



## Sarah Bartlett

Email

[drsarahbartlett@lightonanxiety.com](mailto: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

Address1: 311 W Superior St

Address2: Ste 402

Website: <https://www.lightonanxiety.com>

City: Chicago

State/Providence: Illinois

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: [drsarahbartlett@lightonanxiety.com](mailto:drsarahbartlett@lightonanxiety.com)

Office Phone: (312) 508-3645

Telehealth: Illinois

Professional focus: Psychologist

### 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

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#### PAYMENT OPTIONS

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



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 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 Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**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 Support Community**

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

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>