



MENTAL HEALTH RESOURCE GUIDE

FOR INDIVIDUALS AND FAMILIES

WEBSITES

Crisis Solutions North Carolina

A website of resources from a coalition working to decrease the use of emergency departments and to increase the use of other services to help individuals quickly resolve the crisis and get back to their homes, families, friends, and work.

www.crisissolutionsnc.org/crisis-solutions-individuals-families

DBSA-Charlotte: Depression & Bipolar Support Alliance

“Learning to Cope with Mood Disorders Together.” One of nearly 700 chapters of a national organization working to help people with mood disorders by offering resources and support groups.

www.dbsa-charlotte.org

FaithNet

A network of NAMI members and friends dedicated to promoting caring faith communities and promoting the role of faith in recovery for individuals and families affected by mental illness.

www.nami.org/faithnet

Focus on the Family

A comprehensive resource list of books, broadcasts, and referrals based on diagnosis.

media.focusonthefamily.com/topicinfo/mental-health.pdf

Fresh Hope

A resource website and Christian association of support groups across the United States for those who have a mental health diagnosis and for their loved ones. At the core of Fresh Hope is the bias that it is possible to live well in spite of having a mental health challenge because of the hope there is in Christ, that no matter how one feels, it is possible to still have hope because of Christ.

www.freshhope.us

LifeWise TV

Nutritional health and well-being (mind, body and soul). Helps you discover your Total Well-Being; educates and empowers by providing a platform where the right questions can be asked. Goal is to give you tangible truths to spur you to action.

(704) 953-5670

www.lifewisetv.com

Mental Health America

A non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services, early identification and intervention for those at risk, and integrated care and treatment for those who need it, with recovery as the goal.

(704) 365-3454 • mha@mhacentralcarolinas.org

National site: www.mentalhealthamerica.net

SC site: www.mha-sc.org • (803) 779-5363

NC site: www.mhacentralcarolinas.org

Mental Health Grace Alliance

To transform lives, faith communities, and society by building a mental health, peer-provider movement through education, training, and collaboration.

www.mentalhealthgracealliance.org

Mental Health Ministries

An interfaith, web-based ministry which provides educational resources to help erase the stigma of mental illness in our faith communities. Our mission is to help faith communities be caring congregations for people living with a mental illness and for those who love and care for them.

www.mentalhealthministries.net

Mental Health Screening Tools

Taking a screening test is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

www.mentalhealthamerica.net/mental-health-screening-tools

National Alliance on Mental Illness (NAMI)

Dedicated to building better lives for the millions of Americans affected by mental illness; NAMI is an association of hundreds of local affiliates, state organizations, and volunteers who work to raise awareness and provide support and education that was not previously available to those in need.

(704) 576-9452 • michelebrown1941@gmail.com

National site: www.nami.org

Local site: www.nami-charlotte.org

PsychCentral

Articles, resources, and support groups for all types of mental health issues.

www.psychcentral.com

RemedyLIVE

Online support that engages youth in meaningful conversations, through technology, as a step toward Christ. Open to anyone age 13+ can start a conversation by texting REMEDY to 313131 or by visiting website.

www.remedyLIVE.com

SCHOOLS

Charlotte-Mecklenburg Schools

The School-Based Mental Health (SBMH) Program is a collaborative effort between CMS, Mecklenburg County, and private mental health agencies. The program's vision is to increase the availability of evidence-based mental health services for the purpose of improving students' emotional well-being and enhancing their ability to access and benefit from instruction. Parents may request services through their child's school counselor.

Cotrane Penn, Ph.D., School-Based Mental Health & Substance Abuse Program Specialist, Student Services

Atrium Corporate Center

4421 Stuart Andrew Blvd., 5th Floor, Charlotte, NC 28217

(980) 344-0414 • cotrane.penn@cms.k12.nc.us

www.cms.k12.nc.us/cmsdepartments/ci/supportservices/pages/school-basedmentalhealthprogram.aspx

Lancaster County Schools

Contact your local school guidance counselor for information about local resources, call the Student Services department at (803) 416-8876 or visit www.lancastercsd.com/instruction/special-programs/special-education-services

Union County Schools

For each school the initial point of contact would be the student's guidance counselor. The guidance counselor, and any other professional within the school, will maintain confidentiality while supporting the family/student, whether that be through modifications/accommodations of academic work or by other means specific to that student's needs. There are certain schools within Union County that have an agreement with an outside counseling agency to come to the school and provide professional counseling/therapy to students during the school day. Parents/students who are interested in this service would need to contact their school counselor to see if the service is provided at their school. If so, the school counselor will coordinate with the outside agency to make contact with the family.

400 N. Church St., Monroe, NC 28112

(704) 296-9898

ecp.ucps.k12.nc.us

York County Schools

York and Rock Hill

Mental Health Services are provided via the Catawba Community Mental Health Center. Counselors are assigned to specific York and Rock Hill district schools and are called as needed when crises occur during school hours.

