

## Mental Health Therapists – Wake County

NAME	SPECIALTIES INCLUDE (but may not be limited to)	ADDITIONAL INFORMATION
Neil Barry, PhD <span style="float: right;">M</span>	Aging, Coping with physical illness, Grief & loss, Relationships, Stress	<b>Location:</b> 4201 Lake Boone Trail, Suite 201, Raleigh <b>Website:</b> <a href="http://www.hrc-pa.com/clinicians/">www.hrc-pa.com/clinicians/</a> <b>Phone:</b> 919-785-0384
Scott Bass, MS, MDiv, LMFT	Depression, Anxiety, Grief & loss, Life transitions, Chronic illness, Caregiving	<b>Location:</b> 4601 Lake Boone Trail, Suite 3B, Raleigh <b>Website:</b> Visit psychologytoday.com and search his name or <a href="#">click here</a> <b>Phone:</b> 919-587-8334
Kelley Baughman, MA, LPCA	Chronic illness, Grief & loss, Life transitions, Christian faith counseling if requested	<b>Location:</b> 3200 Wake Forest Road, Suite 204, Raleigh <b>Website:</b> <a href="https://rducounselingforchange.com/">https://rducounselingforchange.com/</a> <b>Phone:</b> 919-713-0260
Shery Clark, MA, NCC, LPCA	Coping with illness or chronic health issues, Loss, Caregiving	<b>Location:</b> 12740 Spruce Tree Way, #102, Raleigh <b>Website:</b> <a href="https://carolinacts.com/counselors.html">https://carolinacts.com/counselors.html</a> <b>Phone:</b> 919-888-4531
Dakia Davis, LCSW	Coping with illness, Trauma from medical treatment and injury, Anxiety, Depression, Stress	<b>Location:</b> Raleigh <b>Website:</b> <a href="http://www.healingjourneync.com">www.healingjourneync.com</a> <b>Phone:</b> 1-888-308-4325
Kyle Flannelly, LCSWA	Older adulthood and aging, Anxiety, LGBTQ, Relationships and families	<b>Location:</b> 8512 Six Forks Road, Suite 101, Raleigh <b>Website:</b> <a href="http://www.trianglecounselingagency.org">www.trianglecounselingagency.org</a> <b>Phone:</b> 919-277-0253
Christina Gannon, LCSW	Couples, Recent medical diagnosis	<b>Location:</b> 1330 Saint Mary's Street, Suite 340, Raleigh <b>Website:</b> <a href="http://aspiregroupnc.com/practitioners/christina-ganon">aspiregroupnc.com/practitioners/christina-ganon</a> <b>Phone:</b> 919-229-9834
Deborah Graves McFarland, PhD <span style="float: right;">M</span>	Women, Aging, Anxiety, Relationships	<b>Location:</b> 4201 Lake Boone Trail, Suite 201, Raleigh <b>Website:</b> <a href="http://www.hrc-pa.com/clinicians/">www.hrc-pa.com/clinicians/</a> <b>Phone:</b> 919-785-0384
Gary Grubb, LCSW, MD, MPH	Coping with illness or chronic health issues, Anxiety and depression associated with medical problems, Grief, Caregiving	<b>Location:</b> 3717 National Dr, Suite 203, Raleigh <b>Website:</b> <a href="http://www.medicalproblemcounseling.com">www.medicalproblemcounseling.com</a> <b>Phone:</b> 919-641-3751
Heather Ingram, MS, LCMCHA, CRC	Life transitions, Adjustment to disability or chronic illness, Stress management, Anxiety and depression	<b>Location:</b> 1000 Darrington Drive, Suite 204, Cary <b>Website:</b> Visit psychologytoday.com and search her name or <a href="#">click here</a> <b>Phone:</b> 919-343-5649

