

Mental Health Therapists in & around Wilmington, NC

***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 the UNC Movement Disorders Clinic. In addition, the availability and contact information of the below therapists is subject to change without our knowledge.

Therapist/Practice Name	Areas of Focus/Expertise	Contact Information & Address
Richard Brice, LCSW	Dementia, Family Discord, Depression, Aging	Location: 1606 Physicians Drive, Suite 104, Wilmington Phone: (910) 493-3794 Website: Google his name and "Psychology Today"
Sarah Brownlee, LCSW	Adult Psychiatry (meds mgmt.), Coping with Chronic Illness, Grief & Loss, Stress Management, Anxiety & Depression, Relationships	Location: The Healing Partnership, 2202 Wrightsville Avenue, Suite 211, Wilmington, NC Phone: (910) 833-8370 Website: www.thpartnership.com
Catherine Butler, MA, LPC	Adult Psychiatry (meds mgmt.), Coping with Chronic Illness, Grief & Loss, Stress Management, Anxiety & Depression, Relationships	Location: The Healing Partnership, 2202 Wrightsville Avenue, Suite 211, Wilmington Phone: (910) 833-8370 Website: www.thpartnership.com
Caroline Clement, PhD	Caregiving for someone with illness, Being diagnosed with a chronic illness, Cancer, Aging, Grief/Loss, Mood, Conversion disorders	Location: 1437 Military Cutoff Rd, Suite 200, Wilmington Phone: (910) 444-4771 Website: https://www.claritywilmington.com/caroline-clements/
Joanne Davenport, CAS, NCC, LPC	Health Concerns, Caregiving Issues, Grief, Mood, Spiritual Growth	Location: Wilmington (specific address not listed online) Phone: (910) 216-4286 Website: Google her name and "Psychology Today"
Josh Fowler, MS	Adult Psychiatry (meds mgmt.), Coping with Chronic Illness, Grief & Loss, Stress Management, Anxiety & Depression, Relationships	Location: 2210 Wrightsville Avenue, Suite 1A, Wilmington Phone: (910) 777-7315 Website: www.joshfowlertherapy.com
George Gates, DMin, LPA, LPC	Coping with Chronic Illness, Anxiety & Depression, Relationships, Faith Journeys (latter - Dr. Gates)	Location: Gateway Psychological Services, 1606 Wellington Avenue, Suite H, Wilmington Phone: (910) 793-6144 Website: www.gatewaypsych.com

Jen Johnson, MFA, LCP	Coping with Chronic Illness, Anxiety, Grief, Stress	Location: 217 N 5 th Avenue, Suite 103, Wilmington Phone: (910) 653-1690 Website: Google her name and “Psychology Today”
Heather Lippincott, LCSW, LCAS	Medical Concerns, Anxiety, Adjustment to Life Changes	Location: Integrated Therapy Associates, 3907 Wrightsville Avenue, Suite 110, Wilmington Phone: (910) 799-6162 Website: www.itahealing.com
Jennifer Phelps, MSN, PMHNP-BC	Adult Psychiatry (meds mgmt.), Coping with Chronic Illness, Grief & Loss, Stress Management, Anxiety & Depression, Relationships	Location: The Healing Partnership, 2202 Wrightsville Avenue, Suite 211, Wilmington Phone: (910) 833-8370 Website: www.thpartnership.com
Kimberley Steed, LPC	Anxiety, Depression, Phase of Life Changes, Transitions	Location: CareNet Counseling Center of Shallotte, Brunswick Family Medical, 204 Smith Avenue, Shallotte Phone: (910) 799-1071 Website: http://www.wilmingtoncarenet.org
Lisa Townsend, MA, NCC, LPC <i>Note: She is semi-retired and may take a new client if she is able, so call her to discuss availability.</i>	Caregiving of someone with illness, Coping with illness, Grief/Loss, Mood, Life transitions	Location: She works out of her home office – contact her for details Phone: (910) 240-2433 (office) or (770) 596-6880 (cell) Website: Google her name and “Psychology Today”

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?