The Office of Latino Affairs provides this compilation of Latinx and/or Bilingual Mental Health Providers as a courtesy to the community. This page is not an endorsement of the organization or provider.

If you are a Latino or bilingual mental health provider and would like to be added to this list, please fill out [***this form***](https://forms.gle/LQYr7QxqckUe2ZV87)***.***

 **Iowa Latino/Bilingual Mental Health Providers**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| City | Name | Type of Therapist | Organization | Ethnicity | Language | Phone  |
| Ames | Diana Christensen | Mental Health Therapist | [Ames Therapy and Des Moines Therapy & Consulting](https://www.amestherapy.com/) | Latina | Fluent in Spanish | 515-338-2929 |
| Ames | Francine Ybarra-Rojas | Mental Health Therapist | [The Kai Lain Center LLC](http://thekailanicenter.com/) | Latina | Native Spanish Speaker | 515-338-2929 |
| Bettendorf | Rafael Morales Toia |  Psychotherapis[t](https://intrapsyc.com/) | [Integral & Transpersonal Psychotherapy, Counseling & Coaching Center](https://intrapsyc.com/) | Latino | Fluent in Spanish & Portuguese | 619-798-6661 |
| Cedar Rapids | Maria Isabel Ramos | Mental Health Therapist | [Maria Isabel Ramos LMFT, LLC](https://insighttherapygroup.com/) | Latina | Fluent | 319-382-8678 |
| Cedar Rapids | Luis R. Sanchez | Doctoral Practicum Student | [Family Psychology Associates](http://www.familypsychologyassoc.com/) | Latino | Proficient | 319-378-1199 |
| Cedar Rapids | Silvia Benitez-Richards | Substance Abuse Counselor | [CR LIFE COACH](https://www.crlifecoach.com/) | Latina | Native Spanish Speaker | 319-804 -4942 |
| Coralville | Ana I. Sanchez Smith | Mental Health Therapist | [ChildServe](https://www.childserve.org/behavioral-health/mental-health-therapy/) | Latina  | Native Spanish Speaker | 319-351-5437 |
| Denison | Janet Pedroza | Mental Health Therapist | [Lutheran Services In Iowa](https://lsiowa.org/mental-health-services/find-a-therapist/#1505426405160-11a48800-94ec) | Latina  | Native Spanish Speaker | 712-263-9341 |
| Des Moines | Alex Piedras | Mental Health Therapist | [Ellipsis](https://ellipsisiowa.org/) | Latino  | Native Spanish Speaker | 515-282-9377 |
| Des Moines | Antonia Valadez | Mental Health Therapist | Private Practice | Latina | Native Spanish Speaker | 515-344-4483 |
| Des Moines | Eric Alaniz  | Counselor/AdvocateProvides crisis intervention and ongoing supportive services to victims of assault or abuse. | [Polk County Crisis & Advocacy Services](https://www.polkcountyiowa.gov/community-family-youth-services/community-and-family/crisis-advocacy-services/) | Latino | Native Spanish Speaker | 515-286-3600 |
| Des Moines | Erin M. Carter  | Mental Health Therapist | [Mosaic Family Counseling Center](https://www.mosaicfamilyinc.com/) | Not Latina | Fluent in Spanish  | 515-724-8920 |
| Des Moines | Juan Pablo Padilla | Licensed Mental Health Therapist | [Des Moines Pastoral Counseling](https://dmpcc.org/) | Latino | Native Speaker | 515-274-4006 |
| Des Moines | Karol King | Mental Health Therapist | [Synergy Clinical Services](http://synergyclinicalservices.com/)  | Latina | Advanced Spanish | 515-277-6399 |
| Des Moines | Kenya Rocha | Mental Health Therapist | [Mosaic Family Counseling Center](https://www.mosaicfamilyinc.com/our-family.html) | Not Latina | Fluent Spanish | 515-724-8920 |
| Des Moines | Maria Alonzo-Diaz | Counselor/AdvocateProvides crisis intervention and ongoing supportive services to victims of assault or abuse. | [Polk County](https://www.polkcountyiowa.gov/community-family-youth-services/community-and-family/crisis-advocacy-services/)[Crisis & Advocacy Services](https://www.polkcountyiowa.gov/community-family-youth-services/community-and-family/crisis-advocacy-services/) | Latina | Native Spanish Speaker | 515-286-3600 |
| Des Moines | Raul Suarez | Mental Health Therapist  | [Mosaic Family Counseling Center](https://www.mosaicfamilyinc.com/our-family.html) | Latino | Native Spanish Speaker | 515-724-8920 |
| Des Moines | Jocelyn Hernandez | Mental Health Therapist | [Mosaic Family Counseling Center](https://www.mosaicfamilyinc.com/our-family.html) | Latina | Native Spanish Speaker | 515-724-8920 |
| Des Moines Des Moines | Emily Villarreal | Mental Health Therapist | [Courageous Minds Counseling](https://courageousmindscounseling.com/about/) | Latina | Fluent Spanish Speaker | 515-635-5118 |
| Iowa City | Melissa Moreland | Mental Health Therapist | [Earthworks Therapy](https://www.facebook.com/earthworksic/) | Latina | Fluent | 319-406-2388 |
| Marshalltown | Carlos Celis | Mental Health Therapist |  [The Strengthening Center](https://www.thestrengtheningcenter.com/)  | Latino | Fluent in Spanish | 641-351-6500 |
| Marshalltown | Paul Daniel | Counselor | [Center Associates](http://www.centerassoc.com/) | Not Latino | Fluent in Spanish, Tamil, and Sinhalese | [641-752-1585](http://www.phciowa.org/services/#behavioral) |
| Sioux City | Diana Castro-Moctezuma | Mental Health Therapist | [Siouxland Counseling Services, PLLC](https://www.psychologytoday.com/us/therapists/diana-castro-moctezuma-sioux-city-ia/263328) | Latina   | Fluent in Spanish | 712-560-7045 |
| Sioux City | Ricardo Osorio | Psychiatric Mental Health Nurse Practitioner | [Siouxland Mental Health Center](https://www.siouxlandmentalhealth.com/) | Latino   | Fluent in Spanish | 712-252-3871 |
| Sioux City | Denys Azpeitia | Mental Health Therapist | [Catholic Charities Diocese of Sioux City](https://www.cathchar.com/) | Latina  | Fluent in Spanish | 712-252-4547 |
| Storm Lake | Joanne Alvorez | Mental Health Therapist | [Plains Area Mental Health Center](https://plainsareamentalhealth.org/) | Latina   | Spanish Speaker | 712-213-8402  |
| Urbandale | Juan Pablo Padilla | Mental Health Therapist | [Mind & Spirit Counseling Center](https://mindspiritcenter.org/team-member/juan-padilla/) | Latino   | Native Spanish Speaker | 515-274-4006 |
| Waterloo | Christine Guevara | Psychologist | [Noble Cedar Psychological Institute](https://npino.com/psychologist/1972859288-noble-cedar-psychological-institute/)Immigration, Disability, and Psychological Evaluations |  | Native Speaker | 319-883-9811 |
| Waterloo | Rosario Garcia Fino | Mental Health Therapist | [Green Counseling Services](https://www.greencounselingservice.com/rosario-garciafino) |  | Native Speaker | 319-800-5564 |
| West Des Moines | Carlos Canales | Psychologist | [Vida Psychotherapy](https://vidapsychotherapy.com/)  | Latino  | Native Spanish Speaker | 515-528 -7754 |
| West Des Moines | Catalina D'Achiardi-Ressler | Psychologist | [West Des Moines Center for Psychotherapy](http://www.wdmcp.com/) | Latina | Spanish Speaker | 515-777-3388 |
| West Des Moines | Alicia Kpran | Mental Health Therapist | [West Des Moines Center for Psychotherapy](http://www.wdmcp.com/) | Latina    | Spanish Speaker | 515-777-3388 |