

Counseling Resources in Alamance County and Surrounding Area

Important: If this is a mental health crisis situation where your life or the lives of others is immediately in danger, please call emergency services (911), explain the situation to the operator, and ask for Crisis Intervention Officers if they are available.

The following document lists counseling resources in Alamance County and surrounding areas. This list is non-exhaustive and other resources may be available in your local area. The presence of resources in this document is not an endorsement of the services listed. To use the table of contents, press your Control (Ctrl) key and click on the county.

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Tips on Finding a Counselor, Therapist, or Psychiatrist

Finding a mental health provider can feel overwhelming. If this is your first time seeking assistance, or you are trying to find a new provider, there are a few things to keep in mind as you are searching.

1. Sometimes first provider that you meet may not be a good fit for you. Finding somebody who you get along with can be a process, and you are allowed to try different people and decide who may work for you!
2. Lists like this one can sometimes be out of date due to providers moving, stopping their practice, or other factors. Additionally, some providers may not be accepting clients at all times. Every effort is made to update this list two to three times per year with the most recent information, but always contact a provider to make sure they are open and accepting clients.
3. If none of the providers on this list work for you, or if you would like to look elsewhere, *Psychology Today* can be a valuable resource for getting a broad overview of providers in your area based on criteria you enter, including insurances accepted, areas of specialty, race, gender, faith, languages spoken, and more. You can search for therapists here: <https://www.psychologytoday.com/us>. Click the "Find a Therapist" link at the top of the page and enter your zip code to start.

Student Assistance Program

Alamance Community College is partnered with MYgroup to offer the Student Assistance Program (SAP). This 24/7/365 program is a ***non-crisis*** line available for students to receive free, confidential help for personal, work-related, school-related, and family concerns.

They can be contacted at **704-529-1428** or toll-free at **800-633-3353**.

What to Expect When You Call:

1. Somebody will answer the phone and ask for your college (Alamance Community College) and name. Your name will not be shared with the college. It is only so they know how to address you.
2. You will be transferred to somebody who can speak to you. They will ask you questions about how you are and whether you might need more immediate assistance.
3. If you are safe, the operator will explain the confidentiality policies, get your contact information, and ask for your insurance information (if you have insurance). They will also briefly ask about what topics you are concerned about.
4. After collecting personal information, the operator will search through their list of mental health providers who might be a good match for you and provide some options for you to choose from.
5. After you choose a provider who you might like to work with, the operator will give your information to the provider. Then, it is your responsibility to call or contact the provider to set up an appointment.
6. When you set up an appointment with the provider, you will be able to get **three (3) free counseling sessions**. After those three sessions, you may choose to stay with the provider and pay out-of-pocket or using your insurance. The provider can also make referrals to somebody else if you would like to try a different counselor.

Alamance County

Alamance County Health Department

336-570-6459, to make an appointment for counseling

336-227-1010, general line for the Alamance County Health Department

336-513-5504, direct line for Amanda Marvin, LCSW at Alamance County Health Department

Alamance County Health Department offers office-based behavioral health counseling services to clients of the health department that need help with issues such as stress, depression, anxiety, alcohol or drug problems, family issues or other stressors, and parenting challenges. Please note that the counselor currently on staff at Alamance County Health Department does not prescribe medications and does not do long-term counseling.

Andrews Counseling and Consulting, PLLC

Dr. Travis Andrews, PhD, LCMHC-S, CRC, BC-TMH

236 North Mebane Street

Suite 125

Burlington, NC 27217

743-500-3757

<https://andrewscounselpllc.com/>

Appointments available in-person and online

Provider is *bilingual* in English and Spanish

Insurance and Fees: \$110 per session; BlueCross BlueShield; Magellan; Medicaid; Military OneSource; Optum; TRICARE; United Healthcare UHC/UBH; Self-Pay

Services and Areas of Specialty: Individual, Couples, and Family Counseling; Culturally Informed Care for Members of the Black, African-American, and Latino Communities; Anger Management, Behavioral Issues, Career Counseling, Coping Skills, Developmental Disorders, Domestic Abuse

and Violence, Education and Learning Disabilities, Family Conflict, Grief, Intellectual Disability, Men's Issues, Oppositional Defiance, Relationships, Racial Identity, School Issues, Substance Use, Teen Violence, and Traumatic Brain Injury

