

Stephen's Gainesville Healthcare Referrals

Gainesville counselors I know and recommend, in no particular order:

Tamara Martin at Haile Market Therapy

352-331-0020

http://www.hailemarkettherapy.com/Tamara_Martin_PhD.html

Gina Early at Gainesville Family Institute

352-376-5543

Gina's perspective includes oppression sensitivity: a non-pathologizing sociopolitical approach that she and her partners developed and teach to other therapists.

Marina Smerling at The Center for Balance

352-289-1777

<https://www.shamelesshearttherapy.com>

Leif Stringer

352-727-5417

<http://www.leifstringer.com>

Kristen Shader, licensed in Florida, providing remote therapy from Colorado

720-727-0222

<https://www.findingyourcentercounseling.com>

Gainesville counselors I don't personally know, but who have been recommended by folks I trust:

Tanya Mickler 352-331-0020

Monika Bigler-Rosier 415-319-9542

Cassie Hessler-Smith 352-317-8474

Lynne Rigney-Barolet 352-377-7084

Perry Peace 352-870-5230

Debbie Weiss Hatfield 305-504-2186

Debbie Dykes-Howe 352-373-5115

Sarah Kate Wilder 352-575-0647

Alea Wise 352-448-1134

Mental health clinics, community support, and emergency resources:

Gainesville Community Counseling Center
352-448-9120

Alachua County Crisis Center
Appointments and 24/7 crisis line: 352-264-6789

Alachua County Victim Services and Rape Crisis Center

- 24/7 help line staffed by counselors: 352-264-6760
- <https://alachuacounty.us/depts/css/victimservices/Pages/VictimServices.aspx>
- serving Alachua, Bradford, & Union counties
- A great resource to start with. They empower callers with information to help the caller make decisions, with no pressure to do anything specific. They can also help the caller schedule free in-person counseling and medical services, without lengthy intake, requiring only the caller's first name to schedule.

Peaceful Paths domestic abuse network
352-377-8255
<https://www.peacefulpaths.org>

National Suicide Hotline
1-800-SUICIDE

National Suicide Prevention Lifeline
1-800-273-TALK

A primary care doctor I trust:

Danielle Panna at UF Health Internal Medicine – Tower Hill
352-265-0335
<https://ufhealth.org/danielle-panna>

A Gainesville chiropractor who also graduated from FSM:

Michael Faas at Helping Hands Chiropractic
352-371-4120
<https://www.myhelpinghandschiro.com>
I rely on him for his strong focus on orthopedics and kinesiology.

Pelvic floor physical therapy and rehab:

Vicki Lukert
352-265-5200
<https://pelvicrehab.com/practitioner/vicki-lukert-pt>

Orthopedic running specialist:

Kevin Vincent at UF
352-273-7001
<https://www.ortho.ufl.edu/kr-vincent>

Orthopedic shoulder specialist:

Frank D. Ellis at The Orthopaedic Institute
352-309-1415
<https://www.toi-health.com/physicians/frank-d-ellis-m-d/>

Manual lymphatic drainage and scar management:

Nancy Keeney Smith
352-316-0401
<https://ntouchtherapy.wixsite.com/nancykeeneysmith>

Health insurance agent:

Sandy Callin
Her advice doesn't cost you anything: she charges the insurance companies.
727-512-9508
<https://sandy-callin.youcanbook.me>

Bicycle fitter:

Paul at Bikes & More
Understands kinesiology and how proper bike fit can prevent injury.
352-373-6574
<https://bikesandmoregainesville.com>