

MENTAL HEALTH RESOURCES

WEBSITES

Mental Health America

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 for all, 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

Local site: www.mhacentralcarolinas.org

National Alliance on Mental Illness

Dedicated to building better lives for the millions of Americans affected by mental illness; 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

Mental Health Ministries

Interfaith web based ministry to provide 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 those who love and care for them based on the "Caring Congregations" five step model of education, commitment, welcome, support and advocacy.

www.mentalhealthministries.net

Faith Net

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

Mental Health Grace Alliance

To transform lives, faith communities, and society by building a mental health peer-provider movement through education, training, and collaboration. To make mental health wellness, recovery, and transformation accessible to anyone, anytime, anywhere.

www.mentalhealthgracealliance.org

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

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

Crisis Solutions North Carolina

The 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

Focus on the Family

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

<http://media.focusonthefamily.com/topicinfo/mental-health.pdf>

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. Resources and support groups.

www.dbsa-charlotte.org

PsychCentral

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

www.psychcentral.com

LifeWise TV

Nutritional Health & Well-being (mind, body & 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

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 vision is to increase the availability of evidence-based mental health services for the purpose of improving student's emotional well-being and enhancing their ability to access and benefit from instruction. These services are in addition to the work already being done by CMS student services staff. It is appropriate to seek program services when the student has already received CMS student services support or displays significant need, and the need affects the student or the learning environment, or are likely to affect the child in school if unaddressed. Parents may request services through their child's school counselor.

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

Student Services

Email: cotrane.penn@cms.k12.nc.us

Atrium Corporate Center

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

980-344-0414

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

Union County School

Want to prepare all students to reach their maximum potential and to also be able to reach personal, social, and academic goals. Union County Public Schools allows each school to develop their own plan to handle issues of mental health; however for all, 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 whether that be by other means specific to that student's needs. There are certain schools within Union County that have an outside counseling agency that have an agreement in place with Union County Public Schools 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.

<http://ecp.ucps.k12.nc.us>

York County Schools

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

Catawba Family Center, 448 Lake Shore Parkway, Rock Hill, SC 29730

Lancaster County Schools

www.lancastercsd.com/instruction/special-programs/special-education-services

CRISIS INTERVENTION

Carolina Health Care 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 800-418-2065

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

www.carolinashealthcare.org/behavioral-health-home

Cardinal Innovations

800-939-5911

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. An extensive resource list for local organizations or external services that are available to those seeking assistance.

800-939-5911

www.daymarkrecovery.org

National Suicide Prevention Lifeline

Provides a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provide crisis counseling and mental health referrals day and night.

800-784-2433

www.suicidepreventionlifeline.org

Teen Talk Line

800-650-8336



CRISIS INTERVENTION by County

LANCASTER COUNTY

Police Department

Ask for a CIT (Crisis Intervention Trained Officer)

803-283-1173

Crisis Intervention

The Lancaster Mental Health Clinic offers crisis intervention services to persons in crisis situations, especially those who may be at risk of doing harm to themselves or others. Persons trained to respond to crisis situations are available during regular hours for walk-in clients, or after hours by calling the Clinic's main telephone number.

1906 Highway 521 Bypass South, Lancaster, SC 29720

803-285-7456

800-475-1979

MECKLENBURG COUNTY

Police Department

Ask for a CIT (Crisis Intervention Trained Officer)

Information: 919-788-0801

Emergency: 911

Psychiatric Emergency Rooms

501 Billingsley Road, Charlotte, NC 28211

704-358-2800

Novant Hospital

200 Hawthorne Ln, Charlotte, NC 28204

(704) 384-4000

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

charmeck.org/mecklenburg/county/PSO/CJS/Pages/CIT.aspx

Other Contacts

Captain Ryan Butler, CMPD Executive Sponsor, Charlotte Mecklenburg Police Department, 704-301-8945

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

Matrix Mental Health Alliance/ Mecklenburg Mobile Crisis Team

Help stabilize residents experiencing a crisis in their natural setting. Operates 24 hours a day 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, help with food, divorce, and parenting issues. Crisis is not defined by agency but by the person calling.