A Place for the Soul Counseling

Anna Whited, MA, LCMHCA, NCC

Telehealth Only, no physical office location

336-693-1685

awhited@therapysecure.com

www.aplaceforthesoulcounseling.com

Insurance and Fees: \$100 for intake appointment; \$75 for recurring sessions; *offers free consultations*; currently out-of-network for all insurances, but offers sliding scale as needed

Services and Areas of Specialty: Anxiety; depression; premarital counseling; career counseling; life transitions; and pregnancy/postpartum

Mebane Counseling Center

301 North Second Street

Mebane, NC 27302

Shannon Smith, LCSW

919-672-7671

shannonsmithlcsw@gmail.com

Insurance: Medicaid, Medicare, Medcost, Healthchoice and State Health Plan, BlueCross BlueShield, Humana, other private insurances, and self-pay

Services and Areas of Specialty: Individual therapy for children, adolescents, adults, seniors; adjustment and behavioral difficulties;

counseling related to adoption and foster care; depression; anxiety; grief and loss; trauma; health and women's issues

Carmen Bork, LMFT

336-675-9375

carmenborklmft@live.com

Insurance: None listed

Services and Areas of Specialty: Blended family dynamics; eating disorders and disordered eating habits; adolescent/young adult issues; children and tweens; physical and emotional wellness; couples and marital issues; relationship enrichment; infertility support; parenting skills; stress management; anxiety; depression; separation and attachment

Patty Sprouse, LCMHC

919-923-6777

pattysprouselpc@yahoo.com

Insurance: BlueCross BlueShield; State Health Plan; Aetna; Humana; Medcost; self-pay; out-of-network insurances

Services and Areas of Specialty: Anxiety; depression; abuse; trauma; grief and loss; anger management; parenting education and support

John Riley, LPC

919-717-2598

counselor@johnrileyipc.com

Insurance and Fees: \$150 per 50-minute session; accepts BlueCross BlueShield, including the North Carolina State Health Plan; Humana; self-pay; out-of-network insurances

Services and Areas of Specialty: Mindfulness; relational psychotherapy; EDMR for trauma; Attachment Theory

Michelle Whitfield, LCSW

919-812-2214

mwhitfieldlcsw@gmail.com

Insurance: BlueCross BlueShield; Medcost; Medicaid; NC Health Choice; out-of-network insurances

Services and Areas of Specialty: Therapy for children and adolescents and their families; play therapy to address anxiety, depression, trauma, aggression, low self-esteem, and adjustment difficulties

Laura Ellington, LCSW

336-265-7298

lauraellington.lcsw@gmail.com

Insurance: BlueCross BlueShield of NC; Tricare; MHNet Behavioral Health; out-of-network insurances

Services and Areas of Specialty: Certified Gottman Couples Therapist specializing in assisting with communication skills, conflict management, trust, affair recovery, addiction recovery, boundary setting, and trauma

Oasis Counseling Center, Inc.

Karen Canada, LPC

1606 Memorial Drive

Burlington, NC 27215

336-214-5188

oasis@counselingmail.com

Insurance and Fees: \$100 per 45 minute session and \$165 per 1 hour session (individual or family sessions); accepts Aetna, BlueCross BlueShield, Bright Health, Centivo Focus, Cigna, Magellan, MedCost, UMR Choice Plan or Save Plan (Moses Cone Employees Only), City of Burlington and ComPsych Employee Assistance Programs

Services and Areas of Specialty: ADHD; Anxiety; Depression; PTSD; OCD; Marriage and Family; Infertility; Adoption; Stress Management; Grief and Loss; Parenting; Behavior Management; Self-Esteem; Addiction

OpenDoor Clinic

424 Rudd Street

Burlington, NC 27217

336-570-9800

Only open Tuesday, Wednesday, and Thursday

Important Note: This is a completely free clinic **only** for people with no insurance. To receive care, you must fill out an application first and be approved for care. They primarily offer physical health services, but also have mental health evaluations and counseling on Tuesdays and Thursdays. Please contact them directly for any questions about how to access services.