Catawba Family Center

448 Lake Shore Parkway, Rock Hill, SC 29730

(803) 329-3177 or (866) 452-5152

www.state.sc.us/dmh/cmhc.htm

Fort Mill District

The mission of Fort Mill School District's Behavioral and Mental Health Services is to support social and emotional well-being in our school communities, provide immediate safety and crisis response, and promote awareness in order to help prevent mental health problems from interfering with school, home and community. Our staff include licensed mental health counselors and behavioral interventionists, who partner with school psychologists and school counselors in these efforts.

www.fortmillschools.org/departments/student_health_services/behavioral_mental_health_services/

CRISIS INTERVENTION

Carolinas HealthCare Systems— Behavioral Health Center

Offers crisis intervention 24 hours a day, seven days a week. The staff can also provide assessments for psychiatric and substance-use disorder treatment, make referrals to behavioral health specialists, and offer information on community behavioral health resources.

(704) 444-2400 or 1-800-418-2065

www.carolinashealthcare.org/24-7-access-to-behavioral-health-care

Cardinal Innovations

1-800-939-5911 - 24/7 crisis line

www.cardinalinnovations.org/consumer-families/services/emergency-services

Daymark Recovery Services

Provides a number of resources and services for those seeking treatment of a mental illness or substance abuse. Some services are unique to different facilities. Daymark has an extensive resource list of local organizations or external services that are available to those seeking assistance.

284 Executive Park Dr. NE, Concord, NC 28025

1-866-275-9552 - 24/7 crisis line

www.daymarkrecovery.org

National Suicide Prevention Lifeline

Provides a 24-hour, toll-free, confidential suicide-prevention hotline to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in our national network of more than 150 crisis centers that provide crisis counseling and mental health referrals day and night.

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

Teen Talk Line

Teen TalkLine is non-judgmental and available to anyone. Our job is to listen to you and help you explore options for dealing with whatever problems you are experiencing.

(919) 231-4525 • 1-877-235-4525

www.hopeline-nc.org

CRISIS INTERVENTION by County

LANCASTER COUNTY _____

Police Department

Ask for a CIT (Crisis Intervention Trained) Officer

(803) 283-1173 • Emergency: 911

Crisis Intervention

The Lancaster Mental Health Clinic offers crisis intervention services to persons in crisis situations, especially to those who may be at risk of doing harm to themselves or others. Walk-in or call help line.

1906 Highway 521 Bypass South, Lancaster, SC 29720

(803) 285-7456 • 1-800-475-1979

MECKLENBURG COUNTY _____

Police Department

Ask for a CIT (Crisis Intervention Trained) Officer

Information: (919) 788-0801 • Emergency: 911

Carolinas Healthcare System 24/7 Psychiatric Emergency Services

Carolinas HealthCare System also has the only free-standing, dedicated psychiatric emergency room in the Charlotte, NC region. This ER is for children, adolescents and adults experiencing a mental health crisis.

501 Billingsley Rd., Charlotte, NC 28211

(704) 358-2800 or 1-800-418-2065

www.carolinashealthcare.org/24-7-access-to-behavioral-health-care

Novant Hospital

200 Hawthorne Ln, Charlotte, NC 28204

(704) 384-4000 • 1-800-786-1585

www.novanthealth.org/home/services/behavioral-health/psychiatric-services.aspx

Charlotte-Mecklenburg Crisis Intervention Team

CIT officers are called to the scene when a mental health crisis is identified. The officer utilizes de-escalation techniques and determines best course of action. Mobile Crisis is called if more extensive services are needed.

(980) 314-8620

www.charmeck.org/mecklenburg/county/HealthDepartment/CommunityHealthServices/TJP/Pages/CIT.aspx

Other Contacts

Charlotte Mecklenburg Police Department
Captain Jim Wilson, CMPD Executive Sponsor
(704) 432-0197

Mecklenburg County-Provided Services Organization
Lisa Murray, CIT Coordinator, Trauma and Justice Partnerships
(980) 314-8617

Matrix Mental Health Alliance/ Mecklenburg Mobile Crisis Team

Help stabilize residents experiencing a crisis in their natural setting. Operates 24/7 to assist persons with mental health, developmental disabilities, or substance-abuse issues. Also available to assist with victims of a crime, hostage situations, witness to violence, or post-homicide or -suicide. Mobile Crisis Team offers emergency psychological assessment, immediate intervention for individuals, family, and community crisis events. Crisis events can also include eviction, lack of food, divorce, and parenting issues. "Crisis" is not defined by an agency but by the person calling.

24/7 Hotline: (704) 566-3410, Select option 1

www.thesantegroup.org/mecklenburg-county-crisis

UNION COUNTY

Sheriff's Office

Ask for a CIT (Crisis Intervention Trained) Officer
(704) 283-3789 • Emergency: 911

Cardinal Innovations

Emergency services designed to avoid long waits in hospital emergency waiting rooms, reduce the need for hospitalization, as well as assist with finding detox and treatment for drugs and alcohol for Medicaid recipients or

consumers with no insurance. Referral to community organizations, dispatch Mobile Crisis, get help or advice in a crisis, managing mental health, intellectual and developmental disabilities, and substance use/addiction disorders for children and adults.

