 **Counselors &  
Psychologists**

**Psychology Today**

<https://www.psychologytoday.com/us>

**Attention & Memory Center  
NC Neuropsychiatry**

2605 Blue Ridge Dr. Ste 225  
Raleigh, NC 27607  
919.537.2561  
[ncneuropsych.com](http://ncneuropsych.com)

**The Carolina Ctr for ABA &  
Autism**

919.371.7848  
[carolinacenterforABA.com](http://carolinacenterforABA.com)

**Duke Center for Child &  
Family Policy**

Lauren Thomason  
919-668-3294  
<https://childandfamilypolicy.duke.edu/person/lauren-thomason/>

**Center for Psychological and  
Family Services**

<https://www.cfps.net/>  
919-408-3212

**Counseling By Jessica Faye,  
PLLC**

<https://counselingbyjessicafayepllc.com/>

**Mary Ripple, LCSW**

919-251-5102

**Katherine Fabrizio, MA, LPC,  
LPA**

805.764.1959  
<https://raleighcounselingandtherapy.com/>

**Lucy Daniels Center**

9003 Weston Pkwy  
Cary, NC 27513  
919.677.1400  
\*10 yrs old & younger  
[lucydanielscenter.org](http://lucydanielscenter.org)

**Flip Educational Consulting,  
LLC**

Elda Privette- 919.271.3762  
Elizabeth Worley-  
919.389.3950  
<https://www.flipconsultants.com/>

**Hope Services, LLC**

Raleigh, NC 27604  
919.714.7500  
[hopeservices4u.com](http://hopeservices4u.com)

**Kelley Counseling**

919.249.5423  
<http://www.kelley-counseling.com/>

**Carolyn O. Lee, MSW**

919.666.2363  
\*PTSD, eating disorders, self-injury, post-partum, body image

**A New Life Services**

919.877.6101  
<https://anlstherapy.com/>

**New Leaf Behavioral Health**

919.781.8370  
[nlbh.org](http://nlbh.org)

**Path to Hope Counseling**

Raleigh, NC  
984-500-2021

**Stephanie Phillips, LPC**

919.219.6256

**Project Enlightenment**

501 S. Boylan Ave  
Raleigh, NC 27603  
919.856.7774  
[projectenlightenment.wcpsps.net](http://projectenlightenment.wcpsps.net)

**Therapeutic Alternatives, Inc**

336-495-2700  
\*mobile crisis management  
877.626.1772

**Therapeutic Partners, PLLC**

7406 Chapel Hill Rd, Ste F  
Raleigh, NC 27607  
919.233.7360  
[therapeuticpartners.com](http://therapeuticpartners.com)

**Triangle Counseling Agency**

919.277.0253  
[trianglecounselingagency.com](http://trianglecounselingagency.com)

**Triangle Family Services**

3937 Western Blvd  
Raleigh, NC 27606  
919.821.0790  
\*Children 3+, ESL available  
[tfsnc.org](http://tfsnc.org)

**Triangle Pastoral Counseling**

312 W. Millbrook Rd #109  
Raleigh, NC 27609  
919.845.9977  
[tripastoralcounseling.org](http://tripastoralcounseling.org)

**Grace Zuck, LPC**

919.784.0205  
\*specializes in adoption.

**New Hope Counseling**

230 W. Millbrook Rd  
Raleigh, NC 27609  
919.872.1190  
[nhcounseling.net](http://nhcounseling.net)

**Capital Counseling**

Raleigh, NC 27601

919-249-8281

<https://www.capcounselingraleigh.com/>

**Shattuck Wellness**

**Behavioral Health**

2501 Atrium Dr, Ste 100

Raleigh, NC 27607

919.359.9700

[swbhs.com](http://swbhs.com)

**Annette Baker, PhD**

919.841.5555

**Bloomsbury Therapy**

Whitney Cain, PhD

16 N. Boylan Ave

Raleigh, NC 27603

919.916.5554

[bloomsburytherapy.com](http://bloomsburytherapy.com)

**Carolina Behavioral Care**

919-972-7700

[carolinabehavioralcare.com](http://carolinabehavioralcare.com)

**Mindpath Health**

855-501-1004

<https://www.mindpath.com/>

**Katherine Bredehoeft, PhD**

7404- A Chapel Hill Rd

Raleigh, NC 27607

919.343.9157

**Family Psychiatry &**

**Psychology**

104-A Fountainbrook Cir

Cary, NC 27511

919.233.4131

[fppa.com](http://fppa.com)

**Sally Grimley, PhD**

883 Washington Street

Raleigh, NC 27605

919.832.2991

**Wake Family Psychology,**

**PLLC - David Smoot, PhD**

6512 Six Forks Rd Raleigh

919.518.0390

**Rosalind Heiko, PhD**

919.858.9692

[drheiko.com](http://drheiko.com)

**Hyland Psychological**

**Services**

Kathleen Hyland, PsyD

Raleigh, NC 27615

984-235-5889

**Emily King, PhD, PLLC**

Raleigh, NC 27609

919.521.4535

[dremilyking.com](http://dremilyking.com)

**Sage Psychology Group**

919.472.0637

[sagepsychologygroup.com](http://sagepsychologygroup.com)

**Mendel Psychological**

**Associates**

Matthew Mendell, PhD

919.876.1313

Ginger Poole, LPCA, Art

Therapist

\*art Therapy & Digital

Therapy for preteens & teens

dealing w/ depression,

chronic illness, & Asperger's

919.876.1314

[drmendel.com](http://drmendel.com)

**Christopher Ricci, PhD**

<https://www.psychologyinraleigh.com/>

919.802.4087

**Joe Tooley, PhD**

Cary, NC 27511

919.656.0950

[tooleysgroup.com](http://tooleysgroup.com)

**Silber Psychological Services,  
PA**

Raleigh, NC 27609

919.876.5658

Cary, NC 27511

919.481.9012

[silbersolutions.com](http://silbersolutions.com)

**Triangle ACT, Inc**

Lorraine Matthews, PsyD, PC

Cary, NC 27511

919.465.2550

[triangleact.com](http://triangleact.com)

**Aisha Al-Qimlass, PhD**

Raleigh, NC 27603

919.977.0087

[creasman-counseling.com](http://creasman-counseling.com)

**Miles Gilliom, PhD**

Cary, NC 27513

919.818.8989

**Doug Davis, PhD**

Raleigh, NC 27613

919.749.4210

**Peak City Psychology**

Apex, NC

919-303-0377

**ANEW U Counseling Services**

Raleigh, NC

984-212-0028

**Raleigh Parent and Child**

Lauren Askew and Meg Hill

Raleigh, NC 27609

919-807-1982

**3-C Family Services**

Dr. Leigh Blalock

Dr. Lori Schweickert

1901 N. Harrison Ave Ste 100

Cary, NC 27513

**Grew, Morter & Hartye, P.A.**

<https://gmhpsych.com/>

919-406-6523

**Crisis Stabilization Center**

984-974-4830

 **MD Psychiatry**

**Shane Boosey, MD**

1616 Evans Rd #202

Cary, NC 27513

919.428.0885

[carypsych.com](http://carypsych.com)

**Ellison & Associates**

Maxlyn L. Ellison, MD

Raleigh, NC 27607

919.787.1932

[https://www.ellisonpsyc  
h.com/](https://www.ellisonpsyc<br/>h.com/)

**Shaheda Maroof, MD**

4041 Ed Drive, Ste 108

919.324.3385

[dr-marooof.com/](http://dr-marooof.com/)

**Carol Martin, MD**

1220 SE Maynard Rd

Ste 102

Cary, NC 27511

919.462.1440

**Dr. Lee Lacarde**

3717 National Dr, Ste 150

Raleigh, NC 27612

919.787.9444

[Lacardepsyciatric.com](http://Lacardepsyciatric.com)

**Samantha H. Moore, MD**

Cary, NC 27513

<https://www.cpfs.net/>

919.636.5972

**Saranga Comprehensive  
Psychiatry**

Vinay Saranga, MD

1600 Olive Chapel Rd

Apex, NC 27502

919.695.5194

[sarangapsychiatry.com](http://sarangapsychiatry.com)

**UNC Child & Adult  
Psychiatry Clinic**

919.966.5162

\*seen by residents in 4-6 wks  
& followed in clinic

**Cherry Chevy, MD  
Raleigh Psychiatric  
Associates**

3900 Browning Pl #201

Raleigh, NC 27609

919.787.7125

[Raleighpsych.com](http://Raleighpsych.com)

**3-C Family Services**

Dr. Leigh Blalock

Dr. Lori Schweickert

1901 N. Harrison Ave Ste 100

Cary, NC 27513

**Apex Child Psychiatry**

Ann-Marie Turnier, MD

3550 NW Cary Parkway ste

108 Cary, NC 27513

919-632-2803

[apexchildpsychiatry.com/](http://apexchildpsychiatry.com/)

**Family Psychiatry &  
Psychology**

104-A Fountainbrook Cir

Cary, NC 27511

919.233.4131

[fppa.com](http://fppa.com)



**Educational Testing**

**Alana Conder**

Carolina Neuropsychological  
Services

1540 Sunday Drive, Ste 200

Raleigh, NC 27607

919.859.9040

[carolinacns.com](http://carolinacns.com)

**Meredith Hickory, PhD**

919.971.1495

[drmeredithhickory.com](http://drmeredithhickory.com)