RHA Health Services

In Alamance County, RHA offers crisis intervention services, outpatient group therapy, psychiatric care, intensive home services (for children ages 5 to 18), in-home therapy services, substance use assistance, peer support services, and a community support team.

2732 Anne Elizabeth Drive

Burlington, NC 27215

336-229-5905

Brochure for Burlington Services: <https://rhahealthservices.org/wp-content/uploads/2019/03/Burlington-BH-Brochure.pdf>

Insurance: Private insurance, Medicaid, Medicare

Services and Areas of Specialty: Individual, Group, and Family Therapy; Psychiatry; Medication Management; Clinical Assessments

Caswell County

Ariel Community Care

200 East Church Street

Yanceyville, NC 27379

336-694-4147

info@arielcommunitycare.org

Insurance: Not listed

Services and Areas of Specialty: Please note that this center only works with individuals who have substance use disorders or struggling with substance use. They offer Peer Support Services, Substance Abuse Intensive Outpatient Program, and Individual Support Services.

Compassion Health Care at Caswell Family Medical Center

439 US Highway 158 West

Yanceyville, NC 27379

336-694-9331

Psychiatry: <https://compassionhealthcare.org/psychiatry>

Behavioral Health/Therapy: <https://compassionhealthcare.org/behavioral-health>

Insurance: Not listed, but sliding scale pay options are available

Services and Areas of Specialty: Outpatient Psychiatry Services, including medication management; Outpatient Therapy Services; Anxiety; Depression; ADHD; Bipolar Disorders; PTSD; Substance Use; NARCAN/Naloxone Distribution

Chatham County

El Futuro

401 North Ivey Avenue

Siler City, NC 27344

919-688-7101

NOTE: El Futuro is a community-based program primarily serving Spanish-speaking immigrants in a culturally responsive environment. All services and staff are bilingual in Spanish and English.

Insurance: Not listed

Services and Areas of Specialty: Comprehensive Mental Health Evaluations; Individual, Family, and Group Treatment; DWI Assessment and Treatment; Substance Use Evaluation and Treatment; Psychiatric Treatment

Renaissance Wellness Services, LLC

288 East Street

Suite 1001-F7

Pittsboro, NC 27312

919-704-8449

<http://rwellnessservices.com/index.html>

Insurance: Medicaid; BlueCross BlueShield; BCBS Anthem EAP; Mutual of Omaha EAP; TriCare East; Aetna; United Healthcare; Out-of-Network; Free Services Available with Qualified Interns on Staff

Service and Areas of Specialty: Individual, Couples, Group, and Family Therapy; Pre-Marital Counseling; Intensive In-Home Services; Child/Adolescent Therapy (School-Based Options Available); Substance Use; College Life including Academic Achievement, Anxiety, Stress, Time Management, New Relationships, Self-Care, Healthy Boundaries, Self-Esteem, Safety and Trust, Missing Home, Becoming an Adult

Durham County

Counseling Services, Inc.

18 West Colony Place

Suite 280

Durham, NC 27705

919-493-2674

<https://www.csidurham.com>

Insurance: Most therapists on-staff are in-network for BlueCross BlueShield and Aetna; Out-of-Network; Self-Pay

Services and Areas of Specialty: Areas of specialty vary depending on therapist, but general areas include anxiety, depression, adjustment difficulties, attention issues, relationship difficulties, trauma, and more.

El Futuro

2020 Chapel Hill Road

Suite 23

Durham, NC 27707

919-688-7101

NOTE: El Futuro is a community-based program primarily serving Spanish-speaking immigrants in a culturally responsive environment. All services and staff are bilingual in Spanish and English.

