

# Resource List for Greater Kansas City Area

## Anxiety and Depression

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*This list is provided by the Trauma Healing Center, Inc. of Kansas City. This list is not comprehensive of all of the excellent resources in our community. If you need additional service, please do not hesitate to contact us for a recommendation.*

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### Individual Counseling

GateWay of Hope (JOCO) - [www.gwhope.org](http://www.gwhope.org) (Women only)  
Diane Schmidt (JOCO) - [www.dkschmidtcounseling.com](http://www.dkschmidtcounseling.com)  
Judy Gardner (Lees Summit) - <https://newhopecounseling.group/>  
Clint Thomas (Blue Springs) - 816-272-1690  
Veronica Meeks (Liberty) - <http://rockofhopecounseling.com/>  
Lorrie Rose (near 72nd and Barry Rd) - [lr@gmail.com](mailto:lr@gmail.com)  
Building Bridges (KCK) - [www.buildingbridgeskc.org](http://www.buildingbridgeskc.org)  
Pamela Harms (JOCO) - [www.undividedheartcounseling.com](http://www.undividedheartcounseling.com)  
Erin Herner (KCMO) - [www.summitridgecounseling.com](http://www.summitridgecounseling.com)

### Marriage and Family Counseling

Serenity Life KC (various locations) - [www.serenitylifekc.org](http://www.serenitylifekc.org)  
Building Bridges (KCK) - [www.buildingbridgeskc.org](http://www.buildingbridgeskc.org)  
Alex Ersham (JOCO) - 913-890-3720  
Veronica Meeks (Liberty) - <http://rockofhopecounseling.com/>

### Kids and Teens / Parenting

Pamela Harms (JOCO) - [www.undividedheartcounseling.com](http://www.undividedheartcounseling.com)  
Cindy Brennan (JOCO) - [www.healthyrootscounseling.com](http://www.healthyrootscounseling.com)  
Bryan Vignery (JOCO) - [www.bryanvignery.com](http://www.bryanvignery.com)  
Michelle Anspaugh (JOCO) - [www.michelleanspaugh.com](http://www.michelleanspaugh.com)

### Support Groups and Classes

GateWay of Hope (JOCO) - [www.gwhope.org](http://www.gwhope.org) (Women only)  
Beth Combes (online only) - <https://informedbodyhealing.com/>

*DISCLAIMER: While we are not responsible for the quality of care you receive at these organizations, each of these organizations are known within our network for helping people in their healing and recovery from life's challenges. No single organization is a perfect match for everyone. If you are seeking help, and you do not find a good counseling fit on your first try, keep trying! You are worth it!*