

Sigma Tau Omega Chapter
Cary, NC



Mental Health Resource Guide



2023

Serving Through Our community





Welcome to our **Mental Health Resource Guide!**

As part of our commitment to increasing the awareness and utilization of mental health services, Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter has carefully assembled this Mental Health Resource Guide of minority mental health agencies and clinicians located across NC who serve Western Wake County and racial minority clinicians in North Carolina that treat clients virtually.

The resource guide includes a directory of mental health practices and providers as well as free or low-cost therapy sources.

This tool is provided to improve the overall wellness of our community. We hope you find it useful!

In Service,

Twila Celestine Leigh, Chairman
Empower Our Families Initiative
Alpha Kappa Alpha Sorority, Incorporated®
Sigma Tau Omega Chapter
Cary, NC

ATTENTION: If you or a loved one is experiencing a mental health crisis, please contact one of the following:

- National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**;
<https://suicidepreventionlifeline.org/>
- North Carolina Hopeline: **1-877-235-HOPE (4673)**; <https://www.hopeline-nc.org/>
- Crisis Text Line (24/7 service): Text **HOME** to **741741** to connect with a trained crisis counselor. <https://www.crisistextline.org/>
- Call **911** and request a Crisis Intervention Team (**CIT**), if available in your area.



Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: LA Adkins, LCSW

Service Options: Virtual

Address: P.O. Box 52294, Durham, NC 27717

Website: www.reconnectwithyou.org

Payment Methods: self pay, Aetna, Cigna, Blue Cross Blue Shield, and United Healthcare.

Free or Low-Cost Assistance: No

Name: Aubrea Ageda, LCSWA

Service Options: Virtual, In Person

Email: aubreaa@letscopecounseling.com

Payment Methods: BCBS, Cigna, Aetna and Private Pay

Free or Low-Cost Assistance:

Name: Suzette Aiken, LCMHC

Service Options: Virtual

Practice: Yapriah Life and Healing PLLC

Email: yapriahlifehealing@gmail.com

Website: Yapriahlife.com

Payment Methods: BCBS, Aetna, United Healthcare, CIGNA, self pay and sliding scale

Free or Low-Cost Assistance: Yes

Name: Valon Alford, LCSW, PMH-C

Service Options: In Person

Practice: Vitality Wellness Solutions PLLC

Email: valonalford@gmail.com or vitalitywellnessolutions@gmail.com

Website: vitalityfulfilled.com

Payment Methods: Private Pay, Sliding Scale, and Aetna Insurance

Free or Low-Cost Assistance: Yes

Name: America Allen, LCSW

Practice: suNu Healing Collectively

Email: Hello@sunuhealingcollectively.com

Website: sunuhealingcollectively.com

Payment Methods: Blue Cross Blue Shield, and United Healthcare

Free or Low-Cost Assistance: Yes

Name: Altha's Way Behavioral Health Services

Service Options: Virtual

Practice: Altha's Way Behavioral Health Services

Address: 2555-E Capitol Drive, Suite 9, Creedmoor, NC 27522

Email: crystalgrant@awaycounseling.com

Website: <https://away.clientsecure.me>

Payment Methods: Self-pay, BCBSNC, AETNA, Optum, CIGNA, United Healthcare, Medicaid, and Oscar Health

Free or Low-Cost Assistance: Yes





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Practice: Ase Healing Center, LLC (Delores Place)

Service Options: Virtual

Website: www.asehealingcenter06.org

Payment Methods: Self Pay \$30-150

Free or Low-Cost Assistance: Yes

Practice: Bailey's Counseling Service

Service Options: Virtual, In Person

Address: 1013 Bullard Court Suite 102 Raleigh NC 27615

Email: baileyscounselingservice@gmail.com

Website: www.baileyscounselingservice.com

Payment Methods: BCBS, Aetna, Cigna, Humana, United Healthcare, UMR, Alignment Healthcare, Vaya Health Medicaid, Tricare, and Medicare.

Free or Low-Cost Assistance: No

Name: Akeri Battle, LCMHC

Service Options: Virtual

Practice 1: Half the Battle Counseling and Consulting

Email: halfthebattlecc@gmail.edu

Website: <https://htbcounseling.com/>

Payment Methods: Self pay, and FSA/HAS

Free or Low-Cost Assistance: Yes

Practice 2: One Wellness Center

Address: 5500 Adams Farm Ln., Greensboro 27407

Email: info@onewellnesscenter.org

Website: <https://www.onewellnesscenter.org/>

Payment Methods: Self-pay, HSA/FSA

Free or Low-Cost Assistance: No

Name: Alicia Battle, LCMHC, LCASA

Service Options: Virtual, In Person

Practice: Battle Mental Health

Address(Location 1): 58 Azimuth Court Rocky Mount, NC 27804

Address(Location 2): 5109 Hollyridge Drive, Suite 107 Raleigh, NC 27612

Email: info@battlementalhealth.com

Website: www.battlementalhealth.com

Payment Methods: Blue Cross Blue Shield Insurance, HSA/FSA, Cash, and all major credit cards