**Triangle Development  
Services**

Raleigh, NC 27606

919.890.5533

<http://www.triangledvelopmentalservices.com/>

**Lifescapes Counseling  
Associates**

Apex, NC 27502

919.303.0273

[lifescapescounseling.com](http://lifescapescounseling.com)

**Best Day Psychiatry and  
Counseling**

Raleigh, NC 27607

919.670.3939

[bestdaypsych.com](http://bestdaypsych.com)

**Trilogy Learning  
Consultants/ Trilogy**

Raleigh, NC 27609

919.781.7804

trilogyschool.com

**NCSU Dept. of Psychology**

Raleigh, NC 27607

919.515.2251

**Behavioral Health &  
Psychiatry, PA**

Emily Wray, PhD

Raleigh, NC 27607

919.785.0384

Chapel Hill, NC 27517

919.929.1227

[hrc-pa.com](http://hrc-pa.com)

\*dyslexia testing

**Draper Psychology**

Alison Draper, LPA, PLLC

278 W. Millbrook Rd

Raleigh, NC 27609

919.593.0491

draperpsychology.com

\*dyslexia testing

**Chapel Hill Pediatric  
Psychology**

Chppnc.com

919-942-4166

**Emily King, PhD, PLLC**

Raleigh, NC 27609

919.521.4535

[dremilyking.com](http://dremilyking.com)

**Triangle Psychoeducational  
Consultants**

Raleigh, NC

919-781-7804

 **Acute Behavior  
Concerns**

**Holly Hill Hospital** 3019  
Falstaff Rd Raleigh, NC  
27610 919.250.7000  
800.447.1800  
[hollyhillhospital.com](http://hollyhillhospital.com) \*free  
24hr ER intake for crisis  
**\*ACCEPTS MEDICAID**

**Sage Psychology Group**  
919.472.0637  
[sagepsychologygroup.com](http://sagepsychologygroup.com)

**Carolina Behavioral Care**  
919-972-7700  
[carolinabehavioralcare.com](http://carolinabehavioralcare.com)  
**\*ACCEPTS MEDICAID**

**Hope Services, LLC**  
Raleigh, NC 27604  
919.714.7500  
[hopeservices4u.com](http://hopeservices4u.com)

**Mindpath Health**  
855-501-1004  
<https://www.mindpath.com/>

**Therapeutic Alternatives,  
Inc.** 877.626.1772

**Crisis Stabilization Center**  
984-974-4830

 **Substance Abuse**

**Southlight Healthcare**  
3125 Poplarwood Court  
Ste 150  
Raleigh, NC 27604  
919.872.7373 ext. 1133  
[southlight.org](http://southlight.org)  
**\*ACCEPTS MEDICAID**


 **Social Skills Group**

**Peak Developmental  
Associates**  
919-303-0377

**Capitol City Speech  
Therapy**  
919-577-6807

**3-C Family Services**  
919-677-0101

**Silber Psychological  
Services**  
919-876-5658

 **Crisis Phone  
Numbers**

**WakeBrook Crisis  
Stabilization Center**  
984.974.4830

**Therapeutic  
Alternatives, Inc.**  
877.626.1772


**Crisis and  
Assessment for  
Wake County**  
984-974-4850

**National Suicide  
Hotline**  
988

**Alliance Behavioral  
Healthcare**  
800-510-9132

 **Eating Disorder  
Therapists**

- **CAS Counseling, Eliza Sholtz, LCSW**  
www.cacounseling.com
- **Lindsey Umstead, PhD**  
<https://www.threebirdscounseling.com/lindsey-umstead>
- **Meredith Stokke Delbridge**  
www.meredithstokkelpc.com
- **Kim Benton, PhD, Britt Schumann-Humbert**  
www.oakcitypsychology.com  
919-234-7247 ext 103
- **Therapeutic Partners, Kate Wolfe LCSW**  
919-233-7360
- **Tammy Holcomb, LCMHCS**  
www.sagepsychology.com (Durham)
- **Christa Martin, LCSW**  
www.christamartinlcswp LLC.com (Apex)
- **Alison Allen, MSW, LCSW**  
www.innerwisdomtherapypllc.com (Apex)
- **Emily Shigley, PhD**  
www.emilyshigley.com  
919-909-2288
- **Erikka Drizara, MD**  
www.VeritasCollaborative.com (Durham)

 **Eating D/o Nutritionists**

- **E.L.M. Wellness, Erin Seymaur, RDN, LDN, Bryn Boyeu, RDN, LDN, and Ellen Morrison, MS, RDN, LDN** 919-656-3448 (Cary)
- **Schumarn-Humbert, Britt, RD** 919-454-7366
- **New Leaf Nutrition Counseling** 919-870-1001
- **Lutz, Alexander & Associates Nutrition Therapy** 919-781-4500