**There are other counseling resources for those who can assist those who are Deaf, hard of hearing or experience hearing loss. See list below.**

Last Updated; June 4, 2025

**Maine Deaf Counseling, LLC**

Health Affiliates Maine
Tony Brucato, LCPC-C
Office (VP/VRS): 207-558-4404
Text: 207-613-6897
Email: brucato@deafcounselingmaine.org

Office Location:
Motivational Services, Inc.
71 Hospital Street
Augusta, Maine 04332

Deaf, male clinician provides culturally sensitive therapy to Deaf, Hard of Hearing and Children of Deaf Adults. Individual, family and group counseling.

Areas of counseling services:

* Deaf Identity Development
* Parenting Deaf Child
* Child & Adolescent Behavior
* Behavioral & Academic Problems
* Depression
* Anxiety
* PTSD
* ADHD/ADD
* Life Stressors
* Others

**Bridgemark Addiction Recovery Services**

2020 Elmwood Avenue
Warwick, RI 02888
401-781-2700 (V)
401-781-2790 (FAX)
401-354-7640 (VP)

Bridgemark Addiction Recovery Services is a nonprofit addiction treatment facility that provides a safe and stable environment for our clients to learn and maintain a sober, drug and alcohol-free lifestyle with a sense of responsibility and freedom from judgment. We provide a warm, inviting and secure environment and more than 30 years of experience treating the disease of addiction.

**Community Health and Counseling Services**

P.O. Box 425
Bangor, ME 04402
947-0366, Ext. 2948 or ext. 6408 for referrals (V)
262-2172 (FAX)
Email: contact@chcs-me.org

Provides mental health case management services to Deaf and hard-of-hearing people and their family members.

**Deaf Counseling Center**

240-701-5155 (Text)

240-280-3577 (VP)
301-493-6044 (FAX)
Email: Info@deafcounseling.com
Website: [Deaf Counseling Center](http://www.deafcounseling.com/)

Deaf Counseling Center has been a trusted source of support for the Maine community for over 20 years. We started serving Maine as part of the Baxter Counseling Fund. Our therapists are fluent in American Sign Language and are also members of the Deaf community themselves. We deeply understand the challenges Deaf people face and we are here to support you. We offer different kinds of therapy including individual, couples, family, and group counseling. Our sessions are done through videophone, zoom and other online platforms.

Areas of counseling services:

* Dealing with depression and anxiety
* Navigating relationship issues (marriage, couples, family)
* Addressing parenting issues
* Supporting children and adolescents with behavioral and academic issues
* Coping with grief and loss
* Exploring gender and sexuality issues – LGBT+ friendly
* Overcoming addiction
* Embracing Deaf identity
* Managing domestic violence and anger
* PTSD
* ADHD/ADD
* Life stressors
* Many more…

Accept many insurance plans (AETNA, CIGNA, AWPU, GEHA, and many more.)

NOTE: We use the word “Deaf” as an inclusive term for all Deaf, hard of hearing, DeafBlind, DeafDisabled, late-deafened, oral Deaf, American Sign Language users, Cochlear Implant users, and other identities.

**Deaf Multicultural Counseling, LLC**

Makoto Ikegami, DSW, LCSW (he/him/his)

Owner/Psychotherapist

Deaf Multicultural Counseling, LLC

Website: <https://makotolcsw.clientsecure.me/>

Email: makoto@deafmulticulturalcounseling.com

(470) 763-5282 (Video Relay Services/Videophone)

(855) 848-9904 (Fax)

Dr. Makoto Ikegami, a licensed clinical social worker with over a decade of experience, leads Deaf Multicultural Counseling (DMC). Offering virtual psychotherapy across multiple states, including Pennsylvania, Georgia, Florida, New York, Maine, Texas, and Maryland, DMC caters to the unique needs of the deaf and hard-of-hearing communities.

