

Summer Resources: Mental Health

Youth mental health is vital because it directly impacts a young person's well-being, development, and future success. Addressing mental health issues in adolescence can help prevent long-term consequences on physical and mental health, social development, and overall quality of life. CMS partners with the following agencies during the school year for on-site mental health therapy. These agencies are available for summer appointments as well.

AffirmED Healing	Cano Family Services
Khalaja Dunlap	Dr. Angela Cano-Johnson
affirmed.healing@gmail.com	angela.cano@canofamilyservices.com
919-764-4902	980-313-3020
Alexander Youth Network	Concrete Roses Life Center
Nikki Cannon	Shakura Brown
NCannon@aynkids.org	Shaukura.Brown@concreteroseslifecenter.org
704-366-8712	980-219-8622
Anderson Counseling and Consulting	Continuum Care Services
Monica Hackett	Travis Ford
mhackett@acounseling.net	travis.ford@ymail.com
704-208-4458	(704) 956-8735
Atrium Health	Family First Community Services
Donnie Mitchem	Dr. Alexandra Dean
donnie.mitchem@atriumhealth.org	adean@fam1stcom.com
Ashley Wright	Michiko Dowdy
ashley.wright@atriumhealth.org	mdowdy@fam1stcom.com
704-444-2548	704-364-3989
Camino	Jenkins Creative Counseling
Jimena Watts	Janiece B. Jenkins
jimena@camino.org	janiece@jenkinscreativecounselingcenter.com
(704) 596-5606	980-308-4500
NC Health Partners	Crisis Services (24 hours/7 Days)
Sheldon McCormick	Mecklenburg County 24-hour Crisis Line (FREE) 1-800-510-9132

smccormick@nchealthpartners.com	Mobile Crisys 704-566-3410 Option 1 (FREE service that will come to my location)
336-686-4844	
SPARC Services	Behavioral Health Urgent Care Center (see walk-in hours below)
Caylee Gilham	Monarch Open Access Center: 5700 Executive Center Dr., Suite 110, Charlotte, NC 28212
cgilham@thesparcnetwork.net	Walk-in Hours: 8-3 Monday-Thursday, 8-1 Friday
704.453.1878	1-866-272-7826
Thompson Child and Family Focus	Crisis Center (24 hours/7 days)
Martha Reneau or Jessie King	SECU Youth Crisis Center: 1810 Back Creek Dr., Charlotte, NC 28213
mreneau@thompsoncfff.org	1-844-263-0050
jeeking@thompsoncfff.org	The SECU Youth Crisis Center provides access to timely, age-appropriate, inpatient mental health care for children and adolescents, ages 6-17, both during a time of mental health crisis and beyond.
	988 SUICIDE & CRISIS LIFELINE
704-376-7180	CRISIS TEXT LINE Text "Home" to 741741
Turning Point Family Services	Behavioral Health Emergency Rooms (24 hours/7 days)
Sarah Sudol	Behavioral Health Charlotte 704-444-2400 501 Billingsley Road
swoodring@tpfservices.org	Novant Health Presbyterian Main Ages 7 & up for Behavioral Health Services 704-384-4255 200 Hawthorne Lane
Anuvia	
Holly Weldon	
holly.weldon@anuvia.org	
P: (704) 927-8812	

Suicide Awareness and Support Information

American Foundation for Suicide Prevention: <http://www.afsp.org>

Suicide Prevention Resource Center: <http://www.sprc.org/>

Society for the Prevention of Teen Suicide Parent Center: <http://www.sptsusa.org/parents>

Society for the Prevention of Teen Suicide Teen Center: <http://www.sptsusa.org/teens>

National Alliance for Mental Illness Charlotte: <https://nami-charlotte.org/support-groups/>

