellowship trained in Addiction Medicine, University of Florida, Licensed in VT, Diplomate, American Board of Addiction Medicine

Monday afternoon, Tuesday, Wednesday and Friday by appointment

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**Rebecca MacKenzie, MSW, LICSW, CSSW, BC/PCC**

* P.O. Box 304, Claremont, NH 03743 Office: Trinity Evangelical Free Church, 44 Main Street, Windsor, VT 05089

Tel: (6); 504-2851

rdbmackenzie@mylarpoint.net

Cognitive behavioral therapy, solution-focused therapy, emotionally-focused therapy, family and couples, depression, anxiety, ADHD, PTSD, relational, parenting, attachment issues and individual adults.

Ages 5 and up

VT and NH Medicaid, Anthem, BC/BS of VT, fee for service, VT Medicare

Licensed Clinical Social Worker (VT + NH), Board Certified Professional Christian Counselor

Monday – Thursday, 9am-5pm

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**Lee Moore, MA**

* Mt. Ascutney Hospital Professional Building, Suite 102, 287 County Road, Windsor, VT 05089

Tel: (6); 674-7136

leenmoro@gmail.com

Individual, couples, and family therapy.

Ages 12 and up

BC/BS, Anthem, VT Medicaid, Harvard Pilgrim, Aetna, UBH, Cigna (out-of-network) and most others

MA, Counseling Psychology, Licensed VT psychologist-matter

Tu, Wed, Thurs, Occasional Mon, Fri as needed