

Silber Psychological Services, P.A.
1004 Dresser Court Suite 103
Raleigh, NC 27609

PH: 919 876-5658
www.silberpsych.com

Psychological Testing, Social Skills Training, Individual Therapy, Parent Training, Family Therapy, Consultation, Group Therapy, DBT Therapy, ADHD, Anxiety Autism Spectrum, Depression, Eating Disorders, Divorce, Learning Disabilities, Behavior Problems, Social Skills Deficits

Ins: Files Out of Network

Access Family Services
8390 Six Forks Rd Ste. 201/204
Raleigh, NC 27615

PH: 919 890-5852 FX: 919 896-6443
www.accessfamilyservices.com

Foster Care, family foster care, Therapeutic foster care, Intensive Alternative Family Treatment (IAFT), B-3 Respite, Rapid response, Applied Behavior Analysis services (ABA), Family Centered Treatment (FCT), Intensive in-home services, Outpatient Therapy (Behavioral disorders, trauma, anxiety, depression, grief and loss issues), School based therapy, Day Treatment, Medication Management

Ins: Accepts most major ins. & All Medicaid Plans. OON Medicare

Triangle Center for Behavioral Health
5015 SouthPark Dr, Suite 200
Durham, NC 27713

PH: 919-794-5477
www.trianglecgbh.com

Individual Therapy, Medication Management, Family Therapy, Intensive Outpatient Therapy for OCD, Parent Education and Training, Diagnostic Evaluations and Consultations, ADHD Evaluations and ADD Evaluations, Concussion Baseline and Evaluation (Impact Testing), Autism and Developmental Delay Evaluations, Early Kindergarten Entry Evaluations, Giftedness Testing, Learning Disorder Testing or Learning Disability Testing, Neuropsychological Evaluations

Ins: Call to verify insurance

Pinnacle Counseling Services, PLLC
106 West Church Street Ste. H
Creedmoor, NC 27522

PH: 919-886-8008
FX: 919-477-1848
www.counselingbypinnacle.com

Individual, Couples, & Family therapy, Relationship Issues, Grief & Loss, Anxiety & fears, Depression, Personal Growth, Parenting Support, Stress management.

Ins: All Medicaid Plans, BCBS, Cigna (reduced fees for uninsured)

Perkins Counseling & Psychological Services
10580 Ligon Mill Rd Ste. 210
Wake Forest, NC 27587

PH: 919 -263-9592 FX: 919 263-9670
<http://perkinscps.com>

Learning Disabilities (children and adult), ADHD (children and adult), Accommodations for standardized testing such as the GRE, SAT, ACT, Personality Disorders, Mood and Anxiety Disorders, Cognitive or memory problems, Assertiveness Training, Blended Families, Couples, individual, marriage counseling, Depression, Grief and Loss, Life Transitions, School Problems, Self-Esteem, Stress Management,

Ins: Aetna, BCBS, Cigna, Some Medicare Advantage, United Health care/Optum, Tricare, -United Behavioral Health

Katherine Peppers, DNP, CPNP, CPMHS, PLLC
***CALL TO SEE IF ACCEPTING NEW PATIENTS**

PH: 919-720-4000 FX: 984-232-7919
www.katherinepeppers.com

8358 Six Forks Road Suite 203
Raleigh NC 27615

Assessment, Diagnosis and treatment of a variety of Pediatric Mental Health Disorders including: ADHD, Autism, Depression, Mood Disorders, Nutritional Disorders, Learning and Intellectual Disability, etc. Provide comprehensive medication management.

Ins: BCBS, Aetna, Cigna, UHC, NC Health choice, All Medicaid Management Plans

New Leaf Behavioral Health
3725 National Drive Ste. 220
Raleigh, NC 27612

PH: 919-781-8370 FX: 919-781-2266

***CALL TO SEE IF ACCEPTING NEW PATIENTS**

www.nlbh.org

Individual counseling for children, adolescents, and adults. Couples and family counseling to strengthen families & relationships. Groups for children and adults. Flexible appointment times, including day, evening, and weekend hours. Both office and in-home appointments. Outreach initiatives and education for the community

Ins: Most major insurances, & Medicaid/NC Health choice

Raleigh Psychiatric Associates
3900 Browning Place Ste. 201
Raleigh, NC 27609

PH: 919-787-7125

FX: 919-781-9952

ADHD, Anxiety/Depression, Bipolar, OCD and PTSD.

Ins: NO INSURANCE OUT OF POCKET, FILES AS COURTESY (NO MEDICAID)

Inner Peace Counseling
3005 Village Park Drive
Knightdale, NC 27545

PH: 919-944-3130

FX: 919-944-3131

Therapy: young children, & adolescents: Bipolar Disorder, Bulimia, Depression, Eating Disorders, Grief and Loss, Mood and Anxiety Disorder, Panic Disorder, Self-Esteem Issues, Stress Management, ADHD/ADD. Counseling only, they can diagnose, but for medical treatment must see psychiatry.

