



**Natalia Grinko**

Zip Code: 01021  
Zip Postal: 01021  
Language: Ukrainian, English  
Populations Treated: Couples, Adults, Adolescents/Teens  
Organization: UN\_Mental Help  
Treatment Options: Phone Consultations, Telehealth  
Disorders Treated & Specialty: Trauma, Social Anxiety Disorder, Separation Anxiety, Obsessive Compulsive Disorder (OCD), Attention-Deficit/Hyperactivity Disorder  
Treatment Methods: Other  
Payment Options: Accepts Credit Cards  
Address1: 1 Klovsky uzviz  
City: Kyiv  
State/Providence: Ukraine  
Country: Ukraine  
Degree: PhD, MD  
Preferred Pronouns: she/her/hers  
Email: n.grynko@mentalhelp.com.ua  
Office Phone: +38(050) 636 0 421  
Cell Phone: +380956472622  
Professional focus: Other, Postdoctoral, Psychologist, Researcher

#### TREATMENT APPROACH

Other

#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Couples

#### DISORDERS AND SPECIALITIES

Attention-Deficit/Hyperactivity Disorder  
Obsessive Compulsive Disorder (OCD)  
Separation Anxiety  
Social Anxiety Disorder  
Trauma

#### PAYMENT OPTIONS

Accepts Credit Cards





## 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.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose 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.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose 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, PTSD, 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](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>