704-566-3410

www.thesantegroup.org/mecklenburg-county-crisis

MeckLINK

704-336-6404

UNION COUNTY

Police Department

3344 Presson Road, Monroe, NC 28112

Ask for a CIT (Crisis Intervention Trained Officer)

704-283-3789

Cardinal Innovations, MCO (Managed Care Organization)

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.

800-939-5911 24-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. Committed to using the most current best practices and effective, research-based treatment programs to assist all citizens working toward achieving optimum health and recovery.

1190 West Roosevelt Boulevard, Monroe, NC 28110

704-296-6200

www.daymarkrecovery.org/index.php/locations/charlotte/union

NAMI Union County (an affiliate of the National Alliance on Mental Illness)

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

P.O. Box 1821, Monroe, NC 28111

704-292-2287

Mobile Crisis Team

Union PBH/Daymark: 800-939-5911

YORK COUNTY

Police Department

Ask for a CIT (Crisis Intervention Trained Officer)

803-628-3059

infoyorkcountysheriff.com@yorkcountygov.com

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 their families in York County, South Carolina. All services aim to support the recovery of persons with mental illness. On-call staff responds to emergencies 24 hours a day, 365 days a year.

166 Dotson Street, Rock Hill, SC 29732

803- 327-2012

800- 252-2168

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

Mental Health America of South Carolina

Mental Health America, formally known as the Mental Health Association, is the oldest mental health advocacy organization in the nation. It is a 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 Street, Columbia, SC 29201

803-779-5363

www.mha-sc.org

PSYCHIATRISTS

Dr. Dan Cotoman

South Charlotte Psychiatry

417-A South Sharon Amity Rd., Charlotte, NC

28211

704-488-2685

Dr. John Hall

6809 Fairview Rd Suite D, Charlotte, NC 28210

Addiction, Disability Evals

704-264-0374

Dr. Christopher E Lord

6849 Fairview Road, Suite 702, Charlotte, NC
28210
704-614-5524

Dr. O'Maley

Southpark Psychiatric Associates
5821 Fairview Rd. #218, Charlotte, NC 28209
704-554-0443

Dr. Anthony Patterson

Patterson Healthcare
950 Fairview Road, Suite 322, Charlotte,
NC 28209
704-553-8336

Dr. Fred Caudill

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

Dr. Mary Christenbury

Presbyterian Psychological Associates
5023 Sharon Road
Charlotte, NC 29210
704-554-9900

Dr. Vivian Campbell

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

Dr. David Patton

Pediatric & Family Behavioral Health, PLLC
10420 Park Road #300
Charlotte, North Carolina 28210
(980) 223-4216

Dr. Joy Ross

Charlotte Integrative Psychiatry
1713 East Blvd Suite A, Charlotte, NC 28203
704-295-1880
charlotteintegrativepsychiatry.com

Dr. Randie Schacter

Silver Psychiatric services
212 W. Matthews Street - Suite 106 Matthews,
NC 28105
704-847-0424
www.silverpsychiatric.com

Dr. Irm Bellavia

(Female), Child Psychiatrist
10720 Sikes Pl Ste 120, Charlotte, NC 28277
704-844-0248

COUNSELING

Access Christian Ministries

A "whole-person" approach to therapy. 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. Committed to sound clinical and Biblical approach to therapy. However, welcome all those who seek counseling regardless of religious background. Individual (adults, adolescents, children), Marital, Pre-marital, Relationship, and Family

10030 Park Cedar Dr, Suite 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., Suite 400, Charlotte, NC 28227

704-849-0144

Jennifer.dean@ncagape.org

www.agapechristiancounseling.org

Alliance Counseling and Training Center (Matthews and University area)

Provides spiritual, emotional, and mental health to individuals (children, adolescents and adults), couples, and families with adherence to Biblical scripture and study of psychology.

