

Mental Health Therapists – Charlotte area

NAME	SPECIALTIES INCLUDE (but may not be limited to)	ADDITIONAL INFORMATION
JoAnn Abdo, LCSW, FSW, ACSW M	Chronic illness, Disability, Grief & loss, Pain, Stress, Life transitions, Anxiety, Depression	Location: 1118 Sam Newell Road, Suite D2, Matthews Telehealth: Yes Website: www.abdocounseling.com Phone: 980-404-2251
Valerie Balog, PhD, LCMHDS	Grief & loss, Anxiety, Self-image, Depression, Adjustment, Chronic illness, Caregiving, Crisis, Communication	Location: 6715-A Fairview Road, Charlotte Telehealth: Yes Website: www.frontiercslg.com Phone: 704-209-9268
Jenny Caldwell, MA, LMFT	Couples, Stress, Anxiety, Life transitions	Location: 7745 Ballantyne Commons Parkway, Suite 102, Charlotte Telehealth: Yes Website: www.achievebalancetherapy.com/therapists Phone: 704-995-0342
Lauren Deasy Blackshaw, LPCA, MA, NCC, LCMHCA	Individuals with cognitive impairment, Caregiving, Aging, Life transitions	Location: 1136 Sam Newell Road, Suite B1, Matthews Telehealth: Yes Website: www.charlottetherapycenter.com Phone: 704-900-2904
Leila Forbes, PhD	Chronic illness management, Insomnia, Depression, Anxiety, Grief, Adjustment	Location: 1515 Mockingbird Lane, Charlotte Telehealth: Yes Website: www.findyourbase.com/leila-forbes Phone: 980-243-4828
Deitra Harris, LCSW M	Chronic illness, Life transitions, Anxiety, Depression	Location: Charlotte Telehealth: Yes Website: Visit psychologytoday.com and search her name or click here Phone: 704-954-8538
Kim Latham Mosley, LCSW M	Older adults, Caregiving, Life transitions, Integrative health coaching, Grief & loss, Stress	Location: 423 Clarice Avenue, Charlotte Telehealth: Yes Website: Visit psychologytoday.com and search her name or click here Phone: 704-207-0774

Amanda Levine, LCSW	M	Older adults, Aging, Anxiety, Depression, Life Transitions	Location: 5007 Providence Road, Suite 105, Charlotte Telehealth: Yes Website: https://jfscharlotte.org/our-team/ Phone: 980-246-3305
Nicole Levine, LCSW, CSW-G	M	Older adults, Aging, Caregiving, Life Transitions, Couples	Location: Charlotte Telehealth: Yes Website: www.nextchaptercounselingnc.com Phone: 704-412-2125
Daniel Miles, MA, MDiv, LPCA		Anxiety, Depression, Grief & loss, Life transitions, Identity, Relationships, Couples,	Location: 5203 Sharon Road, Charlotte Telehealth: Yes Website: Read PsychologyToday profile and visit practice's website Phone: 704-586-9363
Macie Stewart, MS, LMFTA, NCC		Relationships, Couples, Chronic illness, Communication challenges	Location: Charlotte Telehealth: Yes Website: Visit psychologytoday.com and search her name or click here Phone: 704-486-5024
Erin Taylor, PhD		Chronic illness, Adjusting to illness, Anxiety, Depression	Location: 3303 Latrobe Drive, Charlotte Telehealth: Yes Website: www.eastoverpsych.com/erin-taylor Phone: 704-362-2663
Sara Thompson, LCSW		Aging, Chronic illness	Location: 6845 Fairview Road, Charlotte, NC Telehealth: Unknown Contact: 704-366-8500 ext 103, lesterthomp@carolina.rr.com
Terri Williams, LCSW, CSW-G, TF-CBT	M	Aging, Older adults adjusting to life changes, Caregiving	Location: 10130 Mallard Creek Road, Suite 300, Charlotte Note: In past (not sure if still offering in light of COVID-19) offered in-home therapy Telehealth: Yes Website: www.familyintimacy.com Phone: 980-365-5930

IMPORTANT NOTES

- The therapists included on this list as they have been recommended by patients, family care partners and/or colleagues. *Inclusion on this list does not constitute endorsement by Jessica Shurer, the UNC Movement Disorders Center, UNC, or any other entity other than the person(s) who had originally shared positive feedback regarding the therapist.*
- While we try to keep this list up to date, the availability, telehealth offering, contact information, etc. of the therapists are subject to change without our knowledge.
- We have noted when we are aware that a therapist is offering telehealth. This does not mean that those without this notation are not offering teletherapy, it just means that this information was not immediately available. Most therapists are offering teletherapy at this time. We are finding that a handful of therapists are providing in-person sessions and that how they do this (outside, with masks on in the therapy office, etc.) varies. We recommend that you inquire with them about their teletherapy VS in-person therapy offerings.

Considerations for exploring mental health therapists

We commend you on being open to seeking mental health therapy/counseling! Of course, therapy is not going to be right for everyone, but for many people it can be very beneficial to process feelings and experiences, as well as learn new coping skills, with an unbiased professional.

Tips

- It is very important to find a therapist who you trust, feel comfortable with and who will meet your psychological and emotional needs
- After reading through their profiles/websites to get a general idea about them, it can be helpful to contact at least 2 therapists for a consultation before choosing who you would like to work with. Many offer free, brief over the phone consultations. The idea is to...
 - Get an idea of their personalities and if you feel that you will have good chemistry with them
 - Ask about their experience working with what you are wanting to address
 - If you have a specific therapeutic or theoretical modality in mind (e.g., cognitive-behavioral therapy, acceptance & commitment therapy, art therapy, mindfulness), to inquire about what they practice

Fees and Insurance

- Additionally, it is important to discuss fees and insurance with the therapists or therapist agency prior to starting services.
- Fees and insurance coverage are different for every therapist.
 - Some are solely private pay while some take insurance.
 - For those who take insurance, what insurance plans they take greatly vary. They may or may not take your insurance. They may be in or out of network for your insurance.
 - Pretty much all therapists offer self-pay if insurance will not cover services. Fees are greatly varied (typically can range \$80-\$175 or more per hour).
 - For private pay, some therapists will offer sliding scale or negotiable fees.
 - Even if they do not take insurance or your insurance, therapists may provide statements for you to file a claim with your insurance.
- Services may be covered in full or in part by health insurance or employee benefit plan.
 - You can check your coverage first if you wish by calling your insurance provider and asking the following questions:
 - Do I have mental health insurance benefits?
 - What is my deductible and has it been met?
 - How many sessions per year does my health insurance cover, and how often?
 - What is the coverage amount per therapy session?
 - Is approval and/or a referral required from my primary care physician?
- Medicare (**M**) is indicated for therapists on this list as this is the most frequent question we receive. Please contact the therapist or look at their online profiles to confirm they still accept Medicare and/or other insurance plans they may take or fee schedules they may offer. It is possible that some of these therapists take Medicare but it is not noted here. If they do not take Medicare, they may still be able to assist you in filing a claim for reimbursement.