Ins: Most major ins. carriers, Medicaid/ NC Health choice

Lindsay Psychological
8601 Six Forks Road Suite 400
Raleigh, NC 27615

PH: 919-810-2890

FX: 919-332-3784

ADHD testing, autism spectrum disorder testing, Learning disability testing, Giftedness testing, IQ testing, Dyslexia, Achievement testing, Mental health diagnosis. Emotional/Conduct related issues and Mood/Anxiety disorders.

Ins: Blue Cross Blue Shield, Medicaid/Alliance, NC health Choice, Healthy blue Medicaid, Carolina complete Medicaid, AmeriHealth Caritas Medicaid and Community Plan Medicaid.

Everlasting Counseling

181 Wind Chime Court Suite 103
Raleigh, NC 27615
Ages: 6 and older

PH: 919-747-9359**FX: 919-747-9678**

Depression/Anxiety, Impulsivity/Concentration/Focus/ADHD, Mood Stability, Behavioral/Aggressiveness, Chronic medical, School problem, Family conflict and Abuse/Neglect.

Ins: Blue Cross Blue Shield, Healthy Blue Medicaid, AmeriHealth Caritas, Carolina Complete Medicaid and WellCare Health plan Medicaid.

Out of network: MEDICAID DIRECT, COMMUNITY PLAN MEDICAID, BCBS ANTHEM AND UHC INS

UNC Psych Pediatric Behavior Clinic

107 Sunnybrook Road
Raleigh, NC 27610

PH: 919-445-0870**FX: 919-733-9441**

Psychological testing, Psychotherapy, Medication and ongoing school consultation. ADD/ADHD, Anxiety/Depression

Ins: BCBS, UHC, CIGNA, HUMANA, UMR, ALL MEDICAID MANAGED CARE PLANS, BRIGHT HEALTH, MEDCOST AND AETNA.

Bailey's Counseling Service. PC

1013 Bullard Court Suite 102
Raleigh, NC 27615

PH: 919-583-7910**E-mail: baileyscounselingservice@gmail.com**

INS: United Healthcare, Humana, Blue Cross Blue Shield, Aetna, Alignment Healthcare and Cigna.

Appointments availability: Weekends, Evening and Daytime hours. Providing In person and Telehealth visits.

Bowman Family Services **Ages: 6 and older**

1788 Heritage Center Drive Suite 104
Wake Forest, NC 27587

PH: 919-556-6501**FX: 919-556-4933**

262 South town Circle Suite E
Rolesville, NC 27571

809 Spring Forest Road Suite 1000
Raleigh NC 27615

*Counseling individuals, couples and families, Art Therapy, Play Therapy, Anxiety, Depression, Marital discord, academic performance, and parenting. ADD/ADHD testing, early enrollment academic testing.

INS: AETNA AND BCBS

Center for Emotional Health Ages: 4 and older
8362 Six Forks Road Suite 104
Raleigh, NC 27615

PH: 704-237-4240

FX: 704-246-7190

Other locations: Cary, Chapel Hill, Concord, Durham, Fayetteville, Greensboro, Greenville, Raleigh, Wilmington.

*Anxiety and Panic Disorder, ADD/ADHD, Bipolar Disorder, Substance abuse, Depression and Medication management.

INS: Aetna, BCBS, Cigna, Med cost, Tricare, **All Medicaid plans except UHC MEDICAID**
Self-pay rates. (Spanish speaking available)

Best Day Psychiatry and Counseling
4505 FAIR MEADOWS LANE
SUITE #102

PH: 919-670-3939

FX: 984-200-6429

RALEIGH, NC 27607

LOCATIONS ALSO AVAILABLE AT: CHARLOTTE, DURHAM, FAYETTEVILLE, FUQUAY-VARINA, GREENSBORO, GREENVILLE, WILMINGTON, AND WINSTON-SALEM.

PTSD, ANXIETY DISORDERS, BIPOLAR DISORDERS, AUTISM, ADHD, DEPRESSION, THERAPY AND MEDICATION MANAGEMENT.

***AETNA, BCBS, HUMANA, TRICARE, CIGNA, MAGELLAN, UHC, BEACON HEALTH, MEDCOST, MEDICARE AND ALL MEDICAID PLANS.**

THERAPEUTIC SPECIALISTS OF NORTH CAROLINA

104 MARKET STREET
HENDERSON, NC 27537

PH: 252-431-4418

FX: 252-572-2418

AGES: 3 AND UP

*FAMILY THERAPY, INDIVIDUAL THERAPY, DEVELOPMENTAL EVALUATION, PSYCHOLOGICAL EVALUATION, SPEECH THERAPY AND EVALUATION.