Free or Low-Cost Assistance: Yes

Name: Samantha Bell-Walker, LCMHC

Service Options: Virtual

Practice: A Ray of Sunshine Therapy, PLLC

Address: 2812 Ramsey Street Suite 9392 Fayetteville, NC 28311-7727

Email: info@arayofsunshinetherapy.com

Website: <http://www.arayofsunshinetherapy.com>

Payment Methods: Self-pay, Cash, Blue Cross Blue Shield, Aetna, Cigna, United Healthcare, Oxford, and Oscar

Free or Low-Cost Assistance: No





Alpha Kappa Alpha Sorority, Incorporated®
Sigma Tau Omega Chapter, Cary, NC
Mental Health Directory

Name: Renee Best, LCMHC, LCASA

Service Options: Virtual, In Person

Practice: Anew U Counseling Services

Address: 1037 Dresser Court Raleigh NC 27609

Email: renee.best@anewucs.com

Website: www.anewucs.com

Payment Methods: BCBS, UHC, Cigna, Ambetter, Healthy Blue, Wellcare, Medcost, and Aetna

Free or Low-Cost Assistance: Yes

Name: Camille Braxton, LCMHCS, NCC

Service Options: Virtual

Practice: OMNE & Co

Address: 5700 Six Forks Road, Suite 202, Raleigh, NC 27609

Email: info@omneandco.com

Website: www.omneandco.com

Payment Methods: BCBS, and Cigna

Free or Low-Cost Assistance: No

Name: Brighter Perspectives Counseling & Consultation, PLLC

Service Options: Virtual

Address: 601 S Kings Dr Suite F-104 Charlotte NC 28204

Email: info@brighterperspectivespllc.com

Payment Methods: Cigna, Medcost, and Blue Cross Blue Shield

Free or Low-Cost Assistance: No

Name: Jessica Burch, LCSW

Service Options: Virtual, In Person

Practice: Nourish- A Healing Place

Email: hello@nourishhealingspace.com

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

Payment Methods: Blue Cross Blue Shield

Free or Low-Cost Assistance: Yes

Name: Fedoria Bynum, LCMHC

Service Options: Virtual

Email: fedoria@rhemaspringcounseling.com

Website: www.rhemaspringcounseling.com

Payment Methods: Cigna, United Health Care -Optum, and Aetna

Free or Low-Cost Assistance: No

Name: Territa Chambers, LCMHC

Service Options: Virtual

Practice: Ms. Accountability Transformational Group, LLC

Email: territa@msaccountability.com

Website: msaccountability.net/

Payment Methods: BCBS, United Healthcare/Optum, Cigna/Evernorth, and Aetna

Free or Low-Cost Assistance: Yes





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Changing Lives Therapeutic Service

Service Options: Virtual

Address: 8825 University East Drive Ste 200 Charlotte NC 28413

Email: changinglivestherapeutic@gmail.com

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

Payment Methods: Healthy Blue, Cigna, United Health Care, Amerihealth Caritas, Wellcare, Aetna, and Carolina Complete Care

Free or Low-Cost Assistance: Yes

Name: Cherished Family Center, PLLC

Service Options: Virtual

Email: referrals@cherishedfamilycenter.com

Website: www.cherishedfamilycenter.com

Payment Methods: Self-pay

Free or Low-Cost Assistance: Yes

Name: Choices In Wellness PLLC

Service Options: Virtual, In Person

Email: info@choicesinwellness.com

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

Payment Methods: Self pay, vouchers and commercial plans

Free or Low-Cost Assistance: Yes

Name: Aerial Clay, LCSW

Service Options: Virtual

Practice: A Will to Thrive Counseling Services, PLLC

Email: aclay@awtthrive.com

Website: www.awtthrive.com

Payment Methods: Cigna, BCBS, Aetna, and Self Pay

Free or Low-Cost Assistance: No

Name: Ashley Coleman, LCSW

Service Options: Virtual

Practice: A Will to Thrive Counseling Services, PLLC

Email: scheduling@awtthrive.com

Website: www.awtthrive.com

Payment Methods: Aetna, Cigna, and BCBS

Free or Low-Cost Assistance: No

Name: Ceara Corry, LCSW

Service Options: Virtual

Email: cee@ceethesexlady.com

Website: ceethesexlady.com

Payment Methods: Aetna, Optum, and Self pay

Free or Low-Cost Assistance: Yes





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Malissa Crawford, LCMHCA

Service Options: Virtual

Email: truementalwcc21@gmail.com

Website: www.Truementalwellnesscc.com

Payment Methods: Self-pay

Free or Low-Cost Assistance: No

Practice: Cree and Associates, PLLC

Service Options: Virtual

Address: 2530 Meridian Pkwy ste 300 PMB 26668 Durham NC 27713

Email: admin@creeandassociatespllc.com

Website: www.creeandassociatespllc.com

Payment Methods: Aetna, Cigna, United Health Care, Blue Cross, Multiplan, and Medcost

