

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, MEd, 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

https://www.psychologytoday.com/us/therapists/ri/providence/437493?sid=5eb589c02cbe3&ref=12&rec_next=181&tr=ResultsPhoto

Wunesh Bairu, MA, LMHC (East Providence)

Specialties: cultural diversity, depression, anxiety

https://www.psychologytoday.com/us/therapists/ri/providence/161211?sid=5eb589c02cbe3&ref=1&rec_next=241&tr=ResultsPhoto

Paula Smith, MDiv, MFT (Pawtucket)

Specialties: marriage/intimate relationships, infidelity, sex therapy

https://www.psychologytoday.com/us/therapists/ri/providence/132135?sid=5eb589c02cbe3&ref=20&rec_next=281&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

*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:

<https://www.womenandinfants.org/services/behavioral-health/day-hospital.cfm>

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.

<https://www.lifespan.org/news/lifespan-cne-partner-provide-mental-health-support-health-care-workers-statewide>

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:

<https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>

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