

ALAMANCE

Shevene Bryant

Mebane 27302

336-214-5889

Specialties: Individual, couples and family therapy. Certified in triple p (positive parenting program counseling). Gambling addiction.

NOTE: Out of network for BCBS

Rachelle Leckie

Bridges to Hope Counseling

Mebane 27302—Telehealth available.

<http://www.bridges2hope.com>

919-666-6559 or 919-725-8950

Specialties: Trauma, PTSD, Relationships, Behavioral Issues.

DURHAM

AHB Center for Behavioral Health and Wellness (multiple providers)

Durham

27707

<http://www.ahbwellness.com>

919-401-8090

Specialties: Individual, Couples, Family and Group Therapy. Children, adolescent and adult. Trauma, PTSD, Relationships, Grief, Parenting, Academic difficulties, etc.

Dr Jonas Horwitz

Durham 27707—Telehealth available.

<https://www.jonashorwitz.com>

919-401-6171

Specialties: Individual, Couples and Group Therapy. Author of [How to Stop Feeling So Damn Depressed: The No BS Guide for Men.](#)

Ashley C. Knight

Cooke Counseling

Durham 27707—Telehealth available.

<https://cokecounselingnc.com>

919-727-9517

Specialties: Individual and Family (Ages 12 and up). Trauma, Stress, Life transitions. Relationships, Parenting, etc.

FORSYTH

Britta Starke

Winston Salem—Telehealth available.

<https://fulllifecounseling.com/britta-starke-msw-lcsw-lcas-ccs/>

984-237-3053 or 336-923-7426

Specialties: Individual and Family (Ages 14 and up). Equine (horse) assisted therapy. Trauma, PTSD, Addiction, Developmental disorders, and more.

ORANGE

Dr. Neil Barry

HRC Behavioral Health and Psychiatry

Chapel Hill 27517 and Raleigh 26707—Telehealth available.

<https://www.hrc-pa.com/provider/barry/>

919-929-1227 (office) or 919-247-8255 (cell)

Specialties: Adults. Marital/couples counseling. Trauma therapy, Police psychology, Debilitating illnesses.

Piere Cruz

Three Oaks Behavioral Health & Wellness

Chapel Hill 27516

<https://www.threeoaksbehavioralhealth.com/piereangelo-cruz/>

Initial appt: Call or text 919-514-3566 -OR- email pcruz@threeoaksbehavioralhealth.com.

Specialties: Adolescence and adults. PTSD, Anxiety, Depression, Autism, Substance use, Life Transitions, Racial identity, Refugees, Immigrants. Experience with Veterans.

Dr. Peter Smith

Chapel Hill 27516—Telehealth available.

919-933-6500

Specialties: First Responders and Medical personnel. Trauma, Aging, Family, Disaster Response, etc.

WAKE

Dr. Neil Barry

HRC Behavioral Health and Psychiatry

Chapel Hill 27517 and Raleigh 26707—Telehealth available.

<https://www.hrc-pa.com/provider/barry/>

919-785-0384 (office) or 919-247-8255 (cell)

Specialties: Adults. Marital/couples counseling. Trauma therapy, Police psychology, Debilitating illnesses.

Dr. Heather Bergida Thurston

Cary 27518—Telehealth available.

<https://www.heatherbthurstonphd.com>

919-415-1795

Specialties: Adolescents and Adults. Individuals and Couples. Military and veterans experience. Therapy dog. PTSD, Depression, Anxiety, etc.

Note: Out of network provider. May offer First Responders a reduced rate.

Sara Crow

Raleigh, 27609 (East Raleigh)-- Telehealth available.

<https://www.threeoaksbehavioralhealth.com>

919-514-3566 (main) / 984-237-3261 (office)

Specialties: Trauma. Stress, Life balance, Chronic pain, Mood changes. Prenatal, pregnancy, post-partum issues. Fluent in Spanish.

Dr. Colby Mills

Cary, 27511—Telehealth available.

<https://www.linkedin.com/in/colby-mills-782a28242>

919-297-8187

Specialties: Adults. Anxiety, Sleep issues, Trauma, Pain/Illness, Retirement, Disaster Response, etc. Emergency Responder & Public Safety Certified Clinician (ERPSCC). Experience with First Responders, Military, & their families.

Molly Schweers

Main office is in Raleigh.-- Telehealth available.

<https://www.nourishcarolinacounseling.com/molly-schweers>

919-752-3666

Specialties: Adults. Trauma, Substance use, Relationships.

Per website, her Trauma Intensive sessions may not be covered by insurance.

VIRTUAL

Thrive Counseling

Over 20 providers—Primarily telehealth.

<https://www.thrive-pllc.com>

910-483-5884 Initial call

Specialties: Faster scheduling for First Responders and Military. Children, Adolescents, and Adults. Couples and Families. PTSD, Substance abuse, Relationships, Child play therapy, and more.

Hannah Crouse

Telehealth only.

www.OpenMindTherapyNC.com

919-804-0112

Specialties: Adults. Trauma, PTSD, Depression, Anxiety, Self esteem, and more.

NOTE: BCBS pending. Discounted rate of \$60/session to BCBS clients. 20% discount to students.

Updated 10/7/24