

## Mental Health Therapists in the Triangle Area

**\*NOTES:** The therapists below are included in this list as they have been recommended by patients, family care partners 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.

### *All areas of the Triangle (because serves in the home)*

| Therapist  | Areas of Focus/Expertise  | Contact Information & Address  |
|--|---|--|
| Agency: Silver Linings Senior Counseling<br><i>(They have a number of therapists and will match you – see list on website)</i> | Aging, Caregiving, Chronic Illness, Depression/Anxiety, Loss/Grief, Cognition | <b>Location:</b> 1220 SE Maynard Road, Suite 202, Cary <i>(but again, they can also come to the home across the Triangle!)</i><br><b>Phone:</b> (919) 272-6220<br><b>Website:</b> <a href="http://www.silverliningsnc.com">www.silverliningsnc.com</a> |

### *Durham County*

| Therapist              | Areas of Focus/Expertise   | Contact Information & Address  |
|------------------------|--|--|
| Shira Bar-On, LCSW     | Aging, Dementia, Depression/Anxiety, Transitions                       | <b>Location:</b> Jewish Family Services, 1937 W Cornwallis Rd, Durham<br><b>Phone:</b> (919) 354-4923<br><b>Website:</b> <a href="http://www.shalomdch.org">www.shalomdch.org</a>                |
| Sarah Dawson, LCSW     | Depression/Anxiety, Caregiving, Compassion fatigue, Medical issues     | <b>Location:</b> 817 Broad Street, Durham<br><b>Phone:</b> (984) 377-2790<br><b>Website:</b> <a href="http://www.sarahdawsonlcsw.com">www.sarahdawsonlcsw.com</a>                                |
| Edna Goldstaub, LCSW   | Relationships, Stress management, Illness, Life transitions            | <b>Location:</b> 1320 Broad Street, Durham<br><b>Phone:</b> (919) 323-6012<br><b>Website:</b> <a href="http://www.ednagoldstaub.com">www.ednagoldstaub.com</a>                                   |
| Nyra Hill, LCSW        | Stress, Life transitions, Relationships, Self-esteem                   | <b>Location:</b> 115 North Duke Street, Suite 1-B, Durham<br><b>Phone:</b> (919) 286-3453 ext. 107<br><b>Website:</b> <a href="http://www.mainstreetclinical.com">www.mainstreetclinical.com</a> |
| Jonas Horwitz, PhD     | Depression/Anxiety, Stress, Chronic illness, Loss/Grief, Relationships | <b>Location:</b> 3721 University Drive, Suite C, Durham<br><b>Phone:</b> (919) 401-6171<br><b>Website:</b> <a href="http://www.jonashorwitz.com">www.jonashorwitz.com</a>                        |
| Lakshmi Kamaraju, M.D. | Psychiatric meds. management, Depression/Anxiety                       | <b>Location:</b> 115 North Duke Street, Suite 1-B, Durham<br><b>Phone:</b> (919) 286-3453 ext. 112<br><b>Website:</b> <a href="http://www.mainstreetclinical.com">www.mainstreetclinical.com</a> |

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| Rosalind Lin, MD        | Psychiatric meds. management,<br>Depression/Anxiety, Women's issues  | <b>Location:</b> 6208 Fayetteville Road, Suite 106, Durham<br><b>Phone:</b> (919) 317-1449, ext. 208<br><b>Website:</b> <a href="http://www.linpsych.com">www.linpsych.com</a>   |
| Diane Meglin, LCSW      | Depression/Anxiety, Stress, Self-esteem,<br>Transitions, Relationships, LGBTQ  | <b>Location:</b> 400 Crutchfield Street, Suite C, Durham<br><b>Phone:</b> (919) 949-9700   |
| Susan Moss, PhD         | Stress management, Life transitions,<br>Relationships, Aging, Depression/Anxiety   | <b>Location:</b> 115 North Duke Street, Suite 1-B, Durham<br><b>Phone:</b> (919) 286-3453 ext. 119<br><b>Website:</b> <a href="http://www.mainstreetclinical.com">www.mainstreetclinical.com</a>   |
| Laura Porter, PhD       | Chronic medical conditions, coping,<br>Relationship and/or sexual difficulties,<br>Caregiving, Treatment adherence           | <b>Location:</b> 2200 W Main Street, Suite 340, Durham<br><b>Phone:</b> (919) 416-3439<br><b>Website:</b> <a href="http://www.dukehealth.org/find-doctors-physicians/laura-s-porter-phd">www.dukehealth.org/find-doctors-physicians/laura-s-porter-phd</a> |
| Brittany Thompson, LCSW | Physical Disability, Chronic illness,<br>Neurological diagnoses,<br>Depression/Anxiety, Emotional expression<br>& regulation | <b>Location:</b> 3326 Durham-Chapel Hill Blvd, B-130, Durham<br><b>Phone:</b> (919) 701-2969<br><b>Website:</b> <a href="http://www.brittany-thompson.com">www.brittany-thompson.com</a>   |
| Rob Womack, M.Div, LPC  | Spirituality, Dementia, Caregiving, End of<br>life, Aging  | <b>Location:</b> 1200 Broad St, Suite 103, Durham<br><b>Phone:</b> (919) 682-6549<br><b>Website:</b> <a href="http://www.robwomackcounseling.com">www.robwomackcounseling.com</a>  |

### ***Orange County and Pittsboro***

| <b>Therapist</b>              | <b>Areas of Focus/Expertise</b>   | <b>Contact Information &amp; Address</b>   |
|-------------------------------|---|--|
| Libba Adams, LCSW             | Caregiving, Loss/Grief, Depression/Anxiety,<br>Trauma                                 | <b>Location:</b> 68 Fayetteville Street, Pittsboro<br><b>Phone:</b> (919) 648-0235<br><b>Website:</b> Google her name and "Psychology Today"   |
| Lisa Baron, PhD, LCSW         | Self-esteem, Relationships,<br>Depression/Anxiety, Medical issues,<br>Loss/Grief      | <b>Location:</b> 1829 E. Franklin Street, Suite 1200 C, Chapel Hill<br><b>Phone:</b> (919) 988-0353<br><b>Website:</b> <a href="http://www.lisabaronlcsw.com">www.lisabaronlcsw.com</a>          |
| Laura Brightwood, LCSW, M-Div | Chronic illness, Loss/Grief, Stress,<br>Caregiving, Depression/Anxiety                | <b>Location:</b> 1829 E Franklin Street, Suite 200A, Chapel Hill<br><b>Phone:</b> (919) 666-2083<br><b>Website:</b> <a href="http://www.laurabrightwoodlcsw.com">www.laurabrightwoodlcsw.com</a> |
| Jennie Byrne, MD, PhD         | Psychiatric meds. management, Dementia,<br>Chronic illness, Depression/Anxiety, Aging | <b>Location:</b> 1340 Environ Way, Suite 1340, Chapel Hill<br><b>Phone:</b> (919) 636-5240<br><b>Website:</b> <a href="http://www.cognitivepsychiatry.com">www.cognitivepsychiatry.com</a>       |

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|----------------------------|---|--|
| Nancy Crute, LCSW          | Coping, Depression/Anxiety, Loss/Grief, Self-Esteem, Caregiving, Dementia, Chronic illness    | <b>Location:</b> 307 N. Columbia Street, Chapel Hill<br><b>Phone:</b> (919) 794-6643<br><b>Website:</b> Google her name and "Psychology Today"   |
| Nancy Durham, LCSW         | Coping, Stress, Life transitions  | <b>Location:</b> 307 N. Columbia Street, Chapel Hill<br><b>Phone:</b> (919) 619-0811<br><b>Website:</b> <a href="http://www.nancydurham.com">www.nancydurham.com</a>                                   |
| Brenda Ginsberg, LCSW      | Coping skills, Life transitions, Depression/Anxiety, Loss/Grief, Stress management            | <b>Location:</b> 201 Providence Road, Chapel Hill<br><b>Phone:</b> (919) 745-8434<br><b>Website:</b> <a href="http://www.brendaginsbergtherapy.com">www.brendaginsbergtherapy.com</a>                  |
| Nancy Hudspeth, MA, LPCA   | Caregiver fatigue, Aging, End-of-life issues, Loss/Grief, Depression/Anxiety                  | <b>Location:</b> 1829 E. Franklin Street, Suite 800-A, Chapel Hill<br><b>Phone:</b> (919) 323-2071<br><b>Website:</b> <a href="http://www.nccenterforresiliency.com">www.nccenterforresiliency.com</a> |
| Kimberly Jeffs, LPC        | Chronic Illness, Caregiving, Loss/Grief, Depression/Anxiety                                   | <b>Location:</b> 1829 E. Franklin Street, Suite 800-A, Chapel Hill<br><b>Phone:</b> (919) 323-2071<br><b>Website:</b> <a href="http://www.nccenterforresiliency.com">www.nccenterforresiliency.com</a> |
| Ally Kane, LCSW            | Coping skills, Depression/Anxiety, Dementia, Caregiving, Veterans, Stress, Transitions, Aging | <b>Location:</b> 605 West Main St., Suite 206, Carrboro<br><b>Phone:</b> (919) 585-4297<br><b>Website:</b> <a href="http://www.allysonkanelcsw.com">www.allysonkanelcsw.com</a>                        |
| Jeanne Lemkau, PhD, LCC    | Life Transitions, Relationships, Aging, Loss/Grief, Chronic illness                           | <b>Location:</b> 2403 Shallowford Lane, Chapel Hill<br><b>Phone:</b> (919) 729-5309<br><b>Website:</b> <a href="http://www.jeannelemkau.com">www.jeannelemkau.com</a>                                  |
| Karen Morgan, LCSW         | Aging, Relationships, Loss/Grief, Depression/Anxiety  | <b>Location:</b> 100 Europa Drive, Suite 260, Chapel Hill<br><b>Phone:</b> (919) 929-1227<br><b>Website:</b> <a href="http://www.hrc-pa.com/provider/morgan/">www.hrc-pa.com/provider/morgan/</a>      |
| DJ Pappas, MeD, NCC, LPC   | Chronic illness, Coping with a new Diagnosis, Medical trauma, Loss/Grief, Aging, Caregiving   | <b>Location:</b> 109-B Millstone Drive, Hillsborough<br><b>Phone:</b> (919) 344-0656<br><b>Website:</b> <a href="http://www.asteptohealth.com">www.asteptohealth.com</a>                               |
| Betty Phillips, PhD        | Aging, Loss/Grief, Illness, Relationships, Depression   | <b>Location:</b> 466 Eagle Point Road, Pittsboro<br><b>Phone:</b> (919) 429-7775<br><b>Website:</b> <a href="http://www.bettyphillipspsychology.com">www.bettyphillipspsychology.com</a>               |
| Andrea Shaw, PhD, MCC, MFT | Chronic Illness, Depression/Anxiety, Loss/Grief, Relationships                                | <b>Location:</b> 119 Hunters Ridge Road, Chapel Hill<br><b>Phone:</b> (919) 234-5130<br><b>Website:</b> <a href="http://www.andreashawcoaching.com">www.andreashawcoaching.com</a>                     |
| Nancy Smith, MSN, APRN, BC | Psychiatric meds. management, Chronic illness, Relationships, Depression/Anxiety, Dementia    | <b>Location:</b> 1117 Fordham Blvd, Suite 202-4, Chapel Hill<br><b>Phone:</b> (919) 695-9064<br><b>Website:</b> Google her name and "Psychology Today"   |
| Mareah Steketee, PhD       | Aging, Coping with physical illness, Neurological issues, Women's issues                      | <b>Location:</b> 100 Europa Drive, Suite 260, Chapel Hill<br><b>Phone:</b> (919) 442-1127<br><b>Website:</b> <a href="http://www.hrc-pa.com/provider/steketee/">www.hrc-pa.com/provider/steketee/</a>  |

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| Audrey L. Suehs, PA-C                  | Psychiatric meds. management, Older adulthood, Dementia, Depression/Anxiety | <b>Location:</b> 401 Providence Rd, Suite. 100, Chapel Hill<br><b>Phone:</b> (919) 929-1375<br><b>Website:</b> <a href="http://www.carolinapartners.com/staff/audrey-l-suehs-pa-c/">www.carolinapartners.com/staff/audrey-l-suehs-pa-c/</a> |
| Stella Waugh, LCSW                     | Relationships, Chronic illness, Depression/Anxiety                          | <b>Location:</b> 800 Eastowne Drive, Suite 106, Chapel Hill<br><b>Phone:</b> (919) 490-4434<br><b>Website:</b> <a href="http://www.groupforpsychotherapy.com">www.groupforpsychotherapy.com</a>   |
| Libba Carpenter Wells, MSN, PMHCNS, BC | Psychiatric meds. management, Loss/Grief, Relationships, Life transitions   | <b>Location:</b> 5024 Boulder Run Road, Hillsborough<br><b>Phone:</b> (919) 429-7030<br><b>Website:</b> Google her name and “Psychology Today”  |