1-800-939-5911-24/7-hour crisis line

www.cardinalinnovations.org/consumer-families/services/emergency-services

Daymark Union Center

Comprehensive community provider of culturally sensitive mental health and substance-abuse services. Supports citizens of all ages and their families with the greatest opportunity for recovery, independence, and the highest quality of life.

1190 West Roosevelt Blvd., Monroe, NC 28110

(704) 296-6200 • 1-866-275-9552 - 24/7-hour crisis line

www.daymarkrecovery.org/locations/union-center

NAMI Union County

Union House at 316 I.B. Shive St., Monroe, NC

P.O. Box 1821, Monroe, NC 28111

(704) 292-2287

YORK COUNTY

Sheriff's Department

Ask for a CIT (Crisis Intervention Trained) Officer
(803) 628-3059 • Emergency: 911

York Adult Mental Health Services

York Adult Mental Health Services, a satellite clinic of the Catawba Community Mental Health Center, provides outpatient assessment and treatment services to adults with serious mental illness and to their families in York County. All services aim to support the recovery of persons with mental illness. On-call staff responds to emergencies 24/7.

166 Dotson St., Rock Hill, SC 29732

(803) 327-2012 • 1-800-252-2168

saccess.communityos.org/zf/profile/program/id/81098

PSYCHIATRISTS

Dr. Irm Bellavia

10720 Sikes Pl Ste. 120
Charlotte, NC 28277
(704) 844-0248

Dr. Vivian Campbell

501 Billingsley Rd,
Charlotte, NC 28211
(704) 358-2700

Dr. Fred Caudill

130 Matthews Station St., Ste 2B,
Matthews, NC 28105
(704) 846-2833

Dr. Mary Christenbury

5203 Sharon Rd.
Charlotte, NC 29210
(704) 554-9900

Dr. Dan Cotoman

417-A South Sharon Amity Rd.,
Charlotte, NC 28211
(704) 488-2685

Dr. John Hall

6809 Fairview Rd Ste. D,
Charlotte, NC 28210
(704) 264-0374

Dr. Christopher E Lord

1132 Greenwood Cliff Rd.
Charlotte, NC 28204
(704) 614-5524

Dr. Dawn O'Malley

5821 Fairview Rd., Ste. 218
Charlotte, NC 28209
(704) 554-0443

Dr. Hayne McMeekin

1700 1st Baxter Crossing, Ste. 203
Fort Mill, SC 29708
(803) 548-4669

Dr. Anthony Patterson

5950 Fairview Rd., Ste. 322,
Charlotte, NC 28209
(704) 553-8336

Dr. David Patton

10420 Park Rd. Ste.300
Charlotte, NC 28210
(980) 223-4216

Dr. Joy Ross

1713 East Blvd St., Ste. A
Charlotte, NC 28203
(704) 295-1880

Dr. Randie Schacter

212 W. Matthews St. - Ste. 106
Matthews, NC 28105
(704) 847-0424

Dr. Brent Sunderland

612 Mocksville Ave.
Salisbury, NC 28144
(704) 210-5253

Dr. Jonathan Stoudmire

2427 Plantation Center Dr.
Matthews, NC 28110
(704) 841-3886

Dr. Dwivedi Tarunendu

1721 Ebenezer Rd., Ste. 265
Rock Hill, SC 29732
(803) 329-7778

COUNSELING

Access Counseling Group-Christian Counseling

See the individual NOT as a "problem" but as a unique person made up of a body, soul (mind, will, and emotions), and spirit. Clinical expertise in a wide range of treatment areas that affect personal, professional, relational, and spiritual health. Trained in therapies like Emotionally Focused Therapy (EFT) and Eye Movement Desensitization Reprocessing therapy (EMDR), as well as integration of faith into therapy. We welcome all those who seek counseling regardless of religious background. Individual (adults, adolescents, children), Marital, Pre-marital, Relationship, and Family.
10030 Park Cedar Dr, Ste. 200, Charlotte, NC 28210
(704) 751-7775 • info@accesscm.org
www.accesscm.org

Agape Christian Counseling

To guide you through a process of self-awareness, healing, and change so that you can experience the abundant life, loving relationships, and purpose that God desires for you. Services are Christian Counseling, Individual, Couple, Marital and Family Therapy.
2124 Crown Centre Dr., Ste. 400, Charlotte, NC 28227
(704) 849-0144 • jennifer.dean@ncagape.org
www.agapechristiancounseling.org

Amy Powell Jamieson, LPC

Christian Counseling, Diagnostic Evaluations, Individual, Parent, Family and Group Counseling. Specialties: Teens, Tweens, Young Adults, and their families
10720 Sikes Place, Ste. 120, Charlotte, NC 28277
(704) 816-0176 • amy@amyjamiesoncounseling.com
www.amyjamiesoncounseling.com

Bareiter Counseling Center

Christian Counseling. Individual, Couple, Marital, Family and Group Counseling and Psychological Assessments
1116 Greenwood Cliff, Charlotte, NC 28204
(704) 334-0524 • info@bareitercc.com
www.bareitercc.com

The Barnabas Center

A non-profit, non-denominational, Christ-centered counseling, training, and teaching ministry. The Barnabas name, which means "son of encouragement," communicates our desire to encourage people by coming alongside them, entering into their daily struggles, and walking with them toward freedom.