Insurance: Not listed

Services and Areas of Specialty: Comprehensive Mental Health Evaluations; Individual, Family, and Group Treatment; DWI Assessment and Treatment; Substance Use Evaluation and Treatment; Psychiatric Treatment

Greenleaf Psychological and Support Services

5850 Fayetteville Road

Suite 210

Durham, NC 27713

919-294-8981

info@turntogreenleaf.com

Insurance: Most BlueCross BlueShield plans; State Health Plan; Tricare; out-of-network insurances

Services and Areas of Specialty: Individual, group, family, and couples therapy options; psychological evaluations focusing on autism spectrum disorder, ADHD, learning disabilities, memory and executive functioning difficulties, developmental delays, developmental disabilities, intellectual disabilities, psychiatric disorders, behavioral disorders, and mood disorders; can integrate spiritual wellness practices upon request

Healing & Wellness Counseling Services, PLLC

4819 Emperor Boulevard

Suite 494

Durham, NC 27703

919-756-6116

<https://healingwcs.com>

Insurance and Fees: \$130 for initial intake session; \$100 for all following sessions; \$35 per session if meeting with an intern

Services and Areas of Specialty: Individual, Family, Couples, and Marriage Counseling. One of the primary goals of this practice is to provide services to women of color so that they can openly share their thoughts and feelings while being listened to with empathy by someone who can relate to them. Able to provide Christian perspectives to counseling if interested.

Let's Cope Counseling Services

2304 South Miami Boulevard

Suite 123

Durham, NC 27703

833-241-8880

<https://www.letscopecounseling.com>

Insurance and Fees: Cigna; BlueCross BlueShield; Medcost; United Healthcare; Aetna; \$125 for Couples and Family Therapy; \$100 for Individual Therapy; \$125 for Intake Appointment

Services and Areas of Specialty: Individual, Couples, and Family Therapy

Simplicity Counseling Services

5501 Fortune's Ridge Road

Suite R

Durham, NC 27713

919-330-4147

<https://www.simplicitycounselingservicespllc.com>

Insurance: Not listed

Services and Areas of Specialty: Depression; Marriage Counseling; Grief; Anxiety; Addiction; OCD; Eating Disorders; Adjustment Disorder; Trauma; Bipolar Disorders; Schizoaffective Disorder and Schizophrenia; Personality Disorders; ADHD; Intellectual Disabilities; Autism Spectrum Disorder; Neurocognitive Disorders; Oppositional Defiant and Conduct Disorders; Anger Management; Parenting; End of Life and Terminal Illness Counseling

Supportive Counseling Services, PLLC

14 Consultant Place

Suite 210A

Durham, NC 27707

919-358-1417

<http://www.supportivecounselingsvcs.com>

Insurance: Cigna; BlueCross BlueShield; Medicare; Self-Pay; Sliding Scale
Services May Be Available

Services and Areas of Specialty: Substance Use Assessments;
Comprehensive Clinical Assessments; Individual, Couples, Marriage, and
Family Counseling; Depression; Anxiety; ADHD; PTSD and Trauma;
Substance Use; Grief and Loss; Life Transitions; Motivation; Relationships;
Stress Management

Guilford County

Amethyst Consulting & Treatment Solutions, PLLC

2706 Saint Jude Street

Greensboro, NC 27405

336-674-9781

solutions@amethystcares.com

Insurance: Aetna; AmeriHealth Caritas; BlueCross BlueShield; Cigna; Health Choice; Healthy Blue; Medicaid; Medicare; Tri-Care; United Healthcare; Wellcare; Other insurances; Self-pay; Sliding Scale Fees for eligible individuals

Services and Areas of Specialty: Individual, Group, Couples, Trauma-Focused, and Substance Use Therapies; Community-Based Services; Psychiatric Evaluations; Psychological Testing; Medication Management; Depression; Marital Conflict; Stress; Anxiety; Self-Esteem; Women's Issues; Addition and Substance Use; Grief and Loss; Identity concerns; Anger Management; Personality Disorders; Men's Issues; Trauma; PTSD; Child Conduct; Psychosis; ADHD; Relationship Issues; Parenting; Bipolar Disorders; Domestic Violence; Spirituality; School Behavioral Problems; Codependency

NC Center for Counseling and Psychological Services, Greensboro Office

603 Dolley Madison Road, Suite 210

Greensboro, NC 27410

336-897-1274

Insurance: BlueCross BlueShield, including Blue Care, Classic Blue, Blue Options Networks; Aetna; Cigna; Reduced fees are available on limited basis

Services and Areas of Specialty: Therapy; Psychoeducational Evaluations; Neuropsychological Evaluations; Other Types of Evaluations

Step by Step, Inc.

