

## Mental Health Therapists – Charlotte area

NAME	SPECIALTIES INCLUDE (but may not be limited to)	ADDITIONAL INFORMATION
<b>JoAnn Abdo, LCSW, FSW, ACSW</b>	M Chronic illness, Disability, Grief & loss, Pain, Stress, Life transitions, Anxiety, Depression	<b>Location:</b> 1118 Sam Newell Road, Suite D2, Matthews <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://www.abdocounseling.com">www.abdocounseling.com</a> <b>Phone:</b> 980-404-2251
<b>Lauren Deasy Blackshaw, LPCA, MA, NCC, LCMHCA</b>	Individuals with cognitive impairment, Caregiving, Aging, Life transitions	<b>Location:</b> 1136 Sam Newell Road, Suite B1, Matthews <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://www.charlottetherapycenter.com">www.charlottetherapycenter.com</a> <b>Phone:</b> 704-900-2904
<b>Leila Forbes, PhD</b>	Chronic illness management, Insomnia, Depression, Anxiety, Grief, Adjustment,	<b>Location:</b> 1515 Mockingbird Lane, Charlotte <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://www.findyourbase.com/leila-forbes">www.findyourbase.com/leila-forbes</a> <b>Phone:</b> 980-243-4828
<b>Dietra Harris, LCSW</b>	M Chronic illness, Life transitions, Anxiety, Depression	<b>Location:</b> Charlotte <b>Telehealth:</b> Yes <b>Website:</b> Visit psychologytoday.com and search her name or <a href="#">click here</a> <b>Phone:</b> 704-954-8538
<b>Kim Lathem Mosley, LCSW</b>	M Older adults, Caregiving, Life transitions, Integrative health coaching, Grief & loss, Stress	<b>Location:</b> 423 Clarice Avenue, Charlotte <b>Telehealth:</b> Yes <b>Website:</b> Visit psychologytoday.com and search her name or <a href="#">click here</a> <b>Phone:</b> 704-207-0774
<b>Amanda Levine, LCSW</b>	M Older adults, Aging, Anxiety, Depression, Life Transitions	<b>Location:</b> 5007 Providence Road, Suite 105, Charlotte <b>Telehealth:</b> Yes <b>Website:</b> <a href="https://jfscharlotte.org/our-team/">https://jfscharlotte.org/our-team/</a> <b>Phone:</b> 980-246-3305
<b>Nicole Levine, LCSW, CSW-G</b>	M Older adults, Aging, Caregiving, Life Transitions	<b>Location:</b> Charlotte <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://www.nextchaptercounselingnc.com">www.nextchaptercounselingnc.com</a> <b>Phone:</b> 704-412-2125

<b>Jan Newman, JD, PhD</b>	Chronic illness or loss of health, Disability or loss of mobility, Serious illness of a loved one, Grief & loss, Loss of a job, Stress & burnout, Anxiety, Depression	<b>Location:</b> 6809 Fairview Road, Charlotte <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://drjannewman.com">drjannewman.com</a> <b>Phone:</b> 704-444-0087
<b>Erin Taylor, PhD</b>	Chronic illness, Adjusting to illness, Anxiety, Depression	<b>Location:</b> 3303 Latrobe Drive, Charlotte <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://www.eastoverpsych.com/erin-taylor">www.eastoverpsych.com/erin-taylor</a> <b>Phone:</b> 704-362-2663
<b>Sara Thompson, LCSW</b>	Aging, Chronic illness	<b>Location:</b> 6845 Fairview Road, Charlotte, NC <b>Telehealth:</b> Unknown <b>Contact:</b> 704-366-8500 ext 103, <a href="mailto:lesterthomp@carolina.rr.com">lesterthomp@carolina.rr.com</a>
<b>Terri Williams, LCSW, CSW-G, TF-CBT</b> M	Aging, Older adults adjusting to life changes, Caregiving	<b>Location:</b> 10130 Mallard Creek Road, Suite 300, Charlotte <b>Note:</b> In past (not sure if still offering in light of COVID-19) offered in-home therapy <b>Telehealth:</b> Yes <b>Website:</b> <a href="http://www.familyintimacy.com">www.familyintimacy.com</a> <b>Phone:</b> 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
- It can be helpful 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. 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.