Free or Low-Cost Assistance: Yes

Name: Kimberly Davis, LCMHC

Service Options: Virtual

Practice: Centered Self Care

Email: kimberly@centeredself.care

Website: www.centeredself.care

Payment Methods: Aetna, BCBS, UHC/Optum, Oxford, Oscar Health, and Cigna

Free or Low-Cost Assistance: No

Name: Keturah Davis, LCSWA

Service Options: Virtual, In Person

Practice: OIC Counseling and Wellness

Address: 555 S Mangum Street Durham, NC, 27701

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

Payment Methods: Self Pay

Free or Low-Cost Assistance: No

Name: Annie Deaver, LCSW

Service Options: Virtual

Practice: A Will to Thrive Counseling Services, PLLC

Email: scheduling@awtthrive.com

Website: www.awtthrive.com

Payment Methods: Aetna, Cigna, and BCBS

Free or Low-Cost Assistance: No

Name: Nejla deLambert, LCMHC

Service Options: Virtual, In Person

Practice: Stokewell Counseling, PLLC

Address: 1012 Elm Street, Sanford, NC

Email: ndelambert@stokewellcounseling.com

Website: stokewellcounseling.com

Payment Methods: Self-pay, Superbill provided for reimbursement, Aetna, BCBS, United, Optum, and Oxford

Free or Low-Cost Assistance: Yes





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Keyasia Downs, LCSW

Service Options: Virtual

Practice: Mahogany Restorative Counseling

Email: keyasia@mahoganyrestorative.com

Website: www.mahoganyrestorative.com

Payment Methods: Aetna, UHC, and Optum

Free or Low-Cost Assistance: Yes

Name: Ms. Mariel F. Eaves, LCSWA

Service Options: Virtual

Address: 3622 Lyckan Parkway, Suite 5007, Durham, NC 27707

Email: mariel@markovitscounseling.com

Website: <https://www.markovitscounseling.com/mariel-eaves-lcswa>

Payment Methods: Self-Pay, Blue Cross and Blue Shield, Aetna, and Cigna

Name: Tia Evans, CST, LCSW

Service Options: Virtual

Practice: THE Change From Within Counseling Center

Address: 221 1st Ave NW Suite 207, Hickory, NC 28601

Email: thechangefromwithincc@gmail.com

Website: www.bethechangehy.com

Payment Methods: Self Pay, BCBS, Aetna, United, UMR, Optum and Cigna

Free or Low-Cost Assistance: No

Practice: Finding Peace, PLLC

Service Options: Virtual

Email: info@findingpeacepllc.com

Website: <https://findingpeacepllc.com>

Payment Methods: Self pay, BCBS, UHC, and Aetna

Free or Low-Cost Assistance: Yes

Name: Zakiya Futrell, LCMHCA

Service Options: Virtual, In Person

Practice: Zakiya Futrell, Lifeologie Counseling

Address: 3901 Barrett Drive. Unit 100. Raleigh, NC 27609/ 311 East Main Street. Durham, NC 27701

Email: zakiyaf@wefixbrains.com

Website: <https://wefixbrains.com/therapists/zakiya-futrell>

Payment Methods: BlueCrossBlueShield (excluding Blue Home, Blue Local, Blue Value, & Medicare, and Medicaid)

Free or Low-Cost Assistance: Yes

Name: Clifton D. Garner, Sr., PsyD, LCMHCA

Service Options: Virtual

Address: 805 Spring Forest Rd, Raleigh, NC

Email: cgarner@armstrongcfh.com

Website: www.armstrongcfh.com

Payment Methods: Self-Pay, Blue Cross, Alliance, Vaya, Health Choice, Carolina Complete, Wellcare, Healthy Blue, and AmeriHealth

Free or Low-Cost Assistance: Yes





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Name: Jasmine Garrison, LCMHC

Service Options: Virtual

Address: Charlotte, NC

Phone: 980-320-0720

Website: <https://www.psychologytoday.com/us/therapists/jasmine-garrison-charlotte-nc/877873>

Payment Methods: United Health Care, Aetna, Cigna, and Oscar/Oxford

Free or Low-Cost Assistance: Yes

Name: Kristian Gibson-Ford, LCSW

Service Options: Virtual, In Person

Practice: Harmony 360 Counseling, PLLC

Email: harmony360counseling@gmail.com or admin@harmony360counseling.com

Website: www.harmony360counseling.com

Payment Methods: Aetna, Cigna/Evernorth, BCBS, and UHC as well as private pay and \$30/session with intern; we also offer sliding fee scale

