



Counseling Recommendations

<https://www.psychologytoday.com/us/therapists>

If you are referred to one of these locations, we would love to hear your feedback regarding your experience. Feel free to reach out via the patient portal or give us a call!

Boise	
Children's Home Counseling Services +Meridian Wait: 3-4 weeks; Boise-more avail. Meridian-limited avail. Ages 3+	1750 W Front St, 2nd floor., Boise, ID Ph: 208-343-7797 Website: Childrenshomeidaho.org Services: Groups for children and parents, foster care counseling, Psychological Eval., virtual & in-person counseling Insurance: Aetna; Cigna; Tricare; Medicaid; United HC only for counselor
Idaho Youth Ranch Counseling & Therapy Center Wait: 4-6 weeks Ages 9+	7025 W. Emerald St., Boise, ID Ph: 208-947-0863 Website: youthranch.org Services: Individual teen therapy, family and teen therapy, group teen therapy, equine therapy (3-6 months out) Insurance: BCBS ID; Regence; Medicaid Emergency Help Line: (208) 322-2308
Primary Behavioral Health Services Wait: 3-4 weeks Ages 5+	8620 W. Emerald St., Boise, ID Ph: 208-617-3265 Website: www.primarybh.com Services: Therapy, CBRS, Case Mgmt, services provided at home, community and office Insurance: Medicaid; Blue Cross of Idaho; Not Tricare or United HC
Gem State Wellness Wait: No waitlist Ages 5+	10448 W Garverdale Ct. Boise, ID Ph: 208-615-9828 Website: gemstatewellness.com Services: Depression, Anxiety, Anger management, trauma therapy, body positivity Insurance: Medicaid; Tricare; Accepts most all major insurances outside of Cigna
Meridian	
Journey Mental Health Wait: 4 weeks out Ages 4+	3288 E Pine Ave., Meridian, ID Ph: 208-888-8886 Website: JourneyMentalHealth.com Services: Telehealth and In-person counseling, play therapy, Cognitive Behavioral, Brief Strategic. Insurance: One provider accepts Tricare; Medicaid; Accepts all major insurances
Limitless Life Counseling Wait: 2-3 weeks out Ages 6+	3071 E Franklin Rd., Ste. 201, Meridian, ID Ph: 208-807-2877 Website: LimitlessLifeCounseling.com Services: Depression and anxiety therapy, trauma and PTSD therapy, telehealth therapy, Psychotropic Medication Management. Insurance: Prefers Tricare Prime; Accepts most all major insurances
Northend Wellness +Boise Wait: No Waitlist Ages 5+	39 W Pine Ave., Meridian, ID Ph: 208-803-5339 Website: meridianidcounseling.com Services: Individual and family counseling, trauma, PTSD, grief/ loss, anxiety, depression, OCD Counseling Insurance: Individual counselors take different insurance at this time; Not Medicaid
Azure Stone Mental Health & Wellness Wait: No waitlist Ages 2+	2000 S. Eagle Rd., Meridian, ID Ph: 208-623-8099 Website: azurestonehealth.com Services: Play therapy, Individual and Family Therapy, CBT, Anxiety/ Depression Therapy, Grief/ Loss Support Insurance: Individual counselors take different insurance at this time
Nampa	
Insight Counseling +Ontario, Payette Wait: No Waitlist; 1-2 months if not flexible Ages 5+, under 5 offer family counseling	228 Holly St, Nampa, ID Ph: 208-606-0469 Website: Insightcounselingnampa@gmail.com Services: Depression, Anxiety, Adolescent Issues, Self-Esteem, Life Transitions, General Mental Health, Personal Growth, Domestic Violence, Suicide Loss, Stress, High Functioning Anxiety, Coping Skills, & Social Skills Insurance: Accepts most major insurance; Medicaid; HSA; Sliding fee scale
Life Counseling Center Wait: Wait List Depends on availability All Ages	112 12th Ave., Nampa, ID Ph: 208-465-5433 Website: iccidaho.com Services: Community Based Rehabilitation Services, Developmental Disabilities, Peer Support, Postpartum Specific Counseling Insurance: Medicaid; Tricare; All major insurances
Molly & Me Counseling +Boise/Meridian Wait: 0-2 months out for all locations Ages 4.5+	1009 W. Sanetta St., Nampa, ID Ph: 208-576-6464 Website: mollyandmecounseling.com Services: Play Therapy, Adolescent & Adult Counseling, Certified AutPlay Therapy, Parent Coaching/ Groups, Theraplay, Trust Based Relational Intervention Insurance: Medicaid; Blue Cross; Select Health; Aetna; Not Cigna or Tricare
Virtual	
Charlie Health Wait: No waitlist Ages 11+	Ph: 208-417-7415 Website: CharlieHealth.net Services: Available 24/7, Family therapy, intensive outpatient group therapy, individual therapy, Postpartum Counseling Insurance: Aetna; Cigna; United HC; BCBS; Optum; Tricare; Humana
Counseling & Intensive Outpatient Services	
Imagine by Northpoint +Nampa/2 Boise Wait: No waitlist Ages 12-17	9292 W Barnes Dr., Boise, ID Ph: 208-487-4637 Website: www.boiseimagine.com Services: Psychotherapy, Relationship/ Family Counseling, Crisis Intervention & Co-occurring Intervention, Med Management, Group Therapy, Teacher Education Help, Anxiety, Depression, Self Harm, Substance Use