

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

PH: 919 890-5852      FX: 919 896-6443

[www.accessfamilyservices.com](http://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**

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

PH: 919-794-5477

[www.trianglecgbh.com](http://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**

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

PH: 919-886-8008

FX: 919-477-1848

[www.counselingbypinnacle.com](http://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)**

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**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**

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**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](http://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**

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**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)**

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**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**

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**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**

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**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.**

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**Bailey's Counseling Service. PC**  
1013 Bullard Court Suite 102  
Raleigh, NC 27615

PH: 919-583-7910

E-mail: [baileycounselingservice@gmail.com](mailto:baileycounselingservice@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.**

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**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  
RALEIGH, NC 27607

**PH: 919-670-3939**

**FX: 984-200-6429**

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@LIFESTYLECONSULTANTRV.COM](mailto:MCERDA@LIFESTYLECONSULTANTRV.COM)

SUBSTANCE ABUSE/OPIOID TREATMENT, PLAY THERAPY, PSYCHOLOGICAL TESTING, BIBLE BASED COUNSELING, GRIEF AND LOSS COUNSELING, STRESS/RELAXATION THERAPT, 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](mailto: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](mailto: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](mailto:REFERRALS@NCTLC.ORG)

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

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

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**BOWMAN FAMILY SERVICES**

**AGE 6 AND OVER PH: 919-556-6501 FX: 919-556-4933**

\*Counseling, anxiety, depression, marital discord, academic performance, Family therapy, Art therapy, play therapy, psychological testing (ADD/ADHD/EARY ENROLLMENT ACADEMIC TESTING) and Wellness Services.

**\*Insurance accepted: Medcost, Cigna, UHC, UMR, BCBS and Aetna.**