709 E. Market St. Suite 100B

Greensboro, NC 27401

336-378-0109

<https://www.outpatientdrugrehab.com/>

Insurance: Medicaid; Vaya Healthcare; Partners Behavioral Health; BlueCross BlueShield; United Health Care; United Healthcare Community Plan; Healthy Blue; Medicare; Humana; Carolina Complete; Wellcare; Amerihealth Caritas; Self-Pay

Services and Areas of Speciality: Community Support Team; Individual and Group Therapy; Peer Support Services; Medication Management; Suboxone Treatment for Opioid Use; Assessments; Substance Use Groups; can also connect patients to transportation and community resources; providers are able to travel and meet patients throughout central NC

Whispering Willows Counseling Services, PLLC

411-I Parkway Street

Greensboro, NC 27401

336-265-8420

<https://whisperingwillowscounselingservices.com>

Insurance: Aetna; Beacon Health Options; BlueCross BlueShield; Cigna; Humana; Magellan; OPTUM; UMR; United Healthcare; Out-of-Network; Self-Pay

Services and Areas of Specialty: Individual, Family, Couples, and Group Therapy Available; Depression; Anxiety; Parenting Support; Grief Counseling; Work and Career Issues; Stress Management; Addiction and Recovery; Conflict Resolution

Orange County

Center for Psychology and Education, PLLC

101 Europa Drive, Suite 170

Chapel Hill, NC 27517

919-928-0144

info@cpsyched.com

Insurance: no insurances accepted

Services and Areas of Specialty: Individual therapy; family therapy; specialize in addressing learning styles and needs, specific learning or attention problems, traumatic brain injury, adjustment to change and transitions, emotional and behavioral difficulties, relationships, and working memory

Freedom House Recovery Center

Freedom House is partnered with many clinics and locations throughout North Carolina, specifically in Chapel Hill, Durham, Norlina, Roxboro, and Warrenton.

Main Location:

104 New Stateside Drive

Chapel Hill, NC 27516

919-942-2803

administrator@fhrecovery.org

Insurance and Fees: BlueCross BlueShield; Medicaid; Medicare; Private Insurances; Offers services on a sliding scale or reduced price on a case-by-case basis

Services for Adults: Outpatient Therapy Services including comprehensive clinical assessments, individual and group therapy, family therapy, substance use outpatient programs, peer support, psychiatric evaluation and medication management; Crisis Detox Services; Residential Services

including halfway houses for men and women (Chapel Hill, Lake Norlina, Durham)

Services for Children: Comprehensive Clinical Assessments; Individual and Family Outpatient Therapy; Peer Group Therapy; Medication Management; Parenting Workshops and Trainings; Intensive In-Home Therapy; Substance Use Outpatient Programs

UNC Department of Psychology and Neuroscience Community Clinic

This clinic is operated by UNC Chapel Hill and staffed primarily by graduate students working to obtain their doctorate degree, Licensed Psychologists, postdoctoral fellows, and social work graduate students.

To set up an initial appointment you can email clinic@unc.edu or call 919-962-6906. You can also request an appointment on their website using the link <https://clinic.unc.edu/clinic-forms/service-request/>.

Insurance: The clinic is out-of-network for all insurances and fees vary based on type of appointment. Sliding scale and reduced fees are considered on a case-by-case basis.

Services and Areas of Specialty: Depression; Anxiety; Grief; Anger; Academic or Vocational Functioning; Interpersonal Relationships; Family Functioning; Self-Esteem; Discrimination Related to Personal Identity; Psychological and Psycho-educational Assessments; Child and Family Therapy; Couples Therapy

Person County

Behavioral Health Services at Person Family Medical Center

702 North Main Street

Roxboro, NC 27573

336-599-9271

<https://www.personfamilymedical.com/services>

Insurance: Any major insurance plan accepted; Medicaid and NC Health Choice; Medicare; Self-pay; sliding scale option for eligible individuals

Services and Areas of Specialty: Individual, couples, and family counseling; general psychiatry; addiction psychiatry; psychiatric emergencies; trauma focused therapy; anger management; bipolar disorders; therapy for children; anxiety disorders; depressive disorders; mood disorders; psychotic disorders