7615 Colony Rd., Ste. 200, Charlotte NC 28226

(704) 365-4545 • info@thebarnabascenter.org

www.thebarnabascenter.org

Bright Cares

Individuals, Couples, Intimacy, and Spirituality Issues

10801 Johnston Rd., Ste. 227, Charlotte, NC 28226

(980) 224-5542

www.brightcares.com

Carmel Counseling Center

Individual, Couple, Marital, Family and Group Counseling

1145 Pineville Matthews Rd., Charlotte, NC 28105

(Carmel Baptist Church Complex)

(704) 849-0686 • ginam@carmelbaptist.org

www.carmelbaptist.org/resources/carmel-counseling-center

Carolinas Counseling Group

Individuals, Couples, Children and Families

7401 Carmel Executive Park Dr., Ste. 210

Charlotte, NC 28226

(704) 752-8414

www.carolinascounseling.info

Catawba Mental Health Center

Individual and Family Counseling and Medication Monitoring. Serving York, Union, and Lancaster Counties in SC.

Administration Office

448 Lakeshore Parkway, St. 205, Rock Hill, SC 29730

(803) 328-9600

www.state.sc.us/dmh/cmhc.htm

Center for Emotional Health

Depression, Child/Adolescent, Marriage, Anxiety, ADD and more.

17206 Lancaster Hwy., Ste. 504 Charlotte, NC 28277

(704) 869-2718 • info@cehcharlotte.com

www.cehcharlotte.com

Charis Counseling Center

Individual, Premarital, Marital, Divorce, Sexual Addiction,

Porn Addiction, Infidelity, Anxiety, Depression, Grief

120 Greenwich Rd., Charlotte, NC 28211

(704) 749-3536

www.chariscounselingcenter.org

Charlotte Counseling Associates

5970 Fairview Rd., Ste. 414, Charlotte, NC 28210

(980) 263-9608 • david@charlottecounselors.com

www.charlottecounselors.com

Charlotte Center for Counseling

ADHD, Substance Abuse, Anxiety, Autism Spectrum Disorder, Bipolar

Disorder, Depression, Eating Disorders, Personality Disorders, PTSD

10720 Carmel Commons Blvd., Ste. 320, Charlotte, NC 28226

(704) 904.6875

www.charlottecenterforcounseling.com

Christian Therapy Services, LLC

Abuse/Trauma Recovery, Anxiety, Depression, Panic, Adult Children of

Alcoholics, Co-Dependent Coping Behaviors, Binge Eating Disorders,

Park Seneca Building

1515 Mockingbird Ln., Ste. 806, Charlotte, NC 28209

(704) 370-0334 • cathy@christiantherapyservices.com

www.christiantherapyservices.com

Clear Creek Counseling & Consulting, PC

Couples, family, individual counseling. Consulting. Specializing in

relationships, anxiety, spiritual issues, working with men.

1931 JN Pease Pl., Ste. 101, Charlotte, NC 28262

(980) 395-3062 • lonnie@counselingcharlotte.org

www.counselingcharlotte.org

Collaborative Counseling Group

Individual and Marriage Counseling, Parenting, Divorce Care, Eating Disorders, Domestic Violence, and Sexual Difficulties.
16607 Riverstone Way, Ste. 200, Charlotte NC, 28277
1838 Gold Hill Rd., Fort Mill, SC 29708
(980) 250-2438 • collaborativecounselinggroup@gmail.com
www.collaborativecounselinggroup.org

Corban Counseling

Christian Counseling Marital, Individual, Couples and Family Therapy
Solution-Focused Brief Therapy
11503 Sir Francis Drake Dr., Charlotte, NC 28277
(704) 560-8706 • info@corbancounseling.com
www.corbancounseling.com

Desert Streams Ministry

Biblical support groups, workshops, Bible studies, appropriate referrals, and pastoral, women's, and marriage counseling. We help women and marriages through pastoral counseling and biblical wisdom. Our support groups and Bible studies are open to men and women.
116 E. Phifer St., Monroe, N.C. 28110
(704) 283-5032 • desertstreams@frontier.com
www.dsministry.com

The Dove Center

Truth-based counseling and support services to empower individuals, families, and organizations to reach their full, God-given potential.
454 South Anderson Rd. BTC 542, Ste. 123,
Rock Hill, SC 29730
(803) 329-9727
www.thedovecenter.org

Eastover Psychological and Psychiatric, P.A.

