

Mental Health Therapists in the Alamance Area

***NOTES:** The therapists below are included in this list as they have been recommended by patients, family carepartners and/or colleagues. Inclusion on this list does *not* constitute endorsement by the UNC Movement Disorders Center. In addition, while we try to keep this list up to date, the availability and contact information of the below therapists are subject to change without our knowledge.

Therapist: Sarah Moore, LCSW

- Specializes in:** Chronic pain, Health issues, Depression/Anxiety, Stress, Self-esteem, Relationship issues, Grief/Loss
- Insurance info:** Takes Medicare
- Location:** 301 N. Second Street, Mebane
- Phone:** (919) 451-0036
- Website:** www.mebanecounseling.com

Therapist: Shannon Smith, LCSW

- Specializes in:** Depression/Anxiety, Health issues, Trauma, Grief/Loss
- Insurance info:** Takes Medicare and Medicaid
- Location:** 301 N. Second Street, Mebane
- Phone:** (919) 672-7671
- Website:** www.mebanecounseling.com

Therapist: Jeanine Driscoll, PhD

- Specializes in:** Health issues, spirituality, coping skills, mood, grief/loss, relationship issues
- Insurance info:** Does not take Medicare, but can help you submit reimbursement form to Medicare. Charges \$125-145/hour.
- Location:** 105 East Center Street, Suite B-10, Mebane
- Phone:** (919) 648-1940
- Website:** Google her name and "Psychology Today"

Therapist: Bob Stogner, LCSW

- Specializes in:** Meaning-making, Anxiety, Anger, Depression, Chronic Health Issues, Aging, Spiritual Concerns, Christian Spiritual Formation
- Location:** 142 S Lexington Ave, Burlington
- Phone:** (336) 227-5476
- Website:** www.carenetalamance.org

Approx. 20-30 minute drive...

Therapist: DJ Pappas, Med, NCC, LPC

- Specializes in:** Chronic Illness, Aging, Disability, Caregiving, Meaning-making
- Insurance info:** Does not take insurance. \$50-75 fee per session (NOTE: most therapists cost \$90-150 out-of-pocket) but will discuss this with you during the consultation and may be able to work with you accordingly
- Location:** 109-B Millstone Drive, Hillsborough
- Phone:** (919) 643-2273
- Website:** www.asteptohealth.com

Some things to consider when finding a mental health therapist:

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 thoughts, feelings, and challenging situations, as well as learn new coping skills, with an unbiased professional.

Finding the right therapist for you

- It is important to find a therapist who you trust, feel comfortable with and who will meet your psychological/emotional needs
- It can be good to contact at least 2 therapists for a consultation before choosing who you would like to work with (some will even do free, brief over the phone consultations), in order 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 the specific issue(s) you wish to address
 - Inquire about their therapeutic and theoretical modalities (e.g., cognitive-behavioral therapy, psychodynamic, art therapy, mindfulness/meditation, hypnosis) to find what will work best for you and the issue(s) you want to address
 - The potential out of pocket cost of their services (see below)

Fees and Insurance

- 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 vary. They may or may not take your insurance.
 - Pretty much all therapists offer self-pay if insurance won't cover services, and their fees are greatly varied (can generally range \$50-150/hour depending on the therapy and area of the state)
 - For private pay, some therapists will offer sliding scale or negotiable fees
 - Even if they do not take insurance, often therapists can give you statements to give your insurance if you wish to file a claim on your own
- 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 required from my primary care physician?