## **Wake County**

| <b>Therapist</b>                      | <b>Areas of Focus/Expertise</b>   | <b>Contact Information &amp; Address</b>   |
|---------------------------------------|---|--|
| Roberta Bellamy, PhD, LMFT            | Aging, Caregiving, Chronic illness, Depression/Anxiety, Neurodegenerative disorders   | <b>Location:</b> 216 W Millbrook Road, Raleigh<br><b>Phone:</b> (252) 429-4795<br><b>Website:</b> Google her name and “Psychology Today”   |
| Whitney Brooks, PhD                   | Aging, Coping with physical illness, Loss/Grief, Depression/Anxiety, Life transitions | <b>Location:</b> 100 Europa Drive, Suite 260, Raleigh<br><b>Phone:</b> (919) 256-2195<br><b>Website:</b> <a href="http://www.hrc-pa.com/clinicians/">http://www.hrc-pa.com/clinicians/</a>           |
| Sheryl Clark, MA, NCC, LPCA           | Chronic illness, Aging, Caregiving  | <b>Location:</b> 12740 Spruce Tree Way, #102, Raleigh<br><b>Phone:</b> (919) 916-1160<br><b>Website:</b> <a href="http://carolinacts.com/counselors.html">http://carolinacts.com/counselors.html</a> |
| Ellen Condelli, LCSW                  | Relationships, Aging, Long-term care Advocacy, Chronic illness                        | <b>Location:</b> 146 Wind Chime Court, Raleigh<br><b>Phone:</b> (919) 539-7551<br><b>Website:</b> <a href="http://hwww.integratedhealthcarellc.com">hwww.integratedhealthcarellc.com</a>             |
| Reagan Courliss, M.Ed, NCC, NBCT, LPC | Depression/Anxiety, Behavior struggles, Trauma  | <b>Location:</b> 531 Keisler Drive, Suite 102, Cary<br><b>Phone:</b> (919) 439-9323<br><b>Website:</b> <a href="http://www.wccounseling.com">www.wccounseling.com</a>                                |
| Lori DeBlaker, LCSW, CCTP             | Medical issues, Depression/Anxiety  | <b>Location:</b> 801 Oberlin Road, Suite 310, Raleigh<br><b>Phone:</b> (919) 629-9045<br><b>Website:</b> Google her name and “Psychology Today”  |
| Gary Grubb, LCSW, MD, MPH             | Medical problems, Coping Skills   | <b>Location:</b> 105 Lochwood W Drive, Cary<br><b>Phone:</b> (919) 589-4785<br><b>Website:</b> Google his name and “Psychology Today”  |

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|--|---|--|
| Julie Hovrad, LCSW   | Life transitions, Health difficulties, Depression/Anxiety, Relationships, Stress              | <b>Location:</b> 4010 Barrett Drive, Suite 201, Raleigh<br><b>Phone:</b> (919) 810-0858.<br><b>Website:</b> <a href="http://www.juliehovrud.com">www.juliehovrud.com</a>   |
| Vinay Saranga, MD and Rashmi Saranga, MD   | Psychiatric meds. management, Dementia, Depression/Anxiety                                    | <b>Location:</b> 1021 W. Williams St., Suite 104, Apex<br><b>Phone:</b> (919) 695-5194<br><b>Website:</b> <a href="http://www.sarangacomprehensivepsychiatry.com">www.sarangacomprehensivepsychiatry.com</a>   |
| Agency: Silver Linings Senior Counseling<br><i>(They have a number of therapists and will match you – see list on website)</i> | Aging, Caregiving, Chronic illness, Depression/Anxiety, Loss/Grief, Cognitive changes         | <b>Location:</b> 1220 SE Maynard Rd, Suite 202, Cary<br><b>Phone:</b> (919) 272-6220<br><b>Website:</b> <a href="http://www.silverliningsnc.com">www.silverliningsnc.com</a>   |
| Rhonda Stahl, MD   | Psychiatric meds. management, Depression/Anxiety, Dementia                                    | <b>Location:</b> 3900 Browning Place, Suite 201, Raleigh<br><b>Phone:</b> (919) 787-7125<br><b>Website:</b> <a href="http://www.raleighpsych.net">www.raleighpsych.net</a>   |
| Mareah Steketee, PhD   | Aging, Coping with physical illness, Neurological issues, Women’s issues                      | <b>Location:</b> 100 Europa Drive, Suite 260, Raleigh<br><b>Phone:</b> (919) 442-1127<br><b>Website:</b> <a href="http://www.hrc-pa.com/provider/steketee/">www.hrc-pa.com/provider/steketee/</a>  |
| Mark Stein, PhD  | Depression/Anxiety, Marital issues, Life adjustments, Serious illness, Loss/Grief, Retirement | <b>Location:</b> 2000 Regency Parkway, Suite 204, Cary<br><b>Phone:</b> (919) 406-7265<br><b>Website:</b> <a href="http://www.drmarkstein.com">www.drmarkstein.com</a>   |
| Stephanie Turner, MA, LPC, CTP   | Coping with a medical diagnosis or surgery  | <b>Location:</b> Brooklyn Hill Therapy, 871 Washington Street, Raleigh<br><b>Phone:</b> (919) 726-3423<br><b>Website:</b> Google her name and “Psychology Today”   |
| Kevin Varner, MA, NCC, LPCA  | Non-denominational pastoral counseling, Life transitions, Chronic illness, Loss/Grief         | <b>Location:</b> Triangle Pastoral Counseling, 312 W Millbrook Road, Suite 109, Raleigh<br><b>Phone:</b> (919) 759-6762 x 220<br><b>Website:</b> <a href="http://www.tripastoralcounseling.org/kevin-varner/">http://www.tripastoralcounseling.org/kevin-varner/</a> |

## **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?