Psychiatric Treatment, Psychotherapy and Counseling, Psychological Testing
Outpatient Substance-Abuse Treatment Program
3303 Latrobe Dr., Charlotte, NC 28211
(704) 362-2662 x165 (new clients)
7810 Ballantyne Commons Pkwy, Ste. 210, Charlotte, NC 28277
(980) 213-3579
www.eastoverpsych.com

El Rophe Christian Counseling

(Hebrew for "God Heals")
Individual, Family, Marriage, and Couples Therapy
116 S. Providence St., Waxhaw, NC 28173
(704) 843-4818 • elrophe@aol.com
www.elrophe.org

Family Counseling & Enrichment

Families facing severe mental illnesses and emotional disorders.; sexual-abuse victims and perpetrators; children and families in the foster care system; juvenile and adult offenders and others in the criminal justice system; young children and their parents; victims of domestic violence.
202 N. Stewart St., Monroe 28112
(704) 282-5006 • eponton@mac.com

Felicia Friesen MA, LPC

Depression, Anxiety, Relationship Issues
400 N. Broom St., Ste. 304, Waxhaw, NC 28173
(704) 301-3828
www.ffriesencounseling.com

Freedom Now

"It is possible." Therapy and medication management.
5700 Executive Center Dr., Ste. 214, Charlotte, NC 28212
(704) 426-3267

Fulper Counseling

Christian Counseling; Individual, Couples, and Family Counseling
16147 Lancaster Highway, Ste. 110, Charlotte, NC 28277
(704) 345-5121 • laurie@fulpercounseling.com
www.fulpercounseling.com

Grace Life International

Christian-based counseling (family and individual), marriage retreats, discipleship course, discipleship program, and group counseling.
1337 Hundred Oaks Dr., Ste. EE, Charlotte, NC 28217
(704) 522-9026 • info@gracelifeinternational.com
www.gracelifeinternational.com

Grace Roads Counseling Center (University / Denver)

To provide teaching, training, and counseling that will enable individuals, families, and churches to experience God's powerful grace in transforming their stories.

Mallard Creek/ University Area, Right off of Prosperity Church
Providence Church, 274 North Highway 16, Ste. 200,
Denver, NC, 28037
(704) 550-4792 • sbenson317@gmail.com
www.groundedingrace.net

The Grief Counseling Center

Individual, Christian Counseling, and Specialties: Depression, Anxiety, Trauma, and PTSD

7810 Ballantyne Commons Pkwy, Ste. 300, Charlotte, NC 28277
(704) 751-5071
https://therapists.psychologytoday.com/rms/name/Beth_Bennett-Hill_MDiv,LPC_Charlotte_North+Carolina_37204

Healing Solutions Counseling Center, PLLC

We provide individual, couple, family, and group counseling from a faith, relational, and solution-focused perspective. We provide services for individuals ages 4 and up.

8029 Corporate Center Dr., Ste. 100, Charlotte, NC 28226
(980) 237-3880
www.charlottetherapy.com

InnerVision

Provides comprehensive recovery-oriented resources, services, and support in the areas of employment, education, and wellness for individuals with trauma, mental health, and substance-abuse challenges.

(704) 377-5042 • cnic@innervisionnc.org
www.innervisionnc.org

Jim Cress Counseling and Consulting

Individuals, Couples, Groups Specialties: Sexual Addiction, Marital, Premarital, Trauma, and PTSD

1136 Sam Newell Rd., Ste. D, Matthews, NC 28105
(704) 726-4110 • jimcress.lpc@gmail.com
www.jimcress.com

Kershaw Counseling

Specializes in Trauma treatment. Specifically, focuses on children and adolescents who have been sexually or physically abused.

206 North Hampton St., Kershaw, SC 29067
(803) 246-2123 • dk.frc01@gmail.com
www.kershawcounseling.com

Level Ground Christian Counseling

Christian Counseling, Individual, Family, and Couples.

6412 Bannington Rd., Charlotte, NC 28226
(704) 995-5186 • Cdodd71@aol.com
www.levelgroundcc.squarespace.com

Living Well Counseling Associates

Individual, Couples, and Group counseling

18805 W Catawba Ave., Ste. 206, Cornelius, NC 28031
(704) 464-0065
1630 Dale Earnhardt Blvd. Kannapolis NC 28083
(704) 935-4100
www.livingwellcc.net

Nancy L. Barr

Individual, Family, and Couples Christian Counseling
11220 Elm Ln., Ste. 203, Charlotte, NC 28277
(704) 497-8301 • nancyl.barrcounselor@gmail.com
www.christiancounselorcharlotte.com

New Beginnings Church

Individual, Family, and Couples Counseling

7027 Stillwell Rd., Matthews NC 28105
(704) 567-2900 • (704) 790-0024 • mburrell@nbccministries.org
www.nbccministries.org