1126 Sam Newell Rd, Suite A, Matthews, North Carolina 28105

1935 JN Pease Pl, Suite 204, Charlotte, NC 28262

Matthews: 980-292-3586

University area: 980-272-8180

www.alliancctcenter.com

www.alliancctcenter@gmail.com

Amy Jamieson Counseling

Christian Counseling

Diagnostic Evaluations, Individual, Parent, Family and Group Counseling

Specialties: Teens, Tweens, Young Adults and their Parents

16720 Sikes Place, Suite 120, Charlotte, NC 28277

704-816-0176

www.amyjamiesoncounseling.com

The Barnabas Center

A nonprofit, nondenominational, 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 Road, Suite 200, Charlotte NC 28226

704-365-4545

officeadmin@thebarnabuscenter.org

www.thebarnabuscenter.org

Bareiter Counseling Center

Christian Counseling

Individual, Couple, Marital, Family and Group Counseling

Psychological Assessments

1116 Greenwood Cliff, Charlotte, NC 28204

704-334-0524

www.Bareitercc.com

Bright Cares

Individuals, Couples, Intimacy, and Spirituality Issues

10801 Johnston Road Suite 227 Charlotte, NC

(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

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

Carolina Counseling Group

Committed to combining clinical expertise & current psychological research with the timeless wisdom of a Christian worldview (open to all faiths) Christian Counseling

Individual, couples, marital and group therapy

Psychological, Educational Testing and Career Assessments

7401 Carmel Executive Park Suite 210 Charlotte, NC 28226

704-501-7888

www.charlottecounselors.com

adminccg@bellsouth.net

Catawba Mental Health Center

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

Administration Office

448 Lakeshore Parkway, Suite 205

Rock Hill, SC 29730

(803) 328-9600

Charlotte Counseling Associates (Ballantyne area)

Helping people to move in the direction of what matters most to them. Mental health and substance abuse (outpatient), individuals and couples dealing with sexual addiction, anxiety.

11220 Elm Lane, Suite # 203, Charlotte, NC 28277

704-501-7888

david@charlottecounselors.com

www.charlottecounselors.com

Christian Therapy Services

Abuse/Trauma Recovery, Anxiety, Depression, Panic, Adult Children of Alcoholics, Co-Dependent Coping Behaviors, Binge Eating Disorders, Spiritual Concerns, and Domestic Violence

704-370-0334

Park Seneca Building

1515 Mockingbird Lane, Ste. 515, -Charlotte NC 28209

www.christiantherapyservices.com

Clear Creek Counseling (University area)

Couples, family, individual counseling. Consulting. Specializing in relationships, anxiety, spiritual issues, working with men.

1931 JN Pease PL, Suite 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.

6607 Riverstone Way Ste. 200, Charlotte NC, 28277

980-250-2438

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
www.corbancounseling.com

Desert Streams Ministry

Biblical Solutions to Life's Problems Biblical support groups, workshops, Bible studies, appropriate referrals, & Pastoral, women's, and marriage counseling. We are a 501c3 non-profit ministry and operate by donations alone; clients are seen regardless of their ability to pay. We help women and marriages through Pastoral counseling & Biblical wisdom. We are not licensed by the state- we are a ministry, an extension of the church. As such, we do not diagnose or treat mental illnesses or provide professional counseling services.

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 schedule.

704-283-5032
desertstreams@frontier.com

The Dove Center

Truth-Based Counseling and Support Services which will empower individuals, families and organizations to reach their full, God-given potential. Empowering people, through Christ-Centered training and counseling, to be loving, competent servants—the very hands of Christ in their communities.

454 South Anderson Road BTC 542 Suite 122, Rock Hill, SC 29730
877-238-6664
803-329-9727
www.thedovecenter.org

Eastover Psychological and Psychiatric

Psychiatric, Psychotherapy and Counseling, Psychological Testing
Outpatient Substance Abuse Treatment Program
3303 Latrobe Dr., Charlotte, NC 28211
7810 Ballantyne Commons Pkwy, Suite 210, Charlotte, NC 28277
Latrobe location: phone: 704-362-2662 X165 (new clients), fax:704-362-2836
Ballantyne location: 980-213-3579
www.eastoverpsych.com

El Rophe Christian Counseling (Hebrew for "God Heals")

Individual, Family, Marriage, and Couples Therapy
116 S. Providence Street, Waxhaw, NC 28173
704-843-4818
elrophe@aol.com
www.elrophe.org

