

Mental Health Professionals

Below is a list of mental health professionals that our providers and/or patients have endorsed. This is not a complete list of qualified & quality mental health providers in our area. If you have difficulty finding a good fit from this list, feel free to search online for a provider that fits your needs.

**Listed in no particular order*



Icon Key Catholic: † Accepts Insurance:  Virtual Available:  EMDR: 

Dr. Eric Gudan, Psy.D. †

- Specialty: marital therapy, individual therapy, specializes in sexual disorders, and good at psychological assessment.
- Eastside Indianapolis
- Contact: 317-455-6782
ointegritaspsych.com

John Cadwallader, Psy.D., LMHC †

- Specialty: Adults, couples, families, Catholic anthropology
- South Side Indianapolis
- Contact: 317-780-1610 ; centralpsych@gmail.com
www.centralpsychservices.com

Peter Malinoski, Ph.D. HSPP †

- Specialty: Individuals, Married Couples,
- Adolescents, Families, Addictions, Eating Disorders, Adult Children of Alcoholics, Sexual Abuse Victims, Depression, Anxiety, PTSD, Child Bearing Loss, Post Abortion Syndrome, OCD/Scrupulosity, Psychotic & Dissociative Disorders
- South East side of Indianapolis
- Contact: 317-536-5482 www.catholictherapists.com/mps

Mark Glafke, Ph.D. †

- Specialty: Anger management, anxiety, behavior, depression, addictions, personality disorders, work related problems, child loss, divorce, pre-marital counseling
- Lafayette, IN
- Contact: 765-268-0709

Adam Antone, MA, LMCHA †

- Specialty: Anxiety, Coping Skills, Depression, Family Conflict, Life Transitions, Men's Issues, OCD, Self Esteem, Spirituality, Stress
- Indianapolis, IN
- Contact: aantone@centralpsychservices.com; 317-780-1610 x7

Dr. Melanie Stone †

Specialty: Anxiety, Depression, parenting, relationships, biofeedback and relaxation training, trauma, EMDR, stress and pain management
North Indianapolis
Contact: drstone@stonephd.com ; 317-566-2810

April Lynch, MA, LMHC

- Specialty: depression, anxiety, grief and loss, trauma, and difficult life phase transitions. This includes couples who are having marital or relational difficulties.
- Nora Area/North Indy
- Contact: 317-202-0801 and
www.921group.com/april-lynch

Allison McGinley, Psy.D.

- Specialty: children and families with neurodevelopmental disorders (Autism, ADHD, Mental Retardation, etc.)
- Westfield/Hamilton County
- Contact: 317-865-1674

Dr. Aura Deschamps, Psy.D., HSPP †

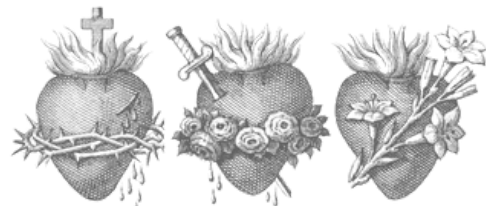
- Specialty: Bilingual and bicultural (Spanish) relationship concerns, divorce, grief & loss, anger, trauma
- North Indy/Carmel area.
- Contact: 317-903-6587/
www.drauradeschamps.com/
dr.adeschamps@gmail.com

Rachel Smith, MS, LMHCA †

- Specialty: Domestic violence, trauma, self-esteem, self worth, relationship communication
- South Indy
- Contact: 317-780-1610 x11 &
rsmith@centralpsychservices.com

Justin Griswold †

Specialty: Anxiety, Depression, Anger Issues, Stress Management, Parenting Concerns, Youth Greater Indianapolis
Contact: paxcounselingllc@gmail.com; 317-426-9717
www.paxcounselingindy.com/



Dr. Rebecca Mueller, M.D. 

- Specializes in forensic assessments with emphasis on drug and alcohol related legal offenses, OCD, ages 5-90+, substance abuse, eating disorders, mentally retarded, disabled individuals
- Fishers
- Contact: 317-595-5555

Janice Sanders, MSW, LCSW  

- Specialty: Child, Adolescent and Family.
- Virtual for Indianapolis area (resides in Michigan)
- Contact: 317-443-0995/ www.janicesanders.com

Ashley Mangus, LSW, MSW 

- Specialty: ADHD, Anxiety/fear, attachment injuries, boundaries/codependency, depression, grief/loss, infidelity/trust issues, Life Transitions, relational issues, self-esteem/identity, Shame/guilt, trauma
- Carmel
- Contact: 801-473-3707
www.newbeginningsfamilycounseling.com

Christy Fogg, MSW, LCSW   

- Specialty: Individual, Couples/Marriage, Premarital, Family, Teen/Adolescent, Depression, SAD, ADHD, Anger, Parenting, Stress, Self-Esteem and Body Image, Boundaries, Codependency, Shame, Perfectionism, Abuse & Trauma, Postpartum, Pregnancy Loss, Infertility, Grief and Loss, Addictions, Divorce
- Carmel, IN
- Contact: 765-432-9238
journeytojoycounseling.com

Dana Padilla, MA, LMHCA  

- Specialty: depression, anxiety, trauma, stress, marriage, family, EMDR trained
- Southside Indianapolis
- Contact: danapadilla.com

catholicpsych.com & catholiccounselors.org

- More provider options & resources!

Chris Countryman, LCSW

- Specialty: depression, stress, anxiety; alcohol or drug abuse; pornography/sexual addiction; marital or family discord; overwhelming grief due to death or end of relationship; spirituality conflicts
- Central Indianapolis
- Contact: 317-414-1296

Annie Harton, MA, LMFT 

- Specialty: children, adolescents, adults, Single life & family therapy
- South Indy
- Contact: www.centralpsychservices.com & aharton@centralpsychservices.com; 317-780-1610

Dr. Sheila Irick, M.D. 

- Specialty: ADHD, Anxiety Disorders, Asperger Syndrome, Bipolar Disorder, Childhood Disorders / Traumas, Eating Disorders, Medication Management, Mood Disorders, OCD, PTSD, Women's Health Issues: PMS/PMDD
- Carmel, IN
- Contact: 317-598-8887

Reclaimed Counseling  

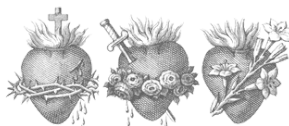
- Team of several counselors offering Christian counseling. Some team members offer insurance.
- Noblesville, Virtual offered
- Contact: (317) 537-7906
bethany@reclaimedcounseling.com

Pauline Kattady, MS, MA, LMHC   

- Specialty: Coping skills, grief, infertility, infidelity, life transitions marital, peer relationships, pregnancy/prenatal/postpartum, racial identity, self esteem, spirituality, stress
- South Indy
- Contact: 317-648-5294

Courtney Sherman, LMCHA,  

- Specialty: Spiritual Issues, Theology of the Body, Marriage, Life Transition, Women's Needs, Crisis Pregnancy, Family Stressors, Mood Disorders, Addiction
- Indianapolis
- Contact: fcahelp.com ; 317-585-9811



"Set aside time, and allot certain hours to the welfare of your soul"
-St. Augustine