Novant Health Psychiatric Associates

1718 Randolph Rd., Ste. 601, Charlotte, NC, 28204
(704) 384-1246
www.nhpsychiatricassociates.org

Palmetto Counseling

Individual, Family, and Couples Counseling
1721 Ebenezer Rd., Ste. 225, Rock Hill, SC 29732
(803) 329-9639 • info@pcrrh.com
www.palmettocounselingconsulting.com

Presbyterian Psychological Associates

Christian Counseling, Individual, Couple, and Family Counseling.
Psychiatrists, Psychologists, and Medication Management.
5203 Sharon Rd., Charlotte, NC 28210
(704) 554-9900
www.presbypsych.org

Renfrew Center

Treatment of Eating Disorders Charlotte: Day Treatment, Outpatient,
Intensive Outpatient Treatment and Group Nationally: Inpatient Program
and specialized program for Christian women
6633 Fairview Rd., Charlotte, NC 28210
(704) 366-1264
www.renfrewcenter.org

Restoring Journeys

Counseling the whole person—body, mind, and spirit.
1126 Sam Newell Rd., Ste. A, Matthews, NC 28105
(980) 253-9841 • counselornatalie@restoringjourneys.com
www.restoringjourneys.com

The Right Direction

Diagnostic Assessments, Calocus, Outpatient Therapy, Emotional
Intelligence, and Therapeutic Interactive Enrichment Program
502 W. Meeting St., Lancaster, SC 29720
(803) 639-7700
www.trdirection.com

Robin Navarro, PsyD, PLLC

5970 Fairview Rd., Ste 414, Charlotte, NC 28210
(704) 774-0459 • drrobinnavarro@gmail.com
www.robinnavarro.com

Rodgers Christian Counseling

Individual, Couples, and Family Therapy, Groups, Intensives, Life
and Marriage Coaching
6412 Bannington Rd., Charlotte, NC 28226-1327
(704) 364-9176
www.rodgerscc.com • www.soulhealinglove.com

Safe Haven Child & Family Counseling

Provides a safe and confidential environment for individuals to receive
counseling and to develop healthy supports and strategies for children,
adults, and their families to live more wholesome lives.
Children, Individual, Group, Family Therapy (No marital or couples)
4822 Albemarle Rd., Ste. 202, Charlotte, NC 28205
(980) 613-8474 • safehavenchildfa@aol.com
www.safehavenchildfam.com

Safe Haven Christian Counseling Center

Pre-Marital, Marital and Family, Couples Therapy, Child and Adolescent, Play
Therapy, Grief and Loss, Anxiety Disorders, Depression, Spiritual Growth
2012 West Highway 160, Ste. 3, Fort Mill, SC 29708
amyduren@safehavenccc.com
www.safhavenccc.com

Southeast Psych

Southpark: 6060 Piedmont Row Dr. South, Ste. 120,
Charlotte, NC 28287
(704) 552-0116
Blakeney: 8840 Blakeney Professional Dr., Ste. 200,
Charlotte, NC 28277
(704) 970-4791
www.southeastpsych.com

Southeast Child & Family Guidance

105-H Waxhaw Professional Park Dr., Waxhaw, NC 28173
(704) 256-0305 • info@southeastcfg.com
www.southeastcfg.com

SureHope Family Counseling & Training Center

Christian-based counseling, marital, anxiety, depression, addictions, and therapy for individuals, couples, and families.

1126 Sam Newell Rd, Ste. A, Matthews, NC 28105

(704) 443-8866

1935 JN Pease Pl., Ste. 204, Charlotte, NC 28262

(980) 272-8180 • kelly@surehopecounseling.com

www.surehopecounseling.com

Teen Health Connection

To empower teens to be healthy, safe, and successful. Addressing adolescent mental health is an extremely important component of the vision.

To meet the needs of teens and their families, Teen Health Connection provides outpatient individual and family therapy.

3541 Randolph Rd., Ste. 206, Charlotte, NC 28211

(704) 381-8336

www.teenhealthconnection.org/index.php/services/mental-health

Thompson Child & Family Focus

North Carolina services: PRTF: Psychiatric Residential Treatment, Outpatient Therapy, Intensive In-Home Services, Family Education, Thompson Child Development Center, Early Childhood Outreach Services, Foster Care Services, and Foster Parent Licensing.

South Carolina services: Community Counseling Centers.

6800 Saint Peter's Ln., Matthews, NC 28105

(704) 536-0375

www.thompsoncff.org

Thrive Counseling Services, PLLC

Individual, Family and Group Therapy

2242 West Roosevelt Blvd., Ste. G, Monroe, NC 28110

120 Unionville Indian Trail Rd, W, Bldg C, Ste. 100

Indian Trail, NC 28079

(704) 438-9901

www.thrivecounselingnc.com

SUPPORT GROUPS

Celebrate Recovery

Christ Centered Recovery Program

Find a Group: locator.crgroups.info/

www.celebraterecovery.com/

Desert Streams Ministry

Biblical solutions to life's problems. Biblical support groups, workshops, Bible studies, appropriate referrals, and pastoral, women's, and marriage counseling. Our support groups and Bible studies are open to men and women and change throughout the year. Please contact us to find out about our current and upcoming schedules.