**Echo Dixon, LCSW (she/her)**

15 York Street

Building #9, Suite #201B

Biddeford, ME 04005

(207) 332-0023 (T/V)

(207) 494-5520 (VP)

Email: echodixonlcsw@gmail.com
[Psychology Today](https://www.psychologytoday.com/us/therapists/echo-dixon-westbrook-me/150780)

Individual and couples/group therapy in ASL. Training in Cognitive Behavior Therapy and Dialectical Behavior Therapy for mental health: ADHD, ADD, Anger Management, Autism, Bipolar Disorder, Adolescent, Depression, Divorce, Domestic Violence, Eating Disorders, Family Conflict, Grief, Institutional Abuse specific to Deaf, Intellectual Disability, Learning Disability, Obsessive-Compulsive Disorder, Oppositional Defiant Disorder, Parenting, Relationships, Self-Esteem, Trauma, GLBTQ, and Personality Disorders. See ages 10 - 110. Insurance, accept all.

**Kennebec Behavioral Health (KBH)**

67 Eustis Parkway
Waterville, ME 04901
1-888-322-2136 (V)
TTY 711 or 1-800-437-1220
Website: [Kennebec Behavioral Health](http://www.kbhmaine.org/)

Kennebec Behavioral Health offers a variety of services for mental health and substance use disorder with clinic sites located in Waterville, Augusta, Skowhegan, Winthrop and Farmington. Services include case management, behavioral health home, medication management, outpatient counseling, community-based services, vocational rehabilitation, residential services, outreach for people experiencing homelessness and opioid health home services. When persons served present with a language of preference other than spoken English, the agency provides interpreter service either through a phone interpretation service or, in the case of deaf clients, certified interpreters for the deaf.

**Local Treatment Facilities for The Deaf and Hard of Hearing**

The resource is free to the public.

Here is the link to our addiction treatment center locator:

Website: [All Treatment](https://www.alltreatment.com/addiction-treatment-for-the-deaf-and-hard-of-hearing/)
Click 'Allow' on the Location Services Pop-Up.

**Maine Behavioral Healthcare**

165 Lancaster Street
Portland, ME 04101
207-295-0627 (VP)
207-874-1030 (V)
874-1044 (FAX)
Email: info@mainebehavioralhealthcare.org
Website: [Deaf Counseling Services | Maine Behavioral Healthcare | Maine (mainehealth.org)](https://www.mainehealth.org/maine-behavioral-healthcare/services/counseling-therapy-services-adult-child/deaf-counseling-services)

Maria "Mars" Hammond-Case Manager
Sazza Carter-Case Manager
Miranda Nichols, LCPC-Deaf Services Clinician (Statewide)

For over a decade, Maine Behavioral Healthcare has been pleased to offer high-quality mental health and family services to deaf, hard-of-hearing, deaf-blind, and late-deafened children and adults throughout Maine. This highly specialized program offers individual, couples, family and group counseling, and case management services, provided by licensed therapists who are fluent in American Sign Language and English. Our staff is aware of the unique needs and diversity of the deaf and hard-of-hearing communities. We also offer services to hearing children, siblings, parents, and family members of deaf individuals.

Our counseling services can help individuals and families with:
-Depression and anxiety.
-Acute and chronic mental illness.
-Relationship, couple, and family problems.
-Parenting challenges.
-Behavioral and emotional problems in children.
-Abusive or destructive relationships.
-Sexual and/or physical abuse.
-Separation and/or divorce.
-Loss of loved ones.
-Family crises.

Case Management is a MaineCare-funded service that is designed to support children and adults in identifying and accessing resources and services in their community.

Our case managers can:
-Connect children, adults, elders and their families to natural supports and community resources.
-Coordinate services and streamline communications between multiple providers.
-Facilitate referrals for needed resources.
-Work with individuals to create effective service plans.