Free or Low-Cost Assistance: Yes

Practice: GoldAura Therapy

Service Options: Virtual

Email: Melvin@goldauratherapy.com

Website: Goldauratherapy.com

Payment Methods: HSA, FSA, and Self Pay

Free or Low-Cost Assistance: No

Name: Whitley Grant, LCMHCS

Service Options: Virtual

Email: themelanatedspace@gmail.com

Website: www.themelanatedspace.com

Payment Methods: \$120 per session, Aetna, Blue Cross and Blue Shield

Free or Low-Cost Assistance: Yes

Name: Marc C. Hardy, LCMHCS

Service Options: Virtual, In Person

Practice: The Amandla Group, PLLC

Email: mrmarchardy@theamandlagrouppllc.com

Website: mrmarchardy.com

Payment Methods: BCBC, Aetna, Cigna

Free or Low-Cost Assistance: Yes

Name: Linda Hobbs, LCSW

Service Options: Virtual, In Person

Practice: As One Wellness, PLLC

Website: www.asonewellness.com

Payment Methods: Private pay for Couples & Sex Therapy

Free or Low-Cost Assistance: No





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Danielle Hood, LCMHC, LCAS

Service Options: Virtual, In Person

Address: 5510 Six Forks Road, Suite 125, Raleigh, NC 27609

Email: daniellehood525@gmail.com

Website: <https://one-eightycounseling.com/locations/raleigh-north-carolina/>

Payment Methods: Aetna, Behavioral Health Systems (BHS), Blue Cross / Blue Shield, Cigna, Coresource, MedCost, Meritain, State Employees Health Plan, TriWest, Optum/United Behavioral Health, United Health Care and UMR

Free or Low Cost Assistance: Yes

Name: Sheneica Hunter-Gibbs, LCMHCA

Service Options: Virtual

Practice: The Client Journey Counseling & Consulting PLLC

Email: theclientjourneypllc@gmail.com

Website: theclientjourneypllc.com

Payment Methods: Self Pay

Free or Low-Cost Assistance: Yes

Name: Aja Johnson, LCMHC

Service Options: Virtual, In Person

Practice: Latitude Family Services, PLLC

Address: 1010 Broad St, Ste A, Durham, NC 27705;

Email: latitudefamilyservices@gmail.com

Website: <https://latitudefamily.clientsecure.me/>

Payment Methods: Aetna

Free or Low-Cost Assistance: Yes

Name: Tita Johnson, LCMHC, CCTP, LPCS

Service Options: Virtual

Email: tita@titanscounseling.org

Website: www.titanscounseling.org

Payment Methods: IvyPay, Cigna, BCBS, UnitedHealth, Optum, and Aetna

Free or Low-Cost Assistance: Yes

Name: Precious-Pearl T. Johnstone, CRC, LCMHC, CCATP

Service Options: Virtual

Practice: ARC - Aye Ready Counseling PLLC

Address: 547 Keisler Dr. Suite 104, Cary NC 27518

Email: precious@ayereadycounseling.com

Website: www.ayereadycounseling.com

Payment Methods: BCBS, BCBS SHP, BCBS Anthem, BCBS Federal, Optum, Aetna, United, UMR, Cigna, and EPA (BHS, Aetna, KGA, Lyra).

