



Sarah Bartlett Email drsarahbartlett@lightonanxiety.com

Zip Code: 60654 Zip Postal: 60654-3537 Language: English

Populations Treated: Children, Adolescents/Teens, Adults, LGBTQI

Organization: Light On Anxiety Treatment Centers

Treatment Options: Group Therapy, Home Visits, Telehealth

Disorders Treated & Specialty: Stress, Suicidal Ideation, Trauma, Trichotillomania, Social Anxiety Disorder, Eating Disorders, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Emetophobia, Emotional Disturbance, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, LGBTQ+, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Self-Harm, Separation Anxiety

Treatment Methods: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Interpersonal Therapy (IPT), Mindfulness

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Sliding Scale

 ${\bf Address 1: 311\,W\,Superior\,St}$

Address2: Ste 402

 $\textbf{Website:} \verb|https://www.lightonanxiety.com| \\$

City: Chicago

State/Providence: Illinois

Degree: PSYD

Preferred Pronouns: she/her/hers
Email: drsarahbartlett@lightonanxiety.com

Office Phone: (312) 508-3645

Telehealth: Illinois

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Interpersonal Therapy (IPT)
Mindfulness

POPULATIONS TREATED

Adolescents/Teens Adults Children LGBTQI

DISORDERS AND SPECIALITIES

Attention-Deficit/Hyperactivity Disorder Bipolar Disorder Body Dysmorphic Disorder Body Focused Repetitive Behaviors Depression

Eating Disorders

Emetophobia

Emotional Disturbance

Generalized Anxiety Disorder (GAD)

Grief

Health Anxiety

Intrusive Thoughts

LGBTQ+

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Phobias

Posttraumatic Stress Disorder (PTSD)

Self-Harm

Separation Anxiety

Social Anxiety Disorder

Stress

Suicidal Ideation

Trauma

Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks Accepts Credit Cards Accepts Some Insurance Sliding Scale





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.

ADAA Website

https://adaa.org/

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 and the state of t

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

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https://adaa.org/find-help/support

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