

Now accepting new clients!



Zachary McKay, t-LMHC is currently taking new clients at our Urbandale location!

Zach is a Licensed Mental Health Counselor (provisional) who works with individuals facing challenges with interpersonal relationships, identity, life transitions, and self-esteem. He has professional experience working with adults, clients within the LGBTQIA+ community, and is excited to work with people of all populations.

It is important to Zach that clients feel safe to explore and be their authentic selves in therapy. His main goal is to provide a space in which clients can embrace themselves and manage life's adversities. He works to achieve this by practicing multiculturally competent counseling, affirmative care, and trauma-informed care. He believes the client-therapist relationship is most effective when it is collaborative.

Zach implements person-centered therapy, motivational interviewing, internal family systems therapy, and integrates many additional theories into his approach in order to meet each client's unique needs.

Zach is available for in person and telehealth appointments.

Scan the QR code to complete the referral form or call 515-724-8920 to schedule an appointment.



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