Free or Low-Cost Assistance: Yes

Name: Shaquilla Jones

Service Options: Virtual, In Person

Address: 3000 Highwoods Blvd Raleigh, NC

Email: sjones@hopeservices4u.com

Payment Methods: Medicaid, Cigna, Athena, BCBS, and MedCost

Free or Low-Cost Assistance: Yes





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Shakira Kea, LCMHC

Service Options: Virtual

Address: 9711 David Taylor Dr STE 216 Charlotte, NC 28262

Email: peacefulresolutionspllc@gmail.com

Website: www.peacefulresolutionspllc.com

Payment Methods: BCBS, Aetna, Cigna, United, Medcost

Free or Low-Cost Assistance: Yes

Practice: Let's Cope Counseling Services

Service Options: Virtual, In Person

Website: www.letscopecounseling.com

Payment Methods: Cigna, Aetna, United, Medcost, BCBS, sliding scale and self pay

Free or Low-Cost Assistance: Yes

Name: Joy Long, LCMHC

Service Options: Virtual

Email: joy@wholewithjoy.com

Website: www.wholewithjoy.com

Payment Methods: Duke Student Insurance

Free or Low-Cost Assistance: Yes

Practice: Lotus Holistic Therapy Center

Email: Admin@lotusholistictherapy.center

Website: www.lotusholistictherapy.center

Payment Methods: Aetna, Cigna, United Healthcare, BCBS NC, and Private pay \$150

Free or Low-Cost Assistance: Yes

Name: Jaimie Lunsford, PhD, LPA

Service Options: Virtual

Email: info@mindmoodpsych.com

Website: mindmoodpsych.com

Payment Methods: Self Pay

Free or Low-Cost Assistance: No

Name: Kalita D. McBride, LCSW

Service Options: Virtual

Practice: House of Gray PLLC

Email: house.of.gray.pllc@gmail.com

Website: <https://www.house-of-gray-pllc.com>

Payment Methods: BCBS, United Health, and self pay

Free or Low-Cost Assistance: No





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Tameka L. McFarland, LMFT

Service Options: Virtual, In Person

Address: 1135 Kildaire Farm Rd, Ste 200, Cary, NC 27511

Email: tmcfarland@themftpro.com

Website: www.themftpro.com

Payment Methods: Credit Card, FSA/HSA card, Blue Cross Blue Shield, Optum Behavioral Health, United Healthcare, Medcost, UMR, and UHC Oxford

Free or Low-Cost Assistance: Yes

Name: Krystal L. Meares, LP

Service Options: Virtual, In Person

Practice: Pragmatic Psychological Solutions, PLLC

Address: 1800 Martin Luther King Jr Pkwy, Ste 104 Durham, NC 27707

Website: www.pragmatic-ps.com

Payment Methods: Aetna, United Healthcare, and Private Pay

Free or Low-Cost Assistance: No

Practice: Mending of the Heart

Service Options: Virtual

Email: mendingoftheheart@gmail.com

Website: mendingoftheheart.com

Payment Methods: Blue Cross and Blue Shield, Cigna, Optum/United Health, and Private Pay

Free or Low-Cost Assistance: No

Name: Hawanya B. Miller, LMFT

Service Options: Virtual

Practice: Move Toward Change LLC

Email: hello@movetowardchange.com

Website: www.movetowardchange.com

Payment Methods: Cash Pay, BCBSNC, Aetna, Magellan, United Healthcare, Tricare, and Behavioral Health Options

Practice: Mind, Body & Soul Behavioral Health, PLLC

Service Options: Virtual

Email: PCCoordinator@mindbodysoulpllc

Website: mindbodysoulpllc.com

Payment Methods: United Health Care/UMR/Optum, Cigna/Evernorth, Aetna, Healthy Blue, and Carolina Complete

Free or Low-Cost Assistance: Yes

Name: Twanna Monds, LCMHC, NBCT-School Counseling

Practice: Monds Counseling & Consulting

Email: twanna@mondsc.com

Website: mondsc.com

Payment Methods: BCBS, Aetna, Cigna, and United

Free or Low-Cost Assistance: No





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Sharon Mosley, LCMHC

Service Options: Virtual

Email: Sharon@TheFitTalk.com

Website: TheFitTalk.com

Payment Methods: United Healthcare, Optum, UMR, cash, credit card, FSA, and HAS

Free or Low-Cost Assistance: Yes

Practice: MRiversAwakenings Healing Collective PLLC

Service Options: Virtual

Email: Consultation@MRAHealingCollective.org

Website: www.MRAHealingCollective.org

Payment Methods: Sliding Scale (\$0-\$120), Insurance (United healthcare, Cigna, Aetna, BCBS)

Free or Low-Cost Assistance: Yes

Practice: New Direction Youth and Family Services, Inc.

Service Options: Virtual

Address: 55 Think Smart Lane Erwin, NC 28339

Email: contact@newdirectionyfs.org

Website: www.newdirectionyfs.org

Payment Methods: Medicare, Medicaid—(Healthy Blue, Amerihealth, United Health Care, Carolina Complete, and Wellcare), NC Health Choice, NC Blue Cross and Blue Shield, United Health Care, Humana, Tricare, Triwest, Medcost, Cigna, Aetna, ChampVA, Metropolitan Family Services, Employee Assistance Program (EAP), Wellcare, and Self-Pay

Free or Low-Cost Assistance: No

Name: Paula S. Newman, LCMHCS, NCC

Service Options: Virtual, In Person

Practice: Paula S. Newman, PLLC dba Family Enrichment Associates

Address: 1921 North Pointe Drive, Suite 207, Durham, NC 27705-2688

Email: hello@family-enrichment.com or pdsnewman@msn.com

Website: www.paulasnewman.com and family-enrichment.com

Payment Methods: Private pay; United Healthcare/Optum, Cigna/Evernorth, Aetna, Blue Cross Blue Shield North Carolina, Wellcare of NC, Carolina Complete, Healthy Blue North Carolina, and Ambetter

