

LGBTQ+ Providers and Resources Whatcom County

Amaris Espinosa, LMHCA, ATR

1106 Harris Ave, Ste 204
Bellingham, WA 98225



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Sonia Rae, MA, LMFT, MHP	1229 Cornwall Ave, Ste 201 Bellingham, WA 98225 360-982-7872 soniaaetherapy.com	Beacon, First Choice Health, HMAA, Kaiser (OON), LifeWise, Optum, Premera, Regence, UnitedHealthcare, OON	Parenting, Relationship Issues, Family Conflicted, Bisexual Allied, Gay Allied, Lesbian Allied, Transgender Allied, Substance Abuse, Transgender, Trauma
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Cynthia, Stentz, MA



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Trans* Providers and Resources

Provider	Contact Info	Payment Accepted	Notes
Jenny Arm, PhD <i>(they, them)</i>	119 N Commercial St, Ste 1410 Bellingham, WA 98225 360-746-6418 jenniferarm.com	BlueCross/BlueShield, First Choice Health, LifeWise, Regence, Premera	Trauma, Gender Diversity; Serving the trans community including assistance with transition; Mental Health topics for lesbian, gay, and bisexual individuals and/or those questioning or grappling with their sexual orientation
Jennifer Bayer, PhD	1140 10th St, Ste 203 Bellingham, WA 98225 360-319-9930 jenniferbayerphd.wixsite.com/rooted	Private Pay, Sliding Fee Scale	Chronic Pain, Mood Disorders, Trauma and PTSD, Body Positivity, Queer Allied, Transgender Allied, Veterans
Rives Thornton, MS, LMHC <i>Impact Therapy</i>	4945 Mission Rd Bellingham, WA 98226 304-451-0634		



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Cheryl Enstad, MSW, LICSW	1155 N State St, Ste 326 Bellingham, WA 98225 360-296-5693 cherylenstadcounseling.com	Aetna, BlueCross/BlueShield, First Choice, Kaiser, LifeWise, Medicare, Molina, Premera, Regence	supporting trans women and men, parents and their LGBTQ children. I believe in informed consent, support ICATH, am very familiar with WPATH and insurance
Kate Haskell, MA LMHC, NCC	Pacific Harbor Psychology, Psychiatry & Psychotherapy 801 Samish Way, Bellingham, WA 98229 360-255-2505 extension 107	First Choice Network, HMA, Kaiser Permanente, Lifewise of Washington, Premera Blue Cross, Regence Blue Shield	Depression and Anxiety, L



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<p>Pamela Helberg, LMHCA</p>	<p>1101 Harris Ave, #27 Bellingham, WA 98225 360-303-0671 www.therapywithpamh.com</p>	<p>Molina ONLY</p>	<p>Issues, Gay Allied, Lesbian Allied, Racial Justice Allied, Transgender Allied</p>
<p>Alana Karsch, LMHC <i>WorldWithWings Counseling</i></p>	<p>1344 King St, Ste 204 Bellingham, Washington 98229 360-529-3440 www.worldwithwingscounseling.com</p>	<p>Kaiser Permanente, Molina, UnitedHealthcare, Sliding Scale available based on need</p>	<p>Gender Transition, LGBTQ Concerns, Loss/Grief Concerns, Mind/Body/Somatic Therapies, Relationship Concerns, Self Esteem, Stress Management, Transgender Concerns</p>
<p>Kathleen Thorndike, LICSW <i>Mindful Change Counseling</i></p>	<p>1229 Cornwall Ave, Ste 212</p>		



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R. Chris Turner, LMHC

Accent Counseling

1303 Commercial St, Ste 4

Bellingham, WA 98225

360-602-1991

accent-counseling.com



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