
MHAP Provider Guide

3rd Wave Counseling Hurricane & St. George



Specialties: Comprehensive DBT, EMDR, ERP, Mindfulness
Telehealth, 3 Therapists, Ages 5+, Spanish Speaking
Insurance accepted: United Healthcare, Regence BCBS, SelectHealth, EMI Health, PEHP, Aetna, Utah Medicaid, Molina, Medicare, Blomquist Hale, Cigna, Availty

Abundance Family Therapy Hurricane & St. George



Specialties: Anxiety, Depression, Trauma & PTSD, Grief & Loss, OCD, ADHD, Bipolar Disorder, Self-Esteem & Self-Worth, Sleep & Nightmares, Social Skills, LGBTQ+, ART.
Telehealth, 5 Therapists, ages 5+
Insurance accepted: AETNA, CIGNA, EMI, Medicaid, Medicare, Molina, PEHP, Regence, Select Health, United Healthcare, University of Utah Health Plans

Blue Chip Counseling St. George



Specialties: Trauma, ADHD, Anxiety, Depression
Telehealth, 2 Male & 4 Female Therapists, Ages 5+
Insurance accepted: BCBS, Aetna, Cigna, United Health Care, University of Utah Health, EMI, Select Health, TriCare

Brain Power Counseling Hurricane



Specialties: Neuropsychotherapy, DBT, Trauma, Anxiety, Depression, Bipolar Disorder, Schizophrenia, Neurodivergence
Telehealth, 2 Female & 2 Male Therapists, Ages 5+
Insurance accepted: United Health, BCBS/Anthem, Select Health, PEHP, EMI, Motiv, Medicaid, Molina, Cigna, Aetna, University of Utah, UMR, Health Choice

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Breakthrough Therapy Washington



Specialties: Anxiety, OCD, ADHD, autism, depression, communication, friendship & dating, life skills/habits, play therapy, art therapy, sand tray therapy, encopresis, self harm, suicide ideation, impulse control, behavioral issues, college/career transition. Telehealth, 1 Female Therapist, Ages 4-19
Insurance accepted: Select Health, EMI, Select Health Medicaid, PEHP, UMR, BCBS

Desert Consulting St. George



Specialties: Lifespan Integration Therapy, Trauma Therapy, Gottman Method, EMDR Therapy, Emotion-focused Therapy, Sensory & Spectrum Disorders, ADHD Therapy, LGBTQ Counseling
Telehealth, 2 Male & 1 Female Therapist, Ages 5+
Insurance accepted: None

Elevated Counseling & Wellness St. George



Specialties: Trauma, Mood Disorders, Teens & Preteens, Relationships, EMDR, DBT
Telehealth, 3 Male & 5 Female Therapists, Spanish Speaking, Ages 5+
Insurance accepted: Blue Cross Blue Shield, DMBA, EMI, Humana, Medicare, Molina, Molina Medicaid, Optum, PEHP, Select Health Medicaid, Select Health, Triwest (military), Tricare (military), United Health

New Aim Counseling St. George



Specialties: Anxiety, Depression, ADHD, Trauma-PTSD, Substance Use, Identity
Telehealth, 2 Therapists, Spanish Speaking, Ages 10+
Insurance accepted: Aetna, Anthem, BCBS, Cigna, EMI Health, Golden Rule, Medicaid, Molina, Oscar, Oxford, PEHP, Quest, Regence, SelectHealth, Surest, UMR, UHC (UBH, Optum EAP, Student Resources), UofU

S&S Counseling St. George - 1470 East



Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Family
Telehealth, 2 Male & 9 Female Therapists, Spanish Speaking, Ages 2+
Insurance accepted: Aetna, BCBS, Cigna, EMI, Molina & Medicaid (Utah, Health Choice, & SBHC), MotivHealth, PEHP, SelectHealth, Tricare West, UHC, UMR, UofU (Healthy Premier & Healthy U - CHIP), VA Community Care, Medicare

S&S Counseling St. George - Ridgeview Drive



Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Body Image
Telehealth, 1 Male & 6 Female Therapists, Ages 4+
Insurance accepted: Aetna, BCBS, Cigna, EMI, Molina & Medicaid (Utah, Health Choice, & SBHC), MotivHealth, PEHP, Select Health, Tricare West, UHC, UMR, UofU (Healthy Premier and Healthy U - CHIP), VA Community Care, Medicare

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S&S Counseling

Hildale



Specialties: Child Play Therapy, Teens, Sand Tray, EMDR, ART, Trauma, Family
Telehealth, 1 Male & 4 Female Therapists,
Ages 2+
Insurance accepted: Aetna, BCBS, Cigna,
EMI, Molina & Medicaid (Utah, Health Choice,
& SBHC), MotivHealth, PEHP, Select Health,
Tricare West, UHC, UMR, UofU (Healthy
Premier and Healthy U - CHIP), VA
Community Care, Medicare

S&S Counseling

Hurricane



Specialties: Child Play Therapy, Teens, Sand
Tray, EMDR, ART, Trauma, Family, EFT
Telehealth, 2 Male & 3 Female Therapists,
Ages 4+
Insurance accepted: Aetna, Blue Cross Blue
Shield, Cigna, EMI, Health Choice, Molina,
MotivHealth, PEHP, Select Health, Tricare
West, UHC, UMR, UofU (Healthy Premier and
Healthy U - CHIP), VA Community Care,
Medicare, Utah Medicaid, SBHC Medicaid

Sunrise Mental Health Services

St. George



Specialties: Trauma, Depression, Anxiety,
Self-Esteem, Relationships, EMDR, ART,
OCD, Neurofeedback, ADHD
Telehealth, Female & Male Therapists,
Spanish Speaking, Ages 5+
Insurance accepted: Aetna, BCBS/Regence,
Cigna, DMBA, EMI, Humana, Molina &
Medicaid (FFS, Health CU, SBHC),
MotivHealth, PEHP, SelectHealth, Tri-
Care/West, UHC-Optum, UofU

Therapy Associates

St. George



Specialties: Child & Teen Mental Health,
Family Therapy, Emotional Regulation,
Sexual Behavior Problems, Substance Abuse,
Depression, Anxiety, ADHD, Parent Support
Telehealth, 6 Male & 8 Female Therapists,
Spanish Speaking, All Ages
Insurance accepted: PEHP, EMI, Select
Health, United, Blue Cross, Humana,
Medicaid, Medicare, Cigna, Aetna, ChampVA,
Molina, University of Utah Healthy Premier