

Youth Mental Health – Peer Recommended Therapists and Resources

Recommendations from State's Child & Family Program, FSYP Contacts and FS Families Please note that this list is not exhaustive and implies no endorsement by FSYP or the Child and Family Program.
Personal recommendations by Foreign Service families:

[Truman Group](#)

[Therapy Solutions, LLC](#)

[Apricity Behavioral Health](#)

[Ayana Therapy](#)

[Summit Counseling](#)

[Better Help](#)

[Vanguard Therapy](#)

[Child and Family Counseling](#)

[In Step](#)

[Weaver & Associates](#)

[Potomac Behavioral Solutions](#)

[Home Body Therapy](#)

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[Alvord Baker & Associates](#)

[Teenlines](#)

Specific Providers:

[Dr. Constantina Kass](#)

[Dr. Carolyn Heier](#)

[Kerry Ellis](#)

[Dr. Sam Lashley](#)

[Amy C. Millimet](#)

[Andrea Zalzal Sanderson](#)

[Dr. Jillian Evans](#)

[Dr. Jelena Kecmanovic](#)

[Dr. Debra Brosius](#)

[Dr. Gohar Choudhary](#)

[Dr. Sanju Adhikari](#)

[Dr. Mohammed Ansari](#)

[Annette Kielkopf](#)

[Dr. Kathy Katz](#)

[Michelle Fowler](#)

[Dr. Neil Schiff](#)

[Dr. Edward Farber](#)

[Dr. Joel Gunzburg](#)

Youth Mental Health – Peer Recommended Therapists and Resources

Recommendations from State's Child & Family Program, FSYF Contacts and FS Families Please note that this list is not exhaustive and implies no endorsement by FSYF or the Child and Family Program.

[Dr. Nancy Ingraham](#)

[Dr. Anna Lee](#)

[Dr. Virginia Lindahl](#)

[Dr. Adelaide Robb](#)

See also:

Families in Global Transition:

[Counseling and Coaching Affiliate](#)

[Public Directory](#)

GLIFFA: [RESOURCES FOR PARENTS OF LGBT+ YOUTH & MEDICAL PROVIDERS:](#)

[International Therapist Directory](#)

[International Suicide Hotlines](#)

[Crisis Text Line](#) (UK and Ireland numbers)

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Psycho Educational Evaluations

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Dr. Caroline Ba is a pediatric neuropsychologist who specializes in the assessment and treatment of neurodevelopmental disorders (e.g. ADHD, autism spectrum disorder, learning disabilities, etc.) and acquired difficulties with attention, learning, and executive functioning (e.g., concussion, pre-term birth, epilepsy, etc.).