POC Mental Health Resource List in RI

**Therapists in Providence, unless otherwise specified:**

Sabrina Rosalino, MSW, LCSW  
Specialties: adolescents/young adults, parenting, depression, anxiety, domestic violence, immigration issues.  
https://www.psychologytoday.com/us/therapists/ri/providence/329078?sid=5eb589c02cbe3&ref=8&rec_next=21&tr=ResultsPhoto

Ashley Moniz, MS, LMHC  
Specialties: women's mental health, trauma, positive parenting  
https://www.psychologytoday.com/us/therapists/ri/providence/747053?sid=5eb589c02cbe3&ref=11&rec_next=21&tr=ResultsPhoto

Michelle Vitale, MSEd, LMHC  
Specialties: life transitions, women’s mental health, multicultural counseling  
https://www.psychologytoday.com/us/therapists/ri/providence/304794?sid=5eb589c02cbe3&ref=2&rec_next=41&tr=ResultsPhoto  
Offers Women's group therapy:  
https://www.psychologytoday.com/us/therapists/ri/providence/304794?sid=5eb589c02cbe3&ref=2&rec_next=41&gid=129051  
*also offers college student mindfulness group

Ronnesia Gaskins, PhD  
Specialties: individual & family therapy, children and adults, anxiety, obesity  
https://www.psychologytoday.com/us/therapists/ri/providence/228066?sid=5eb589c02cbe3&ref=10&rec_next=61&tr=ResultsPhoto

Chelsea Hill, LICSW (North Kingston)  
Specialties: trauma, spirituality, body image  
https://www.psychologytoday.com/us/therapists/ri/providence/713564?sid=5eb589c02cbe3&ref=11&rec_next=61&tr=ResultsRow

David Dove, PhD  
Specialties: ages 14+, family problems, life transitions  
https://www.psychologytoday.com/us/therapists/ri/providence/92996?sid=5eb589c02cbe3&ref=2&rec_next=81&tr=ResultsRow
Albert Soto, PhD
Specialties: multicultural psychology, cultural/intersecting identities, anxiety, depression, trauma disorders
https://www.psychologytoday.com/us/therapists/ri/providence/733643?sid=5eb589c02cbe3&ref=8&rec_next=81&tr=ResultsPhoto

Suelem Rosalino, MSW, LICSW
Specialties: depression, anxiety, and mood disorders, teens and adults, sexual health, trauma, life transitions
*Fluent in Spanish and Portuguese
https://www.psychologytoday.com/us/therapists/ri/providence/302192?sid=5eb589c02cbe3&ref=2&rec_next=101&tr=ResultsPhoto

Mariza Lopez, PhD
Specialties: eating and sleep psychology, children, adults and families
https://www.psychologytoday.com/us/therapists/ri/providence/729983?sid=5eb589c02cbe3&ref=5&rec_next=101&tr=ResultsPhoto

Julie Panton, MSW, LICSW
Specialties: children/adolescents, families, anxiety, anger/behavior management, relationship/social problems, ADHD, depression, and stress
https://www.psychologytoday.com/us/therapists/ri/providence/463059?sid=5eb589c02cbe3&ref=15&rec_next=101&tr=ResultsName

Nicole Issa, Psy.D
Specialties: women’s health, depression, anxiety, stress management, and working with LGBTQIA-identified individuals and family members
https://www.psychologytoday.com/us/therapists/ri/providence/418526?sid=5eb589c02cbe3&ref=17&rec_next=101&tr=ResultsPhoto

Yumin Tan-Gutierrez, LICSW
Specialties: trauma, high school/college students and professionals of Asian descent
https://www.psychologytoday.com/us/therapists/ri/providence/399443?sid=5eb589c02cbe3&ref=13&rec_next=161&tr=ResultsName

MiNa Chung, PhD
Specialties: complex trauma, relationship & attachment issues, cultural marginalization, anxiety, depression, parenting issues, divorce and significant life transitions

Last updated May 2020.
Wunesh Bairu, MA, LMHC (East Providence)  
Specialties: cultural diversity, depression, anxiety  
https://www.psychologytoday.com/us/therapists/ri/providence/437493?sid=5eb589c02cbe3&ref=12&rec_next=181&tr=ResultsPhoto