<b>Myshalae Jamerson-Euring, PhD, CRC, LCMHCA</b>	Caregiving, Grief & loss, Life transitions, Anxiety, Depression	<b>Location:</b> 6604 Six Forks Road, Suite 101, Raleigh <b>Website:</b> <a href="http://www.cornerstonecounselingnc.net/myshalae-jamerson-euring">www.cornerstonecounselingnc.net/myshalae-jamerson-euring</a> <b>Phone:</b> 984-235-2545
<b>Shanta Johnson, LCSW</b> M	Older adults, Caregiving, Isolation, Anxiety, Depression, Grief & loss	<b>Location:</b> 8410 Six Forks Road, Suite 203, Raleigh <b>Website:</b> <a href="http://reflectivecounsel.com">reflectivecounsel.com</a> <b>Phone:</b> 910-830-0704
<b>Rebecca Knowles Floyd, MEd, LPC</b>	Living with chronic medical condition, Life transitions, Grief & Loss	<b>Location:</b> 300 West Earp Street, Holly Springs <b>Website:</b> <a href="http://www.hollyspringscounselingcenter.com/rebecca-floyd">www.hollyspringscounselingcenter.com/rebecca-floyd</a> <b>Phone:</b> 919-892-3200
<b>Marty Lamb, LCSW</b>	Aging, Disabilities, Hoarding, Aging in place and moving to long-term care facilities	<b>Location:</b> 871 Washington Street, Raleigh <b>Phone:</b> 919-819-4084
<b>Sarina Manifold, LCSW</b>	Caregiving for someone with chronic or terminal illness, Anticipatory grief, Bereavement, Loss and life transitions (job, health status, relationship, identity)	<b>Location:</b> Fuquay-Varina <b>Website:</b> <a href="http://www.authentichealingcounseling.com">www.authentichealingcounseling.com</a> <b>Phone:</b> 919-612-1991
<b>Kaity Miller, LCSWA</b>	Chronic or terminal illness, Caregiving, Grief & loss, Life transitions, Self-esteem, Anxiety, Depression	<b>Location:</b> 8512 Six Forks Road, Suite 101, Raleigh <b>Website:</b> <a href="http://www.trianglecounselingagency.org">www.trianglecounselingagency.org</a> <b>Phone:</b> 919-277-0253
<b>Mind Path Care Centers</b> M	Many therapists with a variety of specializations – see website	<b>Location:</b> Raleigh, Wake Forest and multiple offices across the Triangle <b>Website:</b> <a href="http://www.mindpathcare.com">www.mindpathcare.com</a>
<b>Renee Pugh, LCSW</b>	Life transitions (e.g., retirement, empty nest), Aging, Illness, Loss or illness of a spouse, Self-esteem	<b>Location:</b> 4904 Waters Edge Drive, Suite 153, Raleigh <b>Website:</b> <a href="https://foundationsft.com/therapists-in-raleigh/">https://foundationsft.com/therapists-in-raleigh/</a> <b>Phone:</b> 919-285-4802
<b>Jenna Renfro, PhD, ABPP</b> M	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> Anywhere! Telehealth only <b>Website:</b> <a href="http://www.tailoredbrainhealth.com">www.tailoredbrainhealth.com</a> <b>Phone:</b> 336-452-1800
<b>Kenny Shore, LCSW</b> M	CBT for anxiety and depression, Grief & loss, Major life changes	<b>Location:</b> 140 Iowa Lane, Suite 204, Cary <b>Website:</b> <a href="http://www.mindpathcare.com/staff/kenny-shore-lcsw/">www.mindpathcare.com/staff/kenny-shore-lcsw/</a> <b>Phone:</b> 919-354-0855

<b>Silver Linings Counseling</b>	M	Aging, Dementia, Caregiving  Many therapists with a variety of specializations – see website	<b>Location:</b> Based out of Cary, but can provide therapy in-person in your home <b>Website:</b> <a href="https://silverliningsnc.com/">https://silverliningsnc.com/</a> <b>Phone:</b> 919-948-7718
<b>Jennifer Sutton, Med, NCC, LPCA</b>		Chronic illness, New diagnosis, Coping skills, Chronic pain, Grief & loss	<b>Location:</b> 1013 Bullard Court, Suite 102, Raleigh <b>Website:</b> <a href="https://chronichopecounseling.com">https://chronichopecounseling.com</a> <b>Phone:</b> 984-205-9321
<b>Mark Stein, PhD</b>	M	Depression/Anxiety, Marital issues, Life adjustments, Serious illness, Grief & loss, Retirement	<b>Location:</b> 2000 Regency Parkway, Suite 204, Cary <b>Website:</b> <a href="http://www.drmarkstein.com">www.drmarkstein.com</a> <b>Phone:</b> 919-406-7265
<b>Stephanie Turner, MA, LPC, CTP</b>		Life & emotional adjustments related to a medical diagnosis or surgery	<b>Location:</b> 1405 Hillsborough Street, Suite 103 Raleigh <b>Website:</b> Visit <a href="http://psychologytoday.com">psychologytoday.com</a> and search her name or <a href="#">click here</a> <b>Phone:</b> 919-726-3423

**\*IMPORTANT NOTES\***

- The therapists included on this list as they have been recommended by patients, family care partners, and, occasionally, 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.