Person Counseling Service (offered through Freedom House Recovery Center)

355-C South Madison Boulevard

Roxboro, NC 27573

336-599-8366

<https://freedomhouserecovery.org/roxboro>

Insurance: BlueCross BlueShield; Medicaid; Medicare; Private Insurances; Offers services on a sliding scale or reduced price on a case-by-case basis

Services for Adults: Outpatient Therapy Services including comprehensive clinical assessments, individual and group therapy, family therapy, substance use outpatient programs, peer support, psychiatric evaluation and medication management

Services for Children: Comprehensive Clinical Assessments; Individual and Family Outpatient Therapy; Peer Group Therapy; Medication Management;

Parenting Workshops and Trainings; Intensive In-Home Therapy; Substance Use Outpatient Programs

Randolph County

Asheboro Behavioral Medicine, PLLC

118 South Cox Street

Asheboro, NC 27203

336-625-2073

<http://www.abmnc.com>

Insurance: Tricare; BlueCross BlueShield; NC State Health Plan; Cigna; United Healthcare; UMR; Health Choice; MedCost; Medicare; Humana; Healthteam Advantage; Self-pay

Services and Areas of Specialty: Depression and suicidal feelings; Anxiety disorders including OCD, body dysmorphia, panic disorder, and agoraphobia; Addiction; Self-esteem and self-image; Personality disorders; Marital and relationship conflicts; ADHD; Bipolar disorders; Schizophrenia; Psychotic disorders

Asheboro Counseling & Wellness

379 South Cox Street

Asheboro, NC 27203

336-860-3262

<https://www.asheborocounseling.com>

Insurance and Fees: \$115 per 50-minute session; BlueCross BlueShield; United Healthcare/UMR; Aetna; MedCost; Tricare; Military OneSource; Cigna; Managed Care Medicaid; Self-pay

Services and Areas of Specialty: Individual, Family, Children, and Group Therapy; Depression and Mood Disorders; Anxiety; Panic Attacks; OCD; PTSD, C-PTSD, and Trauma; Grief and Loss; Divorce Recovery; Marital and Pre-Marital Counseling; Foster Care and Adoption; Pregnancy Loss; Infertility; Play Therapy

Randolph Counseling Center

505 South Church Street

Asheboro, NC 27203

336-625-3888

Insurance: None listed

Services and Areas of Specialty: Counseling and mental health services for children and adults.

Triad Therapy, LLC

350 North Cox Street

Asheboro, NC 27203

336-629-7774

<https://www.triadtherapy.com>

Insurance: BlueCross BlueShield; IPRS; Medicaid; NC Healthchoice

Services: Comprehensive Clinical Assessment; Community Support Team (Intensive Community Rehabilitation Service); Intensive In-Home Intervention; Medication-Assisted Treatment (including opioid treatment programs); Outpatient Therapy for Adolescents and Adults (including therapy, bio-psycho-social assessments, and psychological testing); Substance Abuse Intensive Outpatient Program

Rockingham County

Compassion Health Care at James Austin Health Center

207 East Meadow Road #6

Eden, NC 27288

336-864-2795

Psychiatry: <https://compassionhealthcare.org/psychiatry>

Behavioral Health/Therapy: <https://compassionhealthcare.org/behavioral-health>

Insurance: Not listed, but sliding scale pay options are available

Services and Areas of Specialty: Outpatient Psychiatry Services, including medication management; Outpatient Therapy Services; Anxiety; Depression; ADHD; Bipolar Disorders; PTSD; Substance Use; NARCAN/Naloxone Distribution

Hearts 2 Hands Counseling, PLLC

232 Gilmer Street

Reidsville, NC 27320

336-485-4680

<https://www.hearts2handscounseling.org>

Insurance: BlueCross BlueShield; Healthy Blue; Cigna; United Healthcare; UMR; Centivo; AmeriHealth Caritas; WellCare; Medicaid

Services and Areas of Specialty: Outpatient Therapy for Individuals, Couples, and Families; Anger Management; Anxiety; Depression; Substance Use; Marriage and Relationship Challenges; Parenting Problems; School Difficulties; Career Changes; Trauma; Clinical Assessments