Free or Low-Cost Assistance: No

Practice: A New Serenity

Service Options: Virtual

Email: toni@anewserenity.com

Payment Methods: Aetna, Cigna, and Optum

Free or Low-Cost Assistance: Yes

Name: Qua'Shawn Pernell, LCSWA

Service Options: Virtual

Practice: OIC Counseling and Wellness

Address: 555 South Mangum Street Durham, NC 27701

Email: quashawn.oiccounseling@gmail.com

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

Payment Methods: Self Pay

Free or Low-Cost Assistance: No





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Practice: Origins Counseling & Wellness

Service Options: Virtual, In Person

Website: Originscounselingandwellness.com

Payment Methods: Bcbs, Friday, Medcost, and Aetna

Free or Low-Cost Assistance: Yes

Name: Faith Pérez McGowan, PsyD

Service Options: Virtual, In Person

Practice: McGowan Psychological Services, PLLC

Address: 6120 Saint Giles St., Suite 240 Raleigh. NC 27612

Website: www.mcgowanpsych.com

Payment Methods: Aetna, United, & BCBS

Free or Low-Cost Assistance: Yes

Name: Shannon Perry-Smith, LCMHC, LCAS, NCC

Service Options: Virtual, In Person

Practice: Soulful Success Counseling

Email: soulfulsuccesscounseling@gmail.com

Website: www.soulfulsuccesscounseling.com

Payment Methods: United Healthcare, Blue Cross Blue Shield, Cigna, Aetna, and Medicaid

Free or Low-Cost Assistance: Yes

Name: Ryanne Peterson, LCMHC

Service Options: Virtual, In Person

Address: 555 S Mangum Street Ste 100 Durham NC 27701

Email: info@oiccounselingandwellness.com

Website: www.oiccounselingandwellness.com

Payment Methods: Self Pay

Free or Low-Cost Assistance: No

Name: Sequoia Pettigrew, LPCA

Service Options: Virtual

Practice: Petti Pathways Counseling PLLC

Email: pettipathways@gmail.com

Website: pettipathways.com

Payment Methods: Self Pay

Free or Low-Cost Assistance: Yes

Name: Tracey Poirrier Rodriguez, PsyD

Service Options: Virtual

Practice: Polaris counseling and consulting services PLLC

Email: polarisphccs@gmail.com

Payment Methods: Bcbs, Cigna, United, Optum, Tricare, champVA, and UMR

Free or Low-Cost Assistance: No





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Practice: Renewed Strength Counseling Services

Service Options: Virtual, In Person

Address: 7419 Knightdale Blvd, Suite 110 Knightdale, NC 27545

Email: info@renewed-strength.com

Website: www.renewed-strength.com

Payment Methods: Self-pay, Aetna, BCBS, Cigna, Medcost, Eni EAP, New Directions EAP, Wellspring EAP, Claremont EAP, Friday Health Plans, United Healthcare, UMR, and Tricare

Free or Low-Cost Assistance: Yes

Practice: Royal Phoenix Life Services

Service Options: Virtual, In Person

Address: 3948 Browning Pl Ste 203 Raleigh, NC 27609

Email: admin@royalphoenixls.com

Website: <https://royalphoenixls.com/>

Payment Methods: BCBS and Self Pay

Free or Low-Cost Assistance: Yes

Name: Vatarra Scott, LCSW

Service Options: Virtual, In Person

Practice: CRAFT Counseling & Consulting

Address: 1330 SE Maynard Rd Cary, NC 27511

Email: info@craftcounselingnc.com

Website: www.craftcounselingnc.com

Payment Methods: Aetna, BCBS, UnitedHealthCare, Optum, Cigna, Oscar, Oxford. Also offering self-pay options

Free or Low-Cost Assistance: Yes

Name: LaTonya Scriven Charles, LCSW

Service Options: Virtual

Practice: Bayou Mental Health Service

Address: Huntersville

Email: Latonya@bayoumentalhealth.com

Website: www.bayoumentalhealth.org

Payment Methods: BCBS of NC

Free or Low-Cost Assistance: Yes

Name: Tiana Sherrod, LCMHC

Service Options: Virtual

Practice: The Healing Corner PLLC

Email: thehealingcornernc@gmail.com

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

Payment Methods: Self Pay





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory

Name: Effua Sosoo, LP

Service Options: Virtual

Practice: Even Still, PLLC

Email: drsosoo@evenstillservices.com

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

Payment Methods: Aetna, BCBS, and Private Pay

Free or Low-Cost Assistance: No

Name: The Soul Collaborative Counseling

Service Options: Virtual

Email: thesococounseling@gmail.com

Website: www.thesococounseling.com

Payment Methods: Aetna, BCBS & Self-Pay

Free or Low-Cost Assistance: Yes

Name: Chantay Stanley, LCSWA

Service Options: Virtual

Email: chantay.stanley@harmony360counseling.com

Website: Harmony360counseling.com

Payment Methods: Self pay, BCBS, Aetna, Cigna, Anthem, United Healthcare, Oxford and Oscar Health

