



Mental Wellness Ministry Resource List

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Organization Name	Provider(s), if applicable	Provider Address	Provider Contact Information and Website	Specialties
Alliance Health	N/A	5200 Paramount Parkway Suite 200 Morrisville, NC 27560	Phone: (800) 510-9132 Emails: Complaints@AllianceHealthPlan.org , Claims@AllianceHealthPlan.org , NetworkRelations@AllianceHealthPlan.org , Enrollment@AllianceHealthPlan.org Website: Link	• Assertive Community Treatment • Cognitive Behavioral Therapy • Crisis Assessment And Stabilization • Community Support Team • Housing And Residential Treatment • In-Home Intensive Services • Intellectual/Developmental Disability Services • Outpatient Therapy • Substance Use Detoxification • Tailored Care Management
Carolina Outreach	N/A	3012 Falstaff Road Raleigh, NC 27610	Phone: (919) 615-1027 Email: info@carolinaoutreach.com Website: Link	• Assertive Community Treatment (ACT) • Comprehensive Clinical And Diagnostic Assessments • Community Support Team (CST) • Group Therapy (Including Couples And Family Counseling) • Individual Therapy • Medication Management • Psychiatric Evaluation • Substance Use Treatment Interventions
Crisis and Suicide Lifeline	N/A (nationwide service)	Nationwide service—no physical address	Phone/Text: 988 Email: (Leave a message): Link Website: Link	• 24/7 Immediate Crisis Support for Suicidal Ideation or Mental Health Emergencies

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Freedom House: Substance Use and Behavioral Health Services	N/A	400-D Crutchfield Street Durham, NC 27704	Phone: (919) 251-8806 Email: administrator@freedomhousecovery.org Website: Link	Adult Services • Facility-Based Crisis Services • Outpatient Clinics ◦ SAIOP ◦ SACOT ◦ Group and Individual Therapy ◦ Medication Management ◦ Medication Assisted Therapy • Mobile Crisis Team • Substance Use Halfway House Child and Adolescent Services • Mobile Crisis Team • Outpatient Clinics ◦ Individual and Family Therapy ◦ MH/SU Therapeutic Groups
Holly Hill Hospital (WakeMed)	N/A	3019 Falstaff Road Raleigh, NC 27610	Phone: (919) 373-6724 Email: (Leave a message) Link Website: Link	• 168-Bed Medicare-Certified Psychiatric Hospital • Inpatient Psychiatric Treatment For Children, Adolescents, Adults, Older Adults • Specialized Units: Adolescent Psychiatry, Geriatric, Substance Detox, Emergency Psych Care
Hope4NC Helpline	N/A (state-administered service)	NC Department of Health and Human Services 2001 Mail Service Center, Raleigh, NC 27699-2000	Phone: (855) 587-3463 Email: No direct e-mail Website: Link	• 24/7 Crisis Counseling and Resilience Support • Multilingual Assistance (Spanish, TTY Support) • Non-Clinical Emotional Support During COVID-19 and Other Life Stressors

Organization Name	Provider(s), if applicable	Provider Address	Provider Contact Information and Website	Specialties
Legacy Family Services	Keemia Hurst-Shaw, (MSW, LCSW)	4024 Barret Drive Suite 201 Raleigh, NC 27609	Phone: (919) 931-1634 Email: info@yourlegacync.com Website: Link	• Mental Health • Parenting Skills Classes • Substance Abuse
Marriage Menders & Family Counseling	Anthony Thomas, (LCSW, M.Div.)	809 Spring Forest Road Suite 1000 Raleigh, NC 27609	Phone: (919) 607-4217 Email: anthonythomas.lcsw@gmail.com Website: Link	• Counseling: Addiction, Couples, Family, Teens, and Preteens • Therapy: Christian and Faith-Based, Individual
Mind Made Whole, PLLC	Tavenia Williams (MSW, LCSW)	4242 Six Forks Road Suite 1550 Raleigh, NC 27609	Phone: (984) 217-1845 Email: taveniaw@mindmadewhole.com Website: Link	• Anxiety Counseling • Christian Counseling • Depression Counseling • Grief And Loss Counseling • Relationship Counseling • Telehealth Counseling
NC Peer Warmline	N/A (state-administered service)	NC Department of Health and Human Services 2001 Mail Service Center, Raleigh, NC 27699-2000	Phone: (855) 733-7762 Email: No direct e-mail Website: Link	• 24/7 Peer-to-Peer Emotional Support • Non-Clinical Conversation, Stigma Reduction, Recovery-Based Support • Staffed by Certified Peer Support Specialists with Lived Experience in Mental Health/Substance Use

Organization Name	Provider(s), if applicable	Provider Address	Provider Contact Information and Website	Specialties
New Leaf Behavioral Health	N/A	3725 National Drive Raleigh, NC 27612	Phone: (919) 781-8370 Email: info@nlbh.org Website: Link	• Both Office and Teletherapy Appointments • Couples and Family Counseling to Strengthen Families & Relationships • Flexible Appointment Times, Including Day, Evening, and Weekend Hours • Groups For Children and Adults • Individual Counseling For Children, Adolescents, and Adults • Outreach Initiatives and Education For The Community
SouthLight: Substance Use and Behavioral Health Services	N/A	3117 Poplarwood Court Raleigh, NC 27604	Phone: (919) 787-6131 Email: info@southlight.org Website: Link	• Assertive Community Treatment • Comprehensive Clinical And Diagnostic Assessments • Community Support Team • Medication-Assisted Opioid Treatment Program • Medication Management • Outpatient Counseling • Peer Support Services • Preventive Substance-Use Education
True Impact Counseling Services, PLLC	Travis Williams (M.Ed, M.A., LCMHC)	4208 Six Forks Road Suite 1000 Raleigh, NC 27609	Phone: (919) 578-8110 Email: TravisWilliams@trueimpactcs.com Website: Link	• Anger Management • Grief/Bereavement • Individual Therapy (Teens and Adults) • Men's Issues • Pre-marriage counseling and Couples Therapy • Transition Issues (Divorce, Retirement, Career Change)

Organization Name	Provider(s), if applicable	Provider Address	Provider Contact Information and Website	Specialties
UNC Crisis and Assessment – Wake County (WakeBrook)	N/A	3000 New Bern Avenue Raleigh, NC 27610	Phone: (919) 250-1260 or alternate child/adolescent contact: (984) 974-2199 Email: cecmh@unc.edu Website: Link	• 24/7 Crisis Assessment And Psychiatric Stabilization For Children And Adults • Physician-Supervised Care, Medication Management, Group Therapy, Walk-In Services
Yelverton's Enrichment Services, Inc.	Vickie Yelverton (MSW, LCSWA) Antwane Yelverton (MBA)	4805 Green Road Suite 103 Raleigh, NC 27616-2848	Phone: (919) 872-6220 Email: referrals@yes2hh.com Website Link	• Child Day Treatment • Intensive In-Home • Medication Wellness • Private Duty Nursing • Therapy: Individual, Family, Group, School-Based

Culturally Diverse Therapist Directories

The following are nationally known platforms to find a therapist by location, gender, faith, type of counseling, specialties, and type of insurance accepted, etc.:

- [Psychology Today](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Therapy for Latinx](#)

Low-Cost Therapy and Counseling Options

- [Open Path](#)
- [Therapy Den](#)

- [Mental Health Match](#)

Accessing Mental Health Services Through Employment and Insurance

- Employee Assistance Program - A program through employers that provides free mental health services. Check with your human resources department or your employee handbook.
- Health Care Providers - Check your insurance card to identify in-network mental health providers; direct contact with in-network and out-of-network providers.