Irenic Therapy, PLLC

227 West Morehead Street

Suite 230

Reidsville, NC 27320

336-908-3927

<https://irenictherapy.com>

Insurance: Not listed

Services and Areas of Specialty: Individual, Couples, and Family Therapy; Domestic Violence Treatment; Anxiety; Depression; Body Image; Self-Esteem; Grief; Trauma; Life Transitions; Relationship Conflict; Behavioral Concerns; Traumatic Brain Injuries; LGBTQIA+ Issues

New Vision Therapy, PLLC

232 Gilmer Street

Suite 202

Reidsville, NC 27320

336-517-3770

<https://www.newvisiontherapy.org>

Insurance: Most major insurance companies; Medicare; Medicaid

Services and Areas of Specialty: Individual, Couples, and Family Counseling; Substance Use, including behavioral therapies and medicated assistance recovery (Suboxone)

Wake County

Fernandez Community Center, LLC

8376 Six Forks Road

Suite 104

Raleigh, NC 27615

919-900-7438

<http://fernandezcommunitycenter.com>

**Offers bilingual services*

Insurance: BlueCross BlueShield; NC Medicaid; NC Health Choice; Magellan; Private Insurance upon request; Private Pay; IPRS Funding; AmeriHealth Caritas of NC; United Healthcare of NC; WellCare of NC

Services and Areas of Specialty: Mental Health Clinical Assessment; Psychiatric Evaluations; Telepsychiatry; Medication Management; Substance Use Medication Assisted Treatment (for opioids); Substance Use Individual and Group Therapy; Individual, Family, Couple, Marital, and Group Therapies; Grief; Trauma Focused Treatment; Play Therapy

New Leaf Behavioral Health

3725 National Drive

Suite 220

Raleigh, NC 27612

919-781-8370

<https://nlbh.org>

Insurance: BlueCross BlueShield; Blue Home with UNC Health Alliance; Cigna/Cigna Behavioral Health; Aetna; Medicaid; United Healthcare/United Behavior Health; Optum; State Employee's Health Insurance; Health Choice; Managed Health Network, Inc.; Reduced free program for eligible individuals

Services and Areas of Specialty: Counseling for individuals, adolescents, adults, couples, and groups; Depression; Relationships; Anxiety; Child

Behavioral Problems; Anger Management; Child and Family Therapy; Stress Management; Career Changes; Trauma; Divorce and Marriage; Parenting; Disability and Chronic Illness; Eating Disorders; Grief; OCD; ADHD; Life Transitions

Peak Professional Group, PLLC

800 West Williams Street

Suite 280

Apex, NC 27502

919-800-8114

<https://www.peakprofessionalgroup.com>

Insurance: Aetna; Amerihealth Caritas; Alliance Healthcare; BlueCross BlueShield; Carolina Complete Health; Cigna/Evernorth; Health Blue; OPTUM/United Healthcare; Wellcare; Vaya Health; Tricare/Humana Military; United Community Plan; Kepro EAP; Cigna, Aetna, and United EAPs; Payment Options Available for Individuals with High Deductibles or No Insurance; Low Cost Options Available if Working With Clinical Interns

Services and Areas of Specialty: Individual, Couples, and Family Therapy; Rapid Resolution Therapy; Mindset Coaching; Professional Hypnosis; Anxiety; Depression; Communication; Grief; ADHD; Life Transitions; Behavioral Issues; Parenting Issues; Trauma; Relationships

Wake Counseling and Mediation

Multiple locations in Wake County, including Cary, Holly Springs, and two locations in Raleigh

919-647-4600

<https://www.wakecounseling.com>

Insurance and Fees: \$170 for initial intake; \$105 to \$140 for individual session; \$120 to \$160 for family session; common insurances accepted by

the therapists include BlueCross BlueShield, Aetna, and Cigna; Self-pay and out-of-network also accepted

Services and Areas of Specialty: Individuals, Couples, Families, Children, and Teen Counseling; Depression; Anxiety; ADHD; Trauma and PTSD; Substance Use; OCD; Bipolar Disorders; Personality Disorders; Behavioral Issues; Personal Growth; Professional Development; Marriage and Pre-Marital Counseling

Wake County Psychological Services, Inc.