Deaf culture-friendly counseling and case management services are available in our Portland office, located in the heart of the Bayside neighborhood. MaineCare, Medicare and most commercial insurance is accepted; self-pay and sliding-fee-scale options are also available.

**My Deaf Therapy**

Website: [https://www.mydeaftherapy.com/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mydeaftherapy.com%2F&data=05%7C02%7CNancy.A.Winter%40maine.gov%7C3ae39780d2e14ee2f90508dd7386ed8b%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C638793745541396018%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=0wLseQ6JXUDI2Av2P6TI7glQoFVQpVDGl84M%2BYxt5FY%3D&reserved=0)

Email: welcome@mydeaftherapy.com

(240) 575-2203 (Videophone/Video Relay Services)

(240) 689-8230 (Text/Voice)

(240) 877-0511 (Fax)

Kristine Gile, LCPC

<https://www.mydeaftherapy.com/kristine-gile>

With over 20 years of experience, Kristine works with a diverse range of clients, including children, adolescents, families, and adults. Kristine is skilled in addressing challenges such as depression, anxiety, trauma, parenting issues, and behavioral concerns in children. As a highly trained clinician, she is experienced in multiple evidence-based therapies, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Parent-Child Interaction Therapy (PCIT), Child and Parent Psychotherapy (CPP), and Cognitive Behavioral Therapy (CBT), and is dedicated to providing compassionate, individualized care.

Courtni Hurd, LCSW

[https://www.mydeaftherapy.com/courtni-hurd](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mydeaftherapy.com%2Fcourtni-hurd&data=05%7C02%7CNancy.A.Winter%40maine.gov%7C3ae39780d2e14ee2f90508dd7386ed8b%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C638793745541447235%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=p2pkMjVBqXNfRldnf%2F5XpE%2B56iKxdx5DnJy7Svk9j38%3D&reserved=0)

Courtni Hurd is a Licensed Clinical Social Worker specializing in working with Deaf and Hard of Hearing (DHH) individuals. Her therapy approach blends mindfulness, cognitive-behavioral techniques, and trauma-informed methods, empowering clients to discover their inner strengths. Licensed in Arizona, Maine, Nevada, and Utah, Courtni has over a decade of experience working with children and DHH adults. Her specialties include anxiety, work-related stress, and trauma.

Online Therapy Services-Nationwide

At My Deaf Therapy, we are a team of therapists fluent in ASL, committed to providing accessible, culturally aware, and sensitive care tailored to the unique needs of the Deaf and Hard of Hearing community. We also offer support to the families and loved ones who walk alongside you in this process. Our approach is holistic, blending evidence-based methods like cognitive behavioral therapy and social-emotional therapy to foster overall well-being. Whether you're seeking individual support or guidance as part of a family or relationship, we’re here to help you create lasting, life-affirming changes.

**Colleen M. Owens, LCPC**

Penobscot Community Health Care
207-404-8000 Ext. 2611 (V)

Colleen is a graduate of Gallaudet University's Masters in Mental Health Counseling. She has worked with the Deaf, hard-of-hearing, deaf-blind and late-deafened Maine communities since 2006. She provides individual therapy to children, adolescents and adults. She is experienced in working with survivors who experienced physical and sexual abuse. She is also experienced in working with adults and adolescents with intellectual disabilities.

**Ralph Sprague, MA**

466 Main Street, Suite 300
Lewiston, ME 04240
795-4970 (V)
513-1875 (VP)
333-3296 (FAX)
Email: Ralph.Sprague.MA@gmail.com

Provides psychotherapy to individuals, couples, groups, children, adolescents and families, specializing in sexual abuse issues.

**Lori Tully, MS, LCPC, EMDR-Advanced Training**

1 Constellation Way

Falmouth, Maine 04105

207-318-2434 (V)
Email: ltully@maine.rr.com
Website: [www.loritully.com/](http://www.loritully.com/)

Offering private, HIPAA complaint teletherapy via DoxyMe.