Free or Low-Cost Assistance: Yes

Name: Therapeutic Family Solutions, PLLC

Service Options: Virtual

Practice: Therapeutic Family Solutions, PLLC

Email: info@therapysolutionsrtp.com

Website: therapysolutionsrtp.com

Payment Methods: Cigna, BCBS, UHC, Medicaid

Free or Low-Cost Assistance: No

Name: Tyela Tyler, LCSW

Service Options: Virtual

Practice: Tranquility Teletherapy PLLC

Address: 7151 O'Kelly Chapel Rd. #181, Cary, NC 27519

Email: admin@tranquilityteletherapy.com

Website: www.tranquilityteletherapy.com

Payment Methods: Aetna, Blue Cross and Blue Shield of NC, Cigna/Evernorth, United Healthcare/Optum, self-pay, and reduced rate.

Free or Low-Cost Assistance: Yes

Name: Urban Healing Counseling, PLLC

Service Options: Virtual, In Person

Address: 8392 Six Forks Road, Suite 201 Raleigh, NC 27615

Email: Admin@urbanhealingcounseling.com

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

Payment Methods: BCBS, Cigna, and Atena

Free or Low-Cost Assistance: Yes





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Name: Anastasia Walker, DSW, LCSW
Practice: A Will to Thrive Counseling Services, PLLC
Email: scheduling@awtthrive.com
Website: www.awtthrive.com
Payment Methods: BCBS, Cigna, Aetna and private pay
Free or Low-Cost Assistance: No

Service Options: Virtual

Name: Jamaría Welch, LCSW
Practice: J.D. Welch Counseling, PLLC
Address: 8801 Fast Park Drive, STE.301, Raleigh, NC 27617
Email: jamaría.welch@jdwelchcounseling.com
Website: <https://jdwelchcounseling.com>
Payment Methods: AETNA, Blue Cross and Blue Shield, United Health Care, and Cigna
Free or Low-Cost Assistance: Yes

Service Options: Virtual, In Person

Name: Alexandria L. Westfall, LPA
Address: 2216 South Miami Blvd., Suite 107, Durham, NC 27703
Email: alexandrialwestfall@gmail.com
Website: alexandrialwestfallpsych.com
Payment Methods: Self-pay, Medicaid, BCBS, and Aetna
Free or Low-Cost Assistance: Yes

Service Options: Virtual, In Person

Name: Imani White, LCSWA
Email: imaniwhitemsw@gmail.com
Website: <https://www.psychologytoday.com/us/therapists/imani-white-raleigh-nc/966743>
Payment Methods: self pay and Blue Cross/ Anthem
Free or Low-Cost Assistance: Yes

Service Options: Virtual

Name: Monica Whitlock, LCMHC
Practice: Insight Awaken PLLC
Email: monicacaresforyourmind@gmail.com
Website: www.insightawaken.com/
Payment Methods: United HealthCare, Optum, Aetna, BCBS of NC, Anthem Blue Cross Blue Shield
Free or Low-Cost Assistance: Yes

Service Options: Virtual

Name: Breana Williams, LCMHC, NCC
Practice: Essential Grace Counseling, PLLC
Email: info@essentialgracecounseling.net
Website: www.essentialgracecounseling.net
Payment Methods: All major insurance carriers
Free or Low-Cost Assistance: Yes

Service Options: Virtual, In Person





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Name: Kimberly Williams, LCSW

Service Options: Virtual

Practice: Phase II Counseling and Consulting PLLC

Website: phase2counselingnc.com

Payment Methods: Self Pay, Optum, Aetna, and Cigna

Free or Low-Cost Assistance: Yes

Name: Tiffany Williamson, LCMHCA

Service Options: Virtual

Practice: Transformative Destiny PLLC

Email: Tiffany@TransformativeDestiny.com

Website: Transformativedestiny.com

Payment Methods: Self Pay

Free or Low-Cost Assistance: No

Name: Skye Wilson, LCMHC

Service Options: Virtual

Email: clearskydurham@gmail.com

Website: www.clearskydurham.com

Payment Methods: Self pay, Aetna, BCBS, Cigna, Optum, and United

Free or Low-Cost Assistance:

Name: Corinna Young, LCMHC

Service Options: Virtual

Email: huesofhealingtherapy@gmail.com

Website: huesofhealingtherapy.com

Payment Methods: Self-pay clients, Aetna, and BCBC

Free or Low-Cost Assistance: Yes





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory Additional Resources

Community Counseling, Education, & Research Center (CCERC)

Counseling center associated with NC State University that provides low-cost therapy services to individuals, couples, and families in the Raleigh, NC area. The center is staffed by graduate students in NC State's counseling program who are supervised by licensed mental health professionals. Therapy services are provided on a sliding scale based on income, with fees ranging from \$5 to \$40 per session, making therapy more affordable for people who might not be able to afford the full cost of therapy. CCERC also provides free counseling services to military veterans and their families.