INS: HEALTHY BLUE MEDICAID, UHC COMMUNITY PLAN MEDICAID, VAYA MEDICAID AND BCBS.

The Cedar Oaks Clinic
1748 Heritage Center Drive Suite 101
Wake Forest, NC 27587
AGE: 8 AND UP

PH: 919-529-5920

FX: 919-529-5933

Depression, Anxiety, Substance abuse, Insomnia, Behavior change, Personality disorder, Relationship issues, Stress management, Etc. Medication evaluation and/or management. ADHD. Clinical mental health counseling, Recreational therapy and Health coaching/Functional therapy.

*Bcbs (EXCEPT BLUE HOME), UHC, UMR, Cigna, Aetna, Humana, NC Medicaid, Healthy Blue Medicaid, UHC community plan Medicaid, Carolina Complete Health, AmeriHealth Caritas NC, Alliance Health.

LIFESTYLE CONSULTANTS AGE: 7 AND UP

PH: 919-341-1234

FX: 919-900-7576

8376 SIX FORKS RD. SUITE 101

RALEIGH, NC 27615

PSYCHIATRIST AND PSYCHOLOGISTS ON STAFF

MCERDA@LIFESTYLECONSULTANTSRV.COM

SUBSTANCE ABUSE/OPIOID TREATMENT, PLAY THERAPY, PSYCHOLOGICAL TESTING, BIBLE BASED COUNSELING, GRIEF AND LOSS COUNSELING, STRESS/RELAXATION THERAPY, FAMILY CONFLICT EVAL, CASE MANAGEMENT, CRISIS INTERVENTION, MEDICATION MANAGEMENT.

***BCBS, HUMANA, MAGELLAN HEALTHCARE, SELF PAY, ALL MEDICAID PLANS.**

LIFESTANCE HEALTH: AGE 3 AND UP FOR THERAPY PH: 980-528-6287 FX: 704-500-9829

AGE 6 AND UP FOR PSYCHIATRY

LOCATIONS: CARY, CHARLOTTE, CONCORD, DURHAM, AND RALEIGH

ABA THERAPY, ADHD TREATMENT, AUTISM TESTING AND EVALUATION, CHILD AND ADOLESCENT PSYCHIATRY AND THERAPY, CHILD PARENT REALTIONSHIP THERAPY, COGNITIVE BEHAVIORAL THERAPY, BEHAVIORAL THERAPY, FAMILY THERAPY, MEDICATION MGMT, NEUROPSYCH TESTING, PLAY THERAPY, PSYCHOLOGICAL TESTING AND EVALUATION, TMS THERAPY, AND TRAUMA THERAPY, AND TELEHEALTH AVAILABLE.

***AETNA, NC MEDICAID, MAGELLAN, WELLCARE MEDICAID, BCBS, CIGNA, HUMANA, MEDCOST, OPTUM AND VAYA.**

YELVERTON ENRICHMENT SERVICES PH: 919-872-6220 FX: 919-872-6223

EMAIL: REFERRALS@YES2HH.COM

LOCATION: RALEIGH, NC

AGE 5 AND UP

COMPREHENSIVE CLINICAL ASSESSMENT, PSYCHOLOGICAL OR BEHAVIORAL DISORDER, DIAGNOSTIC ASSESSMENT, DEVELOPMENTAL, SUBSTANCE USE, TELEPSYCHIATRY, OUTPATIENT THERAPY, MEDICATION WELLNESS, SCHOOL BASED THERAPY, INTENSIVE IN-HOME THERAPY AND IN HOME THERAPY SERVICES.

***BCBS COMMERCIAL, ALLIANCE MEDICAID, ALL MEDICAID MANAGED CARE PLAN.**

THRIVEWORKS THERAPY/PSYCHIATRY PH: 855-684-0326 EMAIL: SHANNONM@THRIVEWORKS.COM

BEHAVIORAL HEALTH SERVICES: THERAPY AND MEDICATION MGMT FOR AGES 14 AND UP

***CURRENTLY NOT OFFERING ANY PSYCHOLOGICAL TESTING.**

***AETNA, CIGNA, BCBS OF NC, UHC, FIRST HEALTH, HUMANA AND MEDCOST**

TAMMY LYNN CENTER PH: 919-832-3909 FX: 919-755-7421 EMAIL: REFERRALS@NCTLC.ORG

COMPREHENSIVE CLINICAL ASSESSMENTS, PSYCHOLOGICAL/IQ TESTING, ADHD AND ADOS (AUTISM)

***BCBS, HEALTHY BLUE MEDICAID, COMMUNITY PLAN MEDICAID AND WELLCARE MEDICAID.**