

Mental Health Professionals / Referrals

Here are some of the mental health professionals that we occasionally refer clients to for additional support in their healing journey.

Chemical Dependency Professionals

Chemical Dependency Professionals provide support in understanding, assessing, and dealing with chemical dependency. Here is a partial list of specialists in chemical dependency that may be helpful:

- **Integrative Counseling Services** is a group that past clients have found helpful in providing assessment and support.

In particular, Ashley or Scott: <https://www.icswa.com/staff>

- **Debbie Bayer, LMFT, CDP** – Offices in Everett and Kirkland:

<https://debbiebayerlmft.com/>

- **Abby Kulkin, MA, LMFT, CDB** – Offices in Seattle and Edmonds:

<https://www.abbykulkintherapy.com>

Prescribers for Mental Health Support

In some situations, prescription medications can help clients dealing with conditions such as anxiety and depression. Here is a list of prescribers who specialize in understanding and dealing with the needs of such clients:

- **Christina Pike, Psychiatric Nurse Practitioner**

Seattle Village Medicine

<https://villagemedicineseattle.com/christina-pike/>

- **Psychiatric Medicine Associates**

<https://www.psychiatricmedicine.com/>

- **Mindful Therapy Group**

<https://www.mindfultherapygroup.com/meet-the-psychiatric-nurse-practitioners-mlt/>

- **Ophelia Blue, ARNP**

<https://www.livelightlyandwell.com>

- **Michelle Kulbel, ARNP**

<http://michelekulbel.com/godaddy.com/Welcome.html>