(704) 283-5032 • desertstreams@frontier.com

www.dsministry.com

Faith & Health Connection

Offers online faith-based courses, studies and workshops in discipleship and life transformation.

(803) 802-3210 • clint@faithandhealthconnection.org

www.faithandhealthconnection.org

HUGS (Healing and Understanding of Grief from Suicide)

A support group for people who have lost a family member or friend to suicide. It is our mission to offer healing, support, understanding, and education in order to empower the survivor through the grieving process.

(704) 541-9011

www.hugs-charlotte.com

InnerVision

Provides comprehensive, recovery-oriented resources, services, and support in the areas of employment, education, and wellness for individuals with trauma, mental health, and substance-abuse challenges.

Must be a Mecklenburg County, NC resident; age 18+, with Medicaid or no health care insurance.

(704) 377-5042

www.innervisionnc.org

NAMI Charlotte

To promote recovery and optimize the quality of life for those affected by mental illness. Provide education classes, support groups, and advocacy.

300 Hawthorne Ln., Charlotte, NC 28204

(704) 333-8218

www.nami-charlotte.org

NAMI Union

(704) 292-2287 • evannduncan@yahoo.com

www.naminc.org/directory/4778/nami-union-county/

Overeaters Anonymous

Find a group: ww.aa.org/find-a-meeting/

www.aa.org

ADDITIONAL RESOURCES

Advocations

To connect and support professionals with disabilities and inclusive companies nationwide.

310 Arlington Ave., Ste. 304 Charlotte, NC 28203

704-960-1783 • 1-877-365-WORK • hello@advocations.org

www.advocations.org

Amara Wellness

Outpatient, Assessment, Medication Management, Psychosocial Rehabilitation, Community Support Team, Assertive Community Treatment Team, Substance Abuse Services, Primary Care Services, Innovation Services

5801 Executive Center Dr., Ste. 200, Charlotte, NC 28212

704) 567-0790

www.amarawellness.org

Catawba Community Mental Health Center

Community-based mental health resources

448 Lakeshore Parkway, Ste. 205, Rock Hill, SC 29730

(803) 329-3177

www.state.sc.us/dmh/cmhc.htm

Faith and Health Connection

To teach people how to apply biblical truths, principles, and results of medical research, to achieve whole-person health. Bible Study,

Workshops, Wellness Coaching

(803) 802-3210

www.faithandhealthconnection.org

Hopeway Foundation

Psychological Assessment, Residential Treatment, Day Treatment, Primary Care Clinic, Transitional Living, Vocational Services, Job Placement, Healthy Living, Healthy Mind, Community Education and Support

1717 Sharon Rd. West, Charlotte, NC 28210

1-844-HOPEWAY • info@hopewayfoundation.org

www.hopewayfoundation.org

Hospice Care of South Carolina

Hospice and Bereavement Services

(803) 804-6348

www.hospicecare.net

Mental Health America of South Carolina

Grassroots, volunteer organization that educates civic groups, churches, the media, elected officials, and the public about mental illness. It helps clients navigate the state mental-health system and lobbies for sound mental-health practices and funding in the S.C General Assembly.

1823 Gadsden St., Columbia, SC 29201

(803) 779-5363 • nscott@mha-sc.org

www.mha-sc.org

NAMI-National Alliance on Mental Illness

Grassroots, mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

(703) 524-7600

www.nami.org

NAMI North Carolina

To provide support, education, advocacy, and public awareness so that all individuals affected by mental illness can build better lives.

309 W. Millbrook Rd., Ste. 121, Raleigh, NC 27609-4394

Office: (919) 788-0801

Helpline: 1-800-451-9682 (NC only)

www.naminc.org

NAMI Charlotte

To protect the dignity of, and improve the quality of life for, individuals and their families living with the debilitating effects of severe and persistent mental illness through advocacy, education, and support.

300 Hawthorne Ln., Charlotte, NC 28204

(704) 333-8218

www.nami-charlotte.org

REHAB AND SUBSTANCE ABUSE RECOVERY

Celebrate Recovery

Biblical and balanced program that helps us overcome our hurts, hang-ups, and habits. It was designed as a program to help those struggling with hurts, habits and hang-ups by showing them the loving power of Jesus Christ through a recovery process. Use their locator on website to find a program

www.celebraterecovery.com

Charlotte Rescue Mission

Provides Christian-Based Residential Recovery Programs for those struggling with addiction and long-term sobriety. Substance Abuse Recovery, Educational/Vocational Training, Temporary Housing/Halfway House.

