

Mental Health Therapists – Wake County

NAME	SPECIALTIES INCLUDE (but may not be limited to)	ADDITIONAL INFORMATION
Neil Barry, PhD M	Aging, Coping with physical illness, Grief & loss, Relationships, Stress	Location: 4201 Lake Boone Trail, Suite 201, Raleigh Website: www.hrc-pa.com/clinicians/ Phone: 919-785-0384
Scott Bass, MS, MDiv, LMFT	Depression, Anxiety, Grief & loss, Life transitions, Chronic illness, Caregiving	Location: 4601 Lake Boone Trail, Suite 3B, Raleigh Website: Visit psychologytoday.com and search his name or click here Phone: 919-587-8334
Kelley Baughman, MA, LPCA	Chronic illness, Grief & loss, Life transitions, Christian faith counseling if requested	Location: 3200 Wake Forest Road, Suite 204, Raleigh Website: https://rducounselingforchange.com/ Phone: 919-713-0260
Shery Clark, MA, NCC, LPCA	Coping with illness or chronic health issues, Loss, Caregiving	Location: 12740 Spruce Tree Way, #102, Raleigh Website: https://carolinacts.com/counselors.html Phone: 919-888-4531
Dakia Davis, LCSW	Coping with illness, Trauma from medical treatment and injury, Anxiety, Depression, Stress	Location: Raleigh Website: www.healingjourneync.com Phone: 1-888-308-4325
Kyle Flannelly, LCSWA	Older adulthood and aging, Anxiety, LGBTQ, Relationships and families	Location: 8512 Six Forks Road, Suite 101, Raleigh Website: www.trianglecounselingagency.org Phone: 919-277-0253
Christina Gannon, LCSW	Couples, Recent medical diagnosis	Location: 1330 Saint Mary's Street, Suite 340, Raleigh Website: aspiregroupnc.com/practitioners/christina-ganon Phone: 919-229-9834
Deborah Graves McFarland, PhD M	Women, Aging, Anxiety, Relationships	Location: 4201 Lake Boone Trail, Suite 201, Raleigh Website: www.hrc-pa.com/clinicians/ Phone: 919-785-0384
Gary Grubb, LCSW, MD, MPH	Coping with illness or chronic health issues, Anxiety and depression associated with medical problems, Grief, Caregiving	Location: 3717 National Dr, Suite 203, Raleigh Website: www.medicalproblemcounseling.com Phone: 919-641-3751
Heather Ingram, MS, LCMCHA, CRC	Life transitions, Adjustment to disability or chronic illness, Stress management, Anxiety and depression	Location: 1000 Darrington Drive, Suite 204, Cary Website: Visit psychologytoday.com and search her name or click here Phone: 919-343-5649

Myshalae Jamerson-Euring, PhD, CRC, LCMHCA	Caregiving, Grief & loss, Life transitions, Anxiety, Depression	Location: 6604 Six Forks Road, Suite 101, Raleigh Website: www.cornerstonecounselingnc.net/myshalae-jamerson-euring Phone: 984-235-2545
Shanta Johnson, LCSW M	Older adults, Caregiving, Isolation, Anxiety, Depression, Grief & loss	Location: 8410 Six Forks Road, Suite 203, Raleigh Website: reflectivecounsel.com Phone: 910-830-0704
Rebecca Knowles Floyd, MEd, LPC	Living with chronic medical condition, Life transitions, Grief & Loss	Location: 300 West Earp Street, Holly Springs Website: www.hollyspringscounselingcenter.com/rebecca-floyd Phone: 919-892-3200
Marty Lamb, LCSW	Aging, Disabilities, Hoarding, Aging in place and moving to long-term care facilities	Location: 871 Washington Street, Raleigh Phone: 919-819-4084
Sarina Manifold, LCSW	Caregiving for someone with chronic or terminal illness, Anticipatory grief, Bereavement, Loss and life transitions (job, health status, relationship, identity)	Location: Fuquay-Varina Website: www.authentichealingcounseling.com Phone: 919-612-1991
Kaity Miller, LCSWA	Chronic or terminal illness, Caregiving, Grief & loss, Life transitions, Self-esteem, Anxiety, Depression	Location: 8512 Six Forks Road, Suite 101, Raleigh Website: www.trianglecounselingagency.org Phone: 919-277-0253
Mind Path Care Centers M	Many therapists with a variety of specializations – see website	Location: Raleigh, Wake Forest and multiple offices across the Triangle Website: www.mindpathcare.com
Renee Pugh, LCSW	Life transitions (e.g., retirement, empty nest), Aging, Illness, Loss or illness of a spouse, Self-esteem	Location: 4904 Waters Edge Drive, Suite 153, Raleigh Website: https://foundationsft.com/therapists-in-raleigh/ Phone: 919-285-4802
Jenna Renfroe, PhD, ABPP M	Parkinson's, Atypical Parkinsonism diagnoses, Brain injury, Mild cognitive impairment, Coping with chronic illness, Caregiving, Anxiety, Stress, Life changes, CBT, ACT, Neuropsychological testing	Location: Anywhere! Telehealth only Website: www.tailoredbrainhealth.com Phone: 336-452-1800
Kenny Shore, LCSW M	CBT for anxiety and depression, Grief & loss, Major life changes	Location: 140 Iowa Lane, Suite 204, Cary Website: www.mindpathcare.com/staff/kenny-shore-lcsw/ Phone: 919-354-0855

Silver Linings Counseling	M	Aging, Dementia, Caregiving Many therapists with a variety of specializations – see website	Location: Based out of Cary, but can provide therapy in-person in your home Website: https://silverliningsnc.com/ Phone: 919-948-7718
Jennifer Sutton, Med, NCC, LPCA		Chronic illness, New diagnosis, Coping skills, Chronic pain, Grief & loss	Location: 1013 Bullard Court, Suite 102, Raleigh Website: https://chronichopecounseling.com Phone: 984-205-9321
Mark Stein, PhD	M	Depression/Anxiety, Marital issues, Life adjustments, Serious illness, Grief & loss, Retirement	Location: 2000 Regency Parkway, Suite 204, Cary Website: www.drmarkstein.com Phone: 919-406-7265
Stephanie Turner, MA, LPC, CTP		Life & emotional adjustments related to a medical diagnosis or surgery	Location: 1405 Hillsborough Street, Suite 103 Raleigh Website: Visit psychologytoday.com and search her name or click here Phone: 919-726-3423

IMPORTANT NOTES

- The therapists included on this list as they have been recommended by patients, family care partners, and, occasionally, colleagues. *Inclusion on this list does not constitute endorsement by Jessica Shurer, the UNC Movement Disorders Center, UNC Chapel Hill, or any other organization/person/entity other than the person(s) who had originally shared positive feedback regarding the therapist.*
- If you would like additional therapist options, speak with your doctor or clinical social worker. It can also be helpful to do an internet search on mental health therapy centers in your area and then read the profiles/specializations of the individual therapists to see if one resonates with you. www.psychologytoday.com is a helpful resource for searching for therapists, where you can narrow it down by location, specializations, age and insurance.
- While we try to keep this list up to date, the availability, contact information, insurance, etc. of the therapists are subject to change without our knowledge.
- Most therapists are continuing to offer teletherapy. Some 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 based on what you are looking for.

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.