Family Counseling & Enrichment

Specializes in the following: Families facing severe mental illnesses and emotional disorders, such as schizophrenia, depression, and posttraumatic stress disorder, etc. 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

Freedom Now

"It is possible." Therapy and medication management

635 Southern Pine Boulevard, Charlotte, NC 28273

704-641-4976

704-426-3267

Fulper Counseling

Christian Counseling

Individual, Couples and Family Counseling

16147 Lancaster Highway, Suite 110, Charlotte, NC 28277

704-345-5121

www.fulpercounseling.com

Grief Counseling Center

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

7810 Ballantyne Commons Pkwy, Suite 300, Charlotte, NC 28277

704-319-2243

therapists.psychologytoday.com

Grace Life International

Christian Based counseling (family and individual), marriage retreats, discipleship course, discipleship program, and group counseling

1337-EE Hundred Oaks Drive Charlotte, NC 28217

704-522-9026

info@gracelifeinternational.com

www.gracelifeinternational.com

Grace Roads Counseling Center (University area and Denver area)

To provide teaching, training and counseling that will enable individuals, families, and churches to experience God's powerful grace in transforming their stories: To provide a pathway for people struggling on the journey to find hope for their broken hearts, healing for their wounds, and a hiding place to wrestle with the grace of God.

Mallard Creek/ University Area, Right Off of Prosperity Church

Providence Church, 274 North Highway 16, Suite 200, Denver, NC, 28037704-550-4792

sbenson317@gmail.com

www.groundedingrace.net

Healing Solutions Counseling Center

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.

704-733-9700

8029 Corporate Center Drive Ste. 100, Charlotte, NC 28226

www.charlottetherapy.com

InnerVision

1:1 Counseling, Daily Psychosocial Rehabilitation Program for Mecklenburg County Residents only, Must have Medicaid or no health insurance

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

Certified Sexual Addiction Therapist, Certified Multiple Addictions Therapist

1136 Sam Newell Rd., Suite D, Matthews, NC 28105

704-707-3959

www.jimcress.com

Kershaw Counseling

Specializes in Trauma treatment. Specifically, focuses on children and adolescents who have been sexually or physically abused. Use an evidenced-based, trauma-informed interactive counseling model.

206 North Hampton St., Kershaw, SC 29067

dk.frco1@gmail.com

www.kershawcounseling.com

Level Ground Christian Counseling

Christian Counseling, Individual, Family, and Couples. Specialties: Addictive Behaviors (including men with sexual addiction), women's issues, life changes, transitions

6412 Bannington Rd., Charlotte, NC 28226

704-995-5186

Cdodd71@aol.com

www.levelgroundcc.squarespace.com

New Beginnings Church

Individual, Family, & Couples Counseling

704-567-2900

mburrell@nbccministries.org

www.nbccministries.org

Novant Health Psychiatric Associates

1718 Randolph Rd., Suite 601, Charlotte, NC , 28204

704-384-1246

Presbyterian Psychological Associates

Christian Counseling, Individual, Couple, and Family Counseling. Psychiatrists, Psychologists, and Medication Management.

5203 Sharon Rd, Charlotte, NC 28210 (on campus of Sharon Presbyterian Church)

704-554-9900

www.presbypsych.org

Renfrew Center

Intensive Outpatient Therapy, Groups, Individual, Family, & Couples Therapy. Psychiatric and Nutritional Consultation

704-366-1264

6633 Fairview Road, Charlotte NC 28210

www.renfrewcenter.com

Robin Navarro, PsyD, PLLC (Matthews)

610550 Independence Pointe Pkwy, Suite 203, Matthews, NC 28105704-774-0459

704-774-0459

drrobinnavarro@gmail.com

www.drrobinnavarro.com

Restoring Journeys

Counseling the whole person—body, mind, and spirit. Working from the inside out on the issues that keep us from healthy relationships with God, self, and others, restoring life journeys with honesty and compassion.

1126 Sam Newell Rd, Suite A, Matthews, NC 28105

980-253-9841

natalie@restoringjourneys.com

www.restoringjourneys.com

Rodgers Christian Counseling

Christian Counseling

Individual, Couples and Family Therapy, Groups, Intