

Mental Health Therapists – Orange and Durham Counties

NAME	SPECIALTIES INCLUDE (but may not be limited to)	ADDITIONAL INFORMATION
Elizabeth Adams, LCSW	M Caregiving, Grief & loss, Coping Depression, Anxiety, Trauma	Location: 68 Fayetteville Street, Pittsboro Telehealth: Unknown Website: Visit psychologytoday.com and search her name or click here Phone: 919-648-0235
Lisa Baron, PhD, LCSW	Self-esteem, Stress management, Depression, Anxiety, Health issues, Grief & loss, Coping	Location: 1829 E. Franklin Street, Suite 1200 C, Chapel Hill Telehealth: Unknown Website: www.lisabaronlcsw.com Phone: 919-988-0353
Andrea Bowen, LCSW	Grief & loss, Illness, Depression, Anxiety, Relationships, Life transitions	Location: Durham Telehealth: Yes Website: andreabowenlcsw.com Phone: 984-205-9368
Laura Brightwood, LCSW, M-Div	M Coping with illness or chronic health issues, Grief & loss, Coping Stress management, Caregiving, Depression, Anxiety	Location: 1829 E. Franklin Street, Suite 200A, Chapel Hill Telehealth: Unknown Website: www.laurabrightwoodlcsw.com Phone: 919-666-2083
Anne Clements, LCSW	Life-changing medical diagnosis, Chronic illness, Medical trauma, Making major life decisions, Life transitions	Location: 141 Providence Road, Suite 160, Chapel Hill Telehealth: Yes Website: anneclementsounseling.com Phone: 202-549-0059
Sarah Dawson, LCSW	M Compassion fatigue, Medical issues, Mood issues, Anxiety, Trauma, Relationships, CBT	Location: 112 Swift Avenue, Durham Telehealth: Yes Website: www.sarahdawsonlcsw.com Phone: 984-377-2790
Diane Dolan-Soto, LCSW	Depression, Anxiety, Stress management, Impact of chronic illness, Adult survivors of trauma	Location: Cloister Court, Chapel Hill Telehealth: Unknown Website: Visit her profile on psychologytoday.com Phone: 919-335-5155
Nancy Durham, LCSW	M Coping skills, Stress management, Life transitions, Family issues	Location: 307 N. Columbia Street, Chapel Hill Telehealth: Unknown Website: www.nancydurham.com Phone: 919-619-0811

Edna Goldstaub, LCSW		Relationships, Stress management, Medical illness, Grief & loss, Life transitions	Location: 1320 Broad Street, Durham Telehealth: Unknown Website: www.ednagoldstaub.com Phone: 919-323-6012
Jonas Horwitz, PhD	M	Depression, Anxiety, Stress management, Coping with illness or chronic health issues, Grief & loss, Relationships	Location: 3721 University Drive, Suite C, Durham Telehealth: Yes Website: www.jonashorwitz.com Phone: 919-401-6171
Ally Kane, LCSW		CBT, Coping skills, Stress management, Depression, Anxiety, Dementia, Caregiving, Veterans, Transitions, Aging	Location: 605 West Main Street, Suite 206, Carrboro Telehealth: Yes Website: www.allysonkanelcsw.com Phone: 919-585-4297
Jeanne Parr Lemkau, PhD, MFA, ABPP		Life transitions, Relationships, Aging, Grief & loss, Coping with illness or chronic health issues	Location: 701 Kenmore Road, Chapel Hill Telehealth: Yes Website: Visit psychologytoday.com and search her name or click here Phone: 919-729-5309
Bradley Manton, LCSW	M	Depression, Anxiety, Grief, Relationship issues	Location: 901 Willow Drive, Suite 5, Chapel Hill Telehealth: Yes Website: www.bradleymantonlcsw.com Phone: 919-259-4554
Diane Meglin, LCSW		Depression, Anxiety, Stress management, Self-esteem, Transitions, Relationships, LGBTQ	Location: Durham Telehealth: Yes Phone: 919-949-9700
Mind Path Care Centers	M	Many therapists with a variety of specializations – see website	Location: Chapel Hill and multiple offices in Durham and across the Triangle Telehealth: Yes Website: www.mindpathcare.com
Betty Phillips, PhD	M	Aging, Caregiving, Grief & loss, Coping with illness or chronic health issues, Retirement, Relationships, Depression	Location: 466 Eagle Point Road, Pittsboro Telehealth: Unknown Website: www.bettyphillipspsychology.com Phone: 919-429-7775

Brittany Thompson, LCSW	M	Coping with sudden or chronic health issues, Neurological issues, Aging, Stress management, Depression, Anxiety, Emotional expression & regulation	Location: 3326 Durham-Chapel Hill Blvd, B-130, Durham Telehealth: Yes Website: www.brittany-thompson.com Phone: 919-701-2969
Jennifer Plumb Vilardaga, PhD	M	Coping with medical conditions, Chronic illness or pain, Adjusting to disability, Depression, Anxiety, Substance use, PTSD	Location: 2200 W Main Street, Suite 340, Durham Telehealth: Yes Website: www.dukehealth.org/find-doctors-physicians/jennifer-c-plumb-vilardaga-phd Phone: 919-684-0100
Mitzi Quint, LCSW		Grief & loss, Complicated grief, Chronic and terminal illness, Caregiving, End of life, Identity, Relationships, Life transitions	Location: 3622 Lyckan Parkway, Suite 3008D, Durham Telehealth: Yes Website: www.mitziquint.com Phone: 919-391-0435
Jenny Schwartz, LCSW	M	Aging, Dementia, Caregiving, Depression, Anxiety, Life transitions	Location: Jewish Family Services, 1937 W Cornwallis Rd, Durham Telehealth: Yes Website: www.shalomdch.org Phone: 919-354-4923
Silver Linings Counseling	M	Aging, Dementia, Caregiving Many therapists with a variety of specializations – see website	Location: Based out of Cary, but can provide therapy in-person in your home Telehealth: Yes Website: https://silverliningsnc.com/ Phone: 919-948-7718
Esther Swim-Wright, LCSW		Trauma, Identity and meaning, Stress management, Life transitions	Location: 3326 Durham-Chapel Hill Blvd, Bldg C, Suite 230, Durham Telehealth: Yes Website: www.mainstreetclinical.com Phone: 919-286-3453 ext. 110
Stella Waugh, LCSW		Relationships, Chronic health issues, Depression, Anxiety, DBT	Location: 800 Eastowne Drive, Suite 106, Chapel Hill Telehealth: Yes Website: www.groupforpsychotherapy.com Phone: 919-490-4434 option 4
Martha Whitney, LMFT		New medical diagnosis, Chronic illness, Chronic pain, Aging, Relationships	Location: 104 Juniper Place, Chapel Hill Telehealth: Yes Website: www.marthawhitney.com Phone: 919-485-9738

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.