



Olivia Walsh

Zip Code: 04103

Zip Postal: 04103

Language: English

Organization: InStride Health

Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), Trichotillomania, Social Anxiety Disorder, Separation Anxiety, Phobias, Panic Attacks/Panic Disorder, Intrusive Thoughts, Hoarding, Health Anxiety, Generalized Anxiety Disorder (GAD), Emetophobia, Depression, Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Anxiety

Address1: 55 Aldworth St

City: Portland

State/Providence: Maine

Country: United States

Degree: LICSW

Preferred Pronouns: she/her/hers

Email: owalshey39@gmail.com

Office Phone: 3971614

Telehealth: Connecticut

Cell Phone: 6023971614

Professional focus: Counselor , Social Worker

TREATMENT APPROACH

POPULATIONS TREATED

DISORDERS AND SPECIALITIES

Anxiety

Body Dysmorphic Disorder

Body Focused Repetitive Behaviors

Depression

Emetophobia

Generalized Anxiety Disorder (GAD)

Health Anxiety

Hoarding

Intrusive Thoughts

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Phobias

Separation Anxiety

Social Anxiety Disorder

Trichotillomania

PAYMENT OPTIONS



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 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.

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

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>