

## Mental Health Therapists – Greensboro

NAME	SPECIALTIES INCLUDE (but may not be limited to)	ADDITIONAL INFORMATION
Julie Albert, LCSW <span style="float: right;">M</span>	Life Transitions, Grief & Loss, Anxiety, Depression	<b>Location:</b> 3510 Kirby Drive, Greensboro <b>Website:</b> Visit psychologytoday.com and search her name or <a href="#">click here</a> <b>Phone:</b> 336-221-3139
Sharon Burkitt, LPC	Caregiver stress, Women, Self-Esteem, Depression	<b>Location:</b> 310 South Elm Street, Suite 201, Greensboro <b>Website:</b> <a href="http://www.sharonburkitt-lpc.com">www.sharonburkitt-lpc.com</a> <b>Phone:</b> 336-601-8146
Jamie Crockett, PhD, LCMHCA, NCC	Health concerns, End of life, Life stressors and major changes, Grief & Loss, Identity, Anxiety, Depression	<b>Location:</b> 5587 D Garden Village Way, Greensboro <b>Website:</b> <a href="http://www.triadcounseling.net">www.triadcounseling.net</a> <b>Phone:</b> 336-882-2812
Lynda Green, LCSW <span style="float: right;">M</span>	Aging, Depression, Anxiety, Stress	<b>Location:</b> Greensboro <b>Phone:</b> Visit psychologytoday.com and search her name or <a href="#">click here</a> <b>Website:</b> 336-802-2205
Jenna Renfro, PhD, ABPP <span style="float: right;">M</span>	Parkinson's, Atypical Parkinsonism diagnoses, Brain injury, Mild cognitive impairment, Coping with chronic illness, Caregiving, Anxiety, Stress, Life changes, CBT, ACT, Neuropsychological testing	<b>Location:</b> Greensboro-based but telehealth only <b>Website:</b> <a href="http://www.tailoredbrainhealth.com">www.tailoredbrainhealth.com</a> <b>Phone:</b> 336-452-1800
Marty Rosser, LCSW, LMFT	Parkinson's, Dementia, Chronic illness, Stress, Anxiety, Depression, Relationships	<b>Location:</b> 629 Green Valley Road, Suite 202, Greensboro <b>Website:</b> Visit psychologytoday.com and search her name or <a href="#">click here</a> <b>Phone:</b> 336-502-2764
Silver Linings Counseling <span style="float: right;">M</span>	Older adult, Health concerns, End of life, Grief & loss, Caregiving, Anxiety, Depression	<b>Location:</b> <i>Serves in the home – Forsyth and Guilford Counties</i> <b>Phone:</b> (919) 948-7718 <b>Website:</b> <a href="http://www.silverliningsnc.com">www.silverliningsnc.com</a>
Jessica Thomas, MSW, LCSW <span style="float: right;">M</span>	Chronic disease, Neurological diagnoses	<b>Location:</b> LeBauer Behavioral Medicine – two locations 1636 NC-66, Suite 210, Kernersville 606 B Walter Reed Drive, Greensboro <b>Phone:</b> Kernersville 336-992-5100, Greensboro 336-547-1574 <b>Website:</b> <a href="http://www.conehealthmedicalgroup.com/chmg/find-a-provider/profile/jessica-thomas/">www.conehealthmedicalgroup.com/chmg/find-a-provider/profile/jessica-thomas/</a>
Shelvey Wallace, LCSW, LCAS <span style="float: right;">M</span>	Chronic health illness, Older adults, Caregiving, Grief & loss, Cognitive decline	<b>Location:</b> 230 Webster Road, Greensboro <b>Phone:</b> (919) 948-7718 <b>Website:</b> <a href="http://www.silverliningsnc.com">www.silverliningsnc.com</a>

### **\*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 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](http://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.