Website: <https://sites.ced.ncsu.edu/ccerc/>

Crisis Text Line

This is a 24/7 service that provides free support for individuals in crisis via text message. You can text **HOME** to **741741** to connect with a trained crisis counselor.

Website: <https://www.crisistextline.org/>

LGBTQ Center of Durham

The LGBTQ Center of Durham is a non-profit organization that serves the lesbian, gay, bisexual, transgender, and queer (LGBTQ) community in Durham, North Carolina. The organization provides a variety of programs and services to support LGBTQ individuals and their families, including counseling and support groups, educational events, and social activities. The center is committed to promoting equality, understanding, and acceptance of the LGBTQ community in the Durham area through advocacy, outreach, and community engagement.

Website: <https://www.lgbtqcenterofdurham.org/program/project-fam/>





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory Additional Resources

The Loveland Foundation

A non-profit organization founded by writer and activist Rachel Cargle that provides financial assistance for Black women and girls to access therapy. The organization's therapy fund covers the cost of therapy sessions for Black women and girls across the United States, including individual therapy, group therapy, and online therapy. The Loveland Foundation partners with a network of licensed therapists who have experience working with Black women and girls to ensure that clients receive culturally responsive and affirming mental health care. Overall, the foundation aims to make mental health care more accessible to Black women and girls, who are often disproportionately affected by systemic barriers to mental health care.

Website: <https://thelovelandfoundation.org>

NAMI Wake County

NAMI Wake County is a nonprofit organization that provides education, support, and advocacy for individuals and families affected by mental illness. They offer free support groups and educational programs.

Website: <https://nami-wake.org>

National Suicide Prevention Lifeline

The Lifeline is a national network of local crisis centers that provides free and confidential support to individuals in suicidal crisis or emotional distress. You can reach them at **1-800-273-TALK (8255)**, and soon at the easy-to-remember number **988**.

Website: <https://suicidepreventionlifeline.org/>

North Carolina Hopeline

This is a statewide suicide prevention hotline that provides support, resources, and referrals for individuals in crisis. You can reach them at **1-877-235-HOPE (4673)**.

Website: <https://www.hopeline-nc.org/>





Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Mental Health Directory Additional Resources

Open Path

Open Path has a network of mental health professionals who have agreed to provide therapy sessions at a reduced rate to clients who are referred to them through the organization. Clients pay a one-time membership fee of \$60, which gives them access to the network of therapists and allows them to schedule therapy sessions at rates between \$30 and \$60 per session.

Website: <https://openpathcollective.org>



Alpha Kappa Alpha Sorority, Incorporated® Sigma Tau Omega Chapter, Cary, NC Clinical Acronyms

CCATP	Certified Clinical Anxiety Treatment Professional
CCTP	Certified Clinical Trauma Professional
CDBT	Certified in Dialectical Behavior Therapy
CPS	Certified Prevention Specialist
CRC	Certified Rehabilitation Counselor
CSW	Certified Social Worker
DSW	Doctor of Social Work
LCASA	Licensed Clinical Addiction Specialist Associate (Provisionally Licensed)
LCAS	Licensed Clinical Addiction Specialist
LCMHCA	Licensed Clinical Mental Health Counselor Associate (Provisionally Licensed)
LCMHC	Licensed Clinical Mental Health Counselor
LCMHCS	Licensed Clinical Mental Health Counselor Supervisor
LCSWA	Licensed Clinical Social Worker Associate (Provisionally Licensed)
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
LPA	Licensed Psychological Associate (Provisionally Licensed)
LPC	Licensed Professional Counselor
LPCS	Licensed Professional Counselor Supervisor
LP	Licensed Psychologist
NBCT	National Board-Certified Teacher
NCC	National Certified Counselor
PMH-C	Perinatal Mental Health Certification
PMHNPBC	Psychiatric Mental Health Nurse Practitioner Certification
PsyD	Doctor of Psychology
TTS	Tobacco Treatment Practice

My Safety Plan

Remember: Help is always available.

1. My warning signs are:

*These can be thoughts, feelings or behaviors that indicate you are at risk.

2. My effective coping strategies are:

*These are things you can do to help lift your mood, like meditation or exercise.

3. People I can reach out to for distraction:

Person 1:

Person 2:

Person 3:

4. People I can reach out to for help:

Person 1:

Person 2:

Person 3:

5. Steps I can take to make my environment safer:

Please List

- 1.
- 2.
- 3.
- 4.

6. In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:

