

Graduate Student Mental Health Resource List

General Recommendations:

- Student Health Center for PCP visits and psychiatry if needed (*pro-tip – its much faster to get into primary care and they are a great starting point if you need psychiatric medication): <https://studenthealth.missouri.edu/>
- Check out therapists in other cities using PsychologyToday.com – with increased use of telehealth it's a lot easier to schedule and see someone in network that is also outside of potential MU Counseling or Clinical Psychology overlaps!
- Local therapists with a history of working well with students:
 - Shelly Ossana <https://www.capstherapy.net/shelly-m-ossana-phd>
 - Donna Strickland <https://www.loacounselingandcoaching.com/newpage0c2d523a>

St Louis area Therapists with openings as of 2/19/22, with interest in working with grad students

- Leslie Davis (O'Fallon, IL; Licensed in MO)
https://leslie-davis411.clientsecure.me/?fbclid=IwAR1X_vozxqNM3gAiLWUF7TzWCtJQ7LgbeIGbG7dXMXG5SjF_td1Rf826HZk#home
- Olivia Bacca-Haupt
https://www.psychologytoday.com/us/therapists/olivia-bacca-haupt-ballwin-mo/937457?fbclid=IwAR3i7BQCZ_tx4eIZdSAoahSdiil89PcS0iVP5xCP6yqW3HrIyuMYf2pHVf4
- Jenny Stanuch enliventherapystl.com
- Salicia Alana creatingyourjourneyllc.com
- Tony Deon <https://www.facebook.com/GillonTherapy/>
- Emily Balestra <https://balestracounseling.com/>
- Terrace House
<https://www.terracehousestl.com/?fbclid=IwAR1GfW3CE0KBeQoND0E9Dtsef2zas7XvNskJF0Lzp5ehFMPD9N-sJDxK3uk>
- Open Arms Wellness https://www.openarmswellness.com/?fbclid=IwAR0C-LnBfLRuXW6vKqo1GhX4FFMJ2_ccW-43pw7BsHXkTBNP4byk_aco1Ts
- Family Life Counseling
https://www.family-life-counseling.com/?fbclid=IwAR1X_vozxqNM3gAiLWUF7TzWCtJQ7LgbeIGbG7dXMXG5SjF_td1Rf826HZk
- MacKenzie Bradke Lester
https://bradkecounseling.com/?fbclid=IwAR1LI2UHB_6VT5AMGcrosEOZHSfY9dewq_nQUbhX9x-k3IsaZoC5ydHUiNms
- Sue Wilhelm
https://www.myblueskiesllc.com/?fbclid=IwAR1LI2UHB_6VT5AMGcrosEOZHSfY9de_wqnQUbhX9x-k3IsaZoC5ydHUiNms
- Linda Peterson

http://www.changestherapeutics.com/?fbclid=IwAR3i7BQCZ_tx4eIZdSAoahSdiil89PcS0iVP5xCP6yqW3HrIyuMYf2pHVf4

- Steven May <https://www.psychologytoday.com/profile/391575>
- Jenna Wonish-Mottin
https://www.calmcenteredcounseling.com/?fbclid=IwAR22IY63BI5l6Sle_z0g5cxeN10SnQjNqJEzt6YWuvV9tGhUbafBDo0goIo
- Counseling and Social Advocacy Center
https://csac.umsl.edu/?fbclid=IwAR0phSCawcg_k0LYHV_VRJOc8rtZMwn8AiY1_3YFaeSJma57-vpMQkyMS6Q
- Healing Spaces (all BIPOC women therapists)
https://www.healingspacesstl.com/?fbclid=IwAR1pewNgfcr-8pPccGzNeFL_L-sNiHkmjl7LUqV0OcRjZsE2t9JSKcCXEJE
- Sophie Pellegrini
<https://sophiepellegrinicounseling.com/?fbclid=IwAR3tyRkdOq6ab78VarvhwHLKKbGoDhrQwo4gGRvqNmeIMCBgrD7nJJ8ORB4>
- Melissa Taylor www.melissataylortherapy.com
- Emily Lombardo www.emilylombardocounseling.com
- Steffany Feld
<https://www.kaleidoscopecounselingstl.com/?fbclid=IwAR1awYCDKdJTbDeOsrFHUUKKZAelhs5OU033dCo70wPARYRgz5cRhoQ5Q6M>
- Daniel Leeman https://www.psychologytoday.com/us/therapists/daniel-j-leeman-brentwood-mo/266908?fbclid=IwAR1ClmPXb6qr1k1M21tGCLb1U6NdO9WIWViUVFejx_ZqebHEgpL5r3p6YhM