1906 South Main Street

Suite 120

Wake Forest, NC 27587

919-562-1080

<https://wakepsychological.com>

Insurance and Fees: \$180 for initial intake; \$130 to \$150 for individual session; \$150 for family or couples session; BlueCross BlueShield; State Health Plan; United Healthcare; Aetna; Magellan; Cigna; Tricare; Humana Military; Medicare; Reduced fee offered based on financial eligibility

Services and Areas of Specialty: Counseling for Individuals, Couples, Family, Adults, Children, Adolescents, and Elderly People; Depression; Anxiety; Anger; Grief; Trauma; Stress; Loneliness; Mood changes; Low Self-Esteem; Adjustment Difficulties; Women's Issues; Multicultural Issues; Immigrant experience; Identity issues; Body Image; Relationships; Family Conflict; Communication; Divorce and Marriage; Domestic Violence; ADHD; Social Skills; Parenting Skills

Additional Options in Wake County

Wake Network of Care also has a list of Mental Health Care options which can be searched here: <https://tinyurl.com/WakeNetworkofCare>

Multiple Locations and Telehealth

Daymark Recovery Services

Daymark Recovery Services is in 40 facilities throughout North Carolina, including but not limited to: Asheboro, Siler City, Winston-Salem, High Point, Roxboro, Rockingham, Reidsville, and more. They provide a variety of outpatient and psychiatric services for mental health issues, substance use, and developmental disabilities. Specific services may vary by location, so please contact your local facility to check for programs and services they offer.

<https://www.daymarkrecovery.org>

Esmay Counseling

Ian Esmay, LCMHC

All appointments are telehealth only. To schedule an initial appointment, use the Contact page on his website: <https://www.esmaycounseling.com/contact>

Insurance and Fees: \$120 per session for self-pay; accepts Aetna, BlueCross and BlueShield, Cigna and Evernorth, Optum, Oscar Health, Oxford, UMR, United Healthcare UHC/UBH

Services and Areas of Specialty: Anxiety; Trauma Counseling; Specializes in Supporting Members of the LGBTQIA+ Community

Mindpath Health

Multiple locations throughout NC, as well as teletherapy offered

877-876-3783

Initial intake appointments can be scheduled online:

<https://www.mindpath.com/new-patients/>

Insurance: Aetna, BlueCross BlueShield, Cigna, Friday Health Plans, Gateway Health, Humana, Magellan Health, Medcost, Medicare, Tricare,

United Behavioral Health; **PLEASE NOTE that some insurance plans may not be accepted at all locations, and this list of insurances is not exhaustive**

Services and Areas of Specialty: Psychiatry; Therapy; ADHD; Anger Management; Anxiety; Bipolar Disorders; Cognitive Disorders; Dementia; Depression; Developmental Disabilities; Dissociative Disorders; Eating Disorders; Family Therapy; Grief; Obsessive-Compulsive Disorder; PTSD and Trauma; Postpartum Depression; Relationship Counseling; Schizophrenia; Substance Use; **PLEASE NOTE that not all locations will offer services for all listed areas**

Morse Clinics

<https://www.morseclinics.com>

With North Carolina locations in Clayton, Henderson, Siler City, Raleigh, Zebulon, Erwin, Roanoke Rapids, and Asheboro, Morse Clinics serve individuals with substance use issues. In particular, they offer Methadone and Buprenorphine dosing to assist with ending dependence on opiates. In addition to dosing, they also offer psychiatric services, individual and group counseling, urine drug screens, referral services, and Suboxone prescriptions.

Fees: \$80 per week for Methadone Maintenance Program; \$120 per week for Buprenorphine Maintenance Program; \$250 for initial Office Based Suboxone Program and \$125 for each additional visit; Medicaid accepted

Pro Bono Counseling Network

As of August 1, 2022, Pro Bono Counseling Network is accepting people onto a waitlist to receive free or reduced-price counseling services for residents of Orange, Chatham, Person, and Durham counties. Use the following link to add your information to their waiting list:

<https://www.probonocounselingnetwork.org/seeking-care/>.