Paula Smith, MDiv, MFT (Pawtucket)  
Specialties: marriage/intimate relationships, infidelity, sex therapy  
https://www.psychologytoday.com/us/therapists/ri/providence/161211?sid=5eb589c02cbe3&ref=20&rec_next=241&tr=ResultsPhoto  
*Also offers monthly Couples Workshops and Women's Transformation group

Diedre Farmer, MA, LMHC (East Providence)  
Specialties: children, adults, families, relationships, holistic approach  
https://www.psychologytoday.com/us/therapists/ri/providence/224761?sid=5eb589c02cbe3&ref=12&rec_next=301&tr=ResultsPhoto

Cerena Reid-Maynard, MSW, LICSW (Cranston)  
Specialties: anxiety, borderline personality disorder, relationship issues  
https://www.psychologytoday.com/us/therapists/ri/providence/240864?sid=5eb589c02cbe3&ref=4&rec_next=321&tr=ResultsName

Sandrine Guilherme  
Specialties: anxiety, trauma, depression  
https://www.psychologytoday.com/us/therapists/ri/providence/494239?sid=5eb589c02cbe3&ref=11&rec_next=381&tr=ResultsName

Robert Wilson, LMHC  
Specialties: depression, anxiety, PTSD, marital issues, spiritual issues  
https://www.psychologytoday.com/us/therapists/ri/providence/746272?sid=5eb589c02cbe3&ref=13&rec_next=381&tr=ResultsPhoto

**Psychiatric Providers:**  
Daniella Palermo, MD  
Specialty: college mental health, race and cultural identity, mood disorders, psychotic disorders, anxiety, life transitions

_Last updated May 2020._
*Fluent in Spanish, accepts insurance
https://zencare.co/provider/psychiatrist/daniella-palermo

Carmen Monzon, MD
Specialties: women’s mental health, psychosomatic medicine
* Fluent in Spanish, accepts insurance
https://www.lifespan.org/carmen-monzon-md

Maria Gonzalez, MD
* Fluent in Spanish, accepts insurance
https://www.kentri.org/physicians/maria-gonzalez.cfm

Kelly Ochoa, MD (private-pay only)
Specialty: child & adolescent, adults, cross-cultural psychiatry, LGBTQ population
https://zencare.co/provider/psychiatrist/kelly-ochoa

Achina Stein, DO (private-pay only)
Specialties: depression, anxiety, trauma, identity development, functional medicine
https://zencare.co/provider/psychiatrist/achina-stein

Samir Patel, MD (private-pay only)
Specialties: anxiety, mood disorders, LGBTQIA and sexuality topics, immigration and acculturation, academic issues
https://zencare.co/provider/psychiatrist/samir-patel

**Day Hospital Programs:**
For individuals who require a brief course of intensive treatment, day hospital programs can be a great option. These programs run Mon-Fri, for ~5-7 hours per day. Most people participate for an average of 5 days.
Butler Hospital campus:
https://www.butler.org/programs/partial/

Rhode Island Hospital campus:
https://www.lifespan.org/centers-services/adult-partial-hospital-program/adult-partial-hospital-program

Women & Infants Hospital- nation’s first perinatal partial hospital program treating pregnant women and new mothers with depression, anxiety or other emotional distress, with their babies in a warm, nurturing setting:
For a list of therapy/support groups, please visit:
https://blog.zencare.co/therapy-groups-rhode-island/
https://www.psychologytoday.com/us/groups/ri/providence?sid=5eb5959c5c5bd&rec_next=1

Additional resources:
Mental health support for health care workers in the midst of COVID-
Callers to 401-606-6000, Monday through Saturday, 8 a.m. to 8 p.m., will be immediately offered an appointment for support, free of charge, with an individual health care provider. If services are required beyond this support call, the caller will be referred for appropriate treatment.

BH Link
BH Link is a behavioral health facility designed to provide immediate assistance to a person in crisis by providing innovative crisis intervention services, and connecting people to ongoing treatment and care.
https://www.bhlink.org/

National Alliance on Mental Illness (NAMI), is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
https://www.nami.org/home
Information regarding African American Mental Health specifically:

Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.
*Good source of information and treatment, including addiction.
https://www.samhsa.gov/

National Suicide Prevention Lifeline
https://suicidepreventionlifeline.org/
1-800-273-8255