Rebound Men's Program Dove's Nest Women's Program

907 W. 1st St., Charlotte, NC 28202

2855 West Blvd., Charlotte, NC 28208

(704) 334-4673 • crm@charlotterescuemission.org

www.charlotterescuemission.org

Daymark Recovery Services, Inc.

Comprehensive community provider of culturally sensitive mental health and substance-abuse services.

1190 West Roosevelt Blvd., Monroe, NC 28110

(704) 296-6200

www.daymarkrecovery.org/locations/union-center

Fountain House

Dedicated to the recovery of men and women with mental illness by providing opportunities for our members to live, work, and learn.

425 West 47th St., New York, NY 10036

(212) 582.0340 • finfo@fountainhouse.org

www.fountainhouse.org

Friendship Home, Inc.

Provides a wide spectrum of services to the community: A 24-hour residential treatment program for alcoholic men, and longer term independent living for graduates of that same program. It is also a meeting space for eleven different AA or ALANON groups. On a daily basis we

provide information and referrals to an even wider variety of individuals affected by chemical dependency. We work in concert with families, the court system, area hospitals, schools, in-patient treatment facilities and the various self-help groups that form the foundation of effective treatment for addiction.

2111 Stafford St. Ext., Monroe, NC 28110
(704) 289-4144 • frndshp69@aol.com
www.friendshiphomeofmonroe.org

Hebron Colony / Grace Home Ministries

Devoted to the restoration of individuals whose lives have been ravaged by alcohol and drug addiction. Two facilities to serve the differing needs of men and women struggling with addiction. Our main campus is in Boone, North Carolina. Our men's facility, can house up to 39 students. Grace Home, our women's facility, is located in Santee, South Carolina and has a capacity for 16 ladies. We offer a 10-week residential program at both our facilities and there is no charge for admission other than a small, refundable medical deposit for emergency purposes.

Hebron Colony for Men

356 Old Turnpike Rd., Boone, NC 28607
(828) 963-4842 • info@hebroncolony.org
www.hebroncolony.org

Grace Home Ministries for Women

501 Ltd Rd. Vance, SC 29163
(803) 854-9809 • info.gh@hebroncolony.org
www.hebroncolony.org

Hope Haven

Provides life skills for chemically dependent adults and families within a supportive residential environment leading to independence. Residential services that include regular group, family, and individual counseling, Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous meetings, parenting and recovery workshops, vocational and educational assessments, and job training programs. The agency recognizes the importance of family to an individual's successful recovery and transition to self-sufficiency; so Hope Haven allows for the reunification of children with their parents earlier in the recovery process.

3815 N. Tryon St., Charlotte, NC 28206
(704) 372-8809
www.hopehaveninc.org

Miracle Hill Overcomers Center

The Overcomers program is a 27-week, addiction recovery program with a twelve-step, Christian-based curriculum. A 30-day pre-program is required. The program offers group and individual counseling, Bible study, devotional services, classroom instruction, and seminars. The curriculum consists of four phases, which include spiritual foundations, inner healing, building healthy relationships and life planning.

1916 N. Pleasantburg Dr., Greenville, SC 29609
(864) 631-0088 • mhmi@miraclehill.org
www.miraclehill.org

Miracle Hill Renewal Program

For women. Focuses on freedom from life-dominating addictions through a relationship with Jesus Christ and by following spiritual and practical principles of the Bible.

19 Graves Dr., Greenville, SC 29609
(864) 242-2166 • mhmi@miraclehill.org
www.miraclehill.org

Teen Challenge

Christ based Substance Abuse Addiction Treatment
Residential, Outpatient and Prevention (some available in SC)
(843) 527-4140 • teenchallengesc@hotmail.com
www.teenchallengesouthcarolina.com

EATING DISORDERS

Christian Inpatient Eating Disorder Program

Adolescent girls and women that is located in Arizona.
For intake: 1-866-390-5100

Eating Recovery Center

Partial Inpatient Treatment and Intensive Outpatient Treatment
1898 Calhoun St. #8 Rainbow Row, Columbia, SC 29201
(864) 326-5186
www.eatingrecoverycenter.com

Hungry for Jesus

To provide God-centered hope and help for women to conquer
disordered eating.
(613) 406-4669 • judy@hungryforjesus.org
www.hungryforjesus.org

Remuda Ranch at the Meadows

Inpatient treatment of Anorexia, Bulimia, Binge Eating Disorder, and other
Eating Disorders
1245 Jack Burden Rd. Wickenburg, AZ 85390
Intake: 1-866-332-5209
Other Inquiries: 1-800-445-1900
www.remudaranch.com

The Renfrew Center

Treatment of Eating Disorders
Charlotte: Day Treatment, Outpatient, and Group
Nationally: Inpatient Program and specialized program for Christian women
6633 Fairview Rd, Charlotte, NC 28210
1-800-736-3739
www.renfrewcenter.org

*Disclaimer: The information provided is subject to change.
Please contact service providers directly. Inclusion in this booklet
does not equal endorsement by Transformation Church.*