ADAA Anxiety & Depression Association of America
Triumphing Through Science, Treatment, and Education

Abigail Matthews

Zip Code: 55905
Zip Postal: 55905
Language: English
Populations Treated: Adolescents/Teens
Organization: Mayo Clinic, Rochester, MN
Treatment Options: Telehealth, In Office, Group Therapy
Disorders Treated & Specialty: Eating Disorders, Depression
Treatment Methods: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)
Payment Options: Accepts Cash and/or Checks, None, Sliding Scale, Accepts Medicaid, Accepts Medicare, Accepts Venmo/App-based Payment, Accepts Credit Cards, Accepts Some Insurance
Address1: 200 First St SW
City: Rochester
State/Providence: Minnesota
Country: United States
Degree: ABPP, PhD
Email: matthews.abigail@mayo.edu
Office Phone: 507-293-0089
Telehealth: Minnesota
Professional focus: Psychologist

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)

POPULATIONS TREATED

Adolescents/Teens

DISORDERS AND SPECIALITIES

Depression
Eating Disorders

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Medicaid
Accepts Medicare
Accepts Some Insurance
Accepts Venmo/App-based Payment
None
Sliding Scale

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ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:
- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

The members in ADAA's Find Your Therapist directory are listed for the sole propose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

HELPFUL LINKS

ADAA Website
https://adaa.org/

Tips and Questions About How to Chose a Therapist That's Right for You
https://adaa.org/finding-help/treatment/choosing-therapist

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You
https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, OCD and more!
https://adaa.org/resources-news/from-adaa-experts/videos

ADAA's Free Mental Health Webinars
https://adaa.org/resources-news/from-adaa-experts/webinars

Mental Health Personal Stories
https://adaa.org/educational-resources/from-our-community/stories-of-triumph

ADAA Free Newsletter Sign Up
https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Join a Free ADAA Online Peer-to-Peer Support Community
https://adaa.org/find-help/support

Meet ADAA's Institutional Members
https://adaa.org/professionals/Institutional-Memberships

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!
https://youtu.be/Eq3zOzbfGoU

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