

Mental Health Therapists in the Triangle Area

***NOTE:** The therapists below are included in this list as they have been recommended by clients/patients, family caregivers/partners and/or colleagues. Inclusion on this list does *not* constitute endorsement by either the UNC Movement Disorders Clinic or the Duke Family Support Program. In addition, the availability and contact information of the below therapists is subject to change without our knowledge.

Location in Triangle <i>(alphabetical order)</i>	Therapist	Areas of Focus/Expertise	Contact Information & Address
Apex	Vinay Saranga, MD and Rashmi Saranga, MD	Geriatric & Adult Psychiatry (meds mgmt): Dementia, Anxiety, Depression	Location: 1021 W. Williams St., Suite 104 Phone: (919) 695-5194 Website: www.sarangacomprehensivepsychiatry.com
Carrboro	Bree Kalb, LCSW	Individual Therapy: Life Transitions, Coping with Chronic Illness, Relationships, Grief, Mood	Location: 301 W Weaver St. Phone: (919) 932-6262 Ext. 216 Website: www.thewellnessalliance.com
Carrboro	Ally Kane, LCSW	Individual Therapy: Coping Skills, Mood, Dementia, Caregiving, Veterans, Stress, Transitions, Aging	Location: 605 West Main St., Suite 206 Phone: (919) 585-4297 Website: Google her name and "Psychology Today" to view her profile
Cary	Mark Stein, PhD	Individual & Couples Therapy: Depression, Anxiety, Marital Issues, Life Adjustments, Serious Illness, Loss, Retirement	Location: 2000 Regency Parkway, Suite 204 Phone: (919) 406-7265 Website: www.drmarkstein.com
<i>Cary (but serves in the home across Triangle)</i>	Silver Linings Senior Counseling	Individual, Couples, & Family Therapy: Aging, Caregiving, Chronic Illness, Anxiety & Depression, Loss & Grief, Cognition	Location: 1220 SE Maynard Rd, Suite 202, Cary <i>and can also come to the home across the Triangle!</i> Phone: (919) 272-6220 Website: www.silverliningsnc.com
Chapel Hill	Laura Brightwood, LCSW, M-Div	Individual, Couples, & Family Therapy: Mood, Stress, Chronic Illness, Loss & Grief, Caregiving	Location: 1829 E Franklin Street, Suite 200A Phone: (919) 666-2083 Website: www.laurabrightwoodlcsw.com
Chapel Hill	Jennie Byrne, MD, PhD	Geriatric & Adult Psychiatry (meds mgmt) and Individual Therapy: Dementia, Chronic Illness, Anxiety, Depression, Aging	Location: 1340 Environ Way, Suite 1340 Phone: (919) 636-5240 Website: www.cognitivepsychiatry.com

Document created by Jessica Shurer, MSW, from the UNC Movement Disorders Center (contact at 919-843-1657, jshurer@neurology.unc.edu) and by Bobbi Matchar, MSW, from the Duke Family Support Program (contact at 919-660-7510, bobbi.matchar@duke.edu). Please contact with any questions!

Chapel Hill	Nancy Crute, LCSW	Individuals & Couples Therapy: Coping, Depression, Anxiety, Loss/Grief, Self-Esteem, Caregiving, Dementia, Chronic Illness	Location: 307 N. Columbia St. Phone: (919) 794-6643 Website: Google her name and “Psychology Today” to view her profile
Chapel Hill	Nancy Durham, LCSW	Individual & Family Therapy: Coping, Stress, Life Transitions	Location: 307 N. Columbia St. Phone: (919) 619-0811 Website: www.nancydurham.com
Chapel Hill	Brenda Ginsberg, LCSW	Individual Therapy: Coping Skills, Life Transitions, Anxiety, Depression	Location: 201 Providence Road Phone: (919) 745-8434 Website: Google her name and “Psychology Today” to view her profile
Chapel Hill	Kimberly Jeffs, LPC	Individual and Couples Therapy: Chronic Illness, Caregiving, Grief/Loss, Anxiety	Location: 1829 E. Franklin Street, Suite 800-A Phone: (919) 323-2071 Website: www.nccenterforresiliency.com
Chapel Hill	Jeanne Lemkau, PhD, LCC	Individuals & Couples Therapy: Life Transitions, Relationships, Aging, Loss/Grief, Chronic Illness	Location: 2403 Shallowford Lane Phone: (919) 729-5309 Website: www.jeannelemkau.com
Chapel Hill	Cara O’Connell-Edwards, PhD, PLLC	Individual, Couples & Family Therapy: Chronic Illness, Women’s Issues, Depression & Anxiety, Grief, Relationships	Location: off of Mann’s Chapel Road (north Chatham co.) Phone: (919) 699-2077 Website: www.coepsychology.com
Chapel Hill	Andrea Shaw, PhD, MCC, MFT	Individual, Couples & Family Therapy: Chronic Illness, Depression, Anxiety, Loss/Grief, Relationships	Location: 119 Hunters Ridge Road Phone: (919) 234-5130 Website: www.andreashawcoaching.com
Chapel Hill	Nancy Smith, MSN, APRN, BC	Psychiatric Nursing (meds mgmt) and Individual, Couples & Family Therapy: Chronic Illness, Relationships, Anxiety, Depression, Dementia	Location: 1117 Fordham Blvd, Suite 202-4 Phone: (919) 695-9064 Website: Google her name and “Psychology Today” to view her profile
Chapel Hill	Paula Sumner, MSN, FNP-BC	Psychiatric Nursing (meds mgmt) and Individual Therapy: Grief/loss, Surgery, Anxiety, Depression, Spirituality	Location: 401 Providence Rd, Ste. 100 Phone: (919) 929-1375 Website: www.carolinapartners.com/staff/sumner.php

Chapel Hill	Stella Waugh, LCSW	Individual, Couples & Family Therapy: Relationships, Chronic illness, Depression, Anxiety	Location: 800 Eastowne Drive, Suite 106 Phone: (919) 490-4434 Website: www.groupforpsychotherapy.com
Durham	Sarah Dawson, LCSW	Individual, Couples & Family Therapy: Chronic Health, Mood, Family Strain	Location: 817 Broad St, Durham Phone: (984) 377-2790 Website: www.carolinapartners.com/staff/dawson.php
Durham	Jeanine Driscoll, PhD	Individual & Couples Therapy: Health Issues, End-of-Life Counseling, Relationship Issues, Coping Skills, Spirituality	Location: 3713 University Drive, Suite A Phone: (919) 448-6202 Website: www.drjeaninedriscoll.com
Durham	Nyra Hill, LCSW	Individual & Couples Therapy: Stress, Life Transitions, Relationships, Self-Esteem	Location: 115 North Duke St., Suite 1-B Phone: (919) 286-3453 ext. 107 Website: www.mainstreetclinical.com
Durham	Jonas Horwitz, PhD	Individual & Couples Therapy: Mood, Stress, Chronic Illness, Loss/Grief, Relationships	Location: 3721 University Drive, Suite C Phone: (919) 401-6171 Website: www.jonashorowitz.com
Durham	Lakshmi Kamaraju, M.D.	Adult Psychiatry (meds mgmt) and Individual Therapy: Depression, Anxiety	Location: 115 North Duke Street, Suite 1-B Phone: (919) 286-3453 ext. 112 Website: www.mainstreetclinical.com
Durham	Martha Lewis, PhD	Individual, Couples & Family Therapy: Adjustment to Change, Aging, Illness, Loss/Grief	Location: 1415 W. NC Hwy 54, Ste. 207, Hamilton Centre Building 200 Phone: (919) 401-2933 Website: www.carolinapartners.com/staff/lewis.php
Durham	Diane Meglin, LCSW	Individual, Couples & Family Therapy: Anxiety, Depression, Stress, Self-Esteem, Transitions, Relationships	Location: 400 Crutchfield St, Suite C Phone: (919) 949-9700
Durham	Karen Morgan, LCSW	Individual & Couples Therapy: Aging, Relationships, Mood	Location: 1415 W. NC Hwy 54, Ste. 207, Hamilton Centre Building 200 Phone: (919) 401-2933 Website: www.carolinapartners.com/staff/morgan.php
Durham	Susan Moss, PhD	Individual & Couples Therapy: Stress, LGBTQ, Life Transitions, Relationships, Aging, Mood	Location: 115 North Duke Street, Suite 1-B Phone: (919) 286-3453 ext. 119 Website: www.mainstreetclinical.com

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Durham	Laura Porter, PhD	Individual & Couples Therapy: Chronic Medical Conditions, Coping, Relationship and/or Sexual Difficulties, Caregiving, Treatment Adherence	Location: 2200 W Main St, Suite 340 Phone: (919) 416-3439
Durham	Jennifer Schwartz, LCSW	Individual, Couples, & Family Therapy: Aging, Dementia, Mood, Transitions	Location: Jewish Family Services, 1937 W Cornwallis Rd Phone: (919)354-4923 Website: www.shalomdch.org
Durham	Rob Womack, M.Div, LPC	Individual & Couples Therapy: Spirituality, Dementia, Caregiving, End of Life, Aging	Location: 1200 Broad St, Suite 103 Phone: (919) 682-6549 Website: www.robwomackcounseling.com
Hillsborough	DJ Pappas, MeD, NCC, LPC	Individual, Couples, & Family Therapy: Chronic Illness, Coping with a New Diagnosis, Medical Trauma, Loss/Grief, Aging, Caregiving	Location: 109-B Millstone Drive Phone: (919) 344-0656 Website: www.asteptohealth.com
Hillsborough	Libba Carpenter Wells, MSN, PMHCNS, BC	Psychiatric Nursing (meds mgmt) and Individual & Couples Therapy: Grief/Loss, Relationships, Life Transitions	Location: 5024 Boulder Run Road Phone: (919) 429-7030 Website: Google her name and “Psychology Today” to view her profile
Raleigh	Ellen Condelli, LCSW	Individual & Couples Therapy: Relationships, Aging, Long-term Care Advocacy, Chronic Illness	Location: 146 Wind Chime Court Phone: (919) 539-7551 Website: hwww.integratedhealthcarellc.com
Raleigh	Julie Hovrad, LCSW	Individual, Couples & Family Therapy: Life Transitions, Health Difficulties, Mood, Relationships, Stress	Location: 4010 Barrett Drive, Suite 201 Phone: (919) 810-0858. Website: www.juliehovrud.com
Raleigh	Rhonda Stahl, MD	Geriatric & Adult Psychiatry (meds mgmt) – Depression, Anxiety, Dementia	Location: 3900 Browning Place, Suite 201 Phone: (919) 787-7125 Website: www.raleighpsych.net
Raleigh	Melanie Tew, MD	Geriatric Psychiatry (meds mgmt) & Individual Therapy: Depression, Anxiety, Dementia	Location: 1500 Sunday Drive, Suite 200 Phone: (919) 322-2413 Website: www.wakepsychiatry.com
Raleigh	Sandeep Vaishnavi, MD	Neuropsychiatry: Mood, Behavior, Memory and Cognition, Neurological Disorders	Location: 1011 Dresser Court, Bldg 3 Phone: (919) 792-3940 Website: www.carolinapartners.com/staff/vaishnavi.php

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Some things to consider when finding a mental health therapist:

We commend you on being open to seeking mental health therapy/counseling! Unfortunately there is a lot of stigma around this in our society – but, participating in therapy does not mean that you are “crazy” or “weak.” Of course therapy is not going to be right for everyone, but for a majority of us, it can be very beneficial to process our thoughts and feelings, and learn new ways of coping, 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 a ~2-4 therapists in your area for an over-the-phone consultation before choosing who you would like to work with
 - 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
 - Ask about their therapeutic and theoretical modalities (e.g., cognitive-behavioral therapy, dialectical-behavioral therapy, psychodynamic, art therapy, mindfulness/meditation, hypnosis) to find what will work for you and the issue(s) you want to address
 - How they charge for and cover their services (see below)

Fees and Insurance

- It is important to discuss fees and insurance with the therapists over the phone prior to starting services!
- Fees and insurance coverage are different for every therapist
 - Some are solely private pay while some take insurance
 - With insurance, what and how many they take will vary (BCBS, Medicare, Medicaid, Tricare, United, etc.)
 - Pretty much all therapists offer self-pay if insurance won't cover services, and their fees are greatly varied (can range \$50-150/hour)
 - For private pay, some will offer sliding scale or negotiable fees
 - Even if they do not take insurance, some 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 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?
 - What is the coverage amount per therapy session?
 - Is approval required from my primary care physician?