



## Local Therapists:

Aaron Kelsay - [Professional Contact](#)

Kimberly Dudley - [Professional Contact](#)

Lisa Achilles - [Professional Contact](#)

Dr. Keith Dempsey – [Professional Contact](#)

Ruth Dirks – [Professional Contact](#)

[A New Day Counseling Center](#)

## County Services

[County Services Directory](#)

Recovery for Men - [Portland Rescue Mission](#)

Recovery for Women and Children - [Portland Rescue Mission](#)

## Resources

[Managing negative emotions](#)

[Overhear a therapy session](#)

[Time to see a therapist?](#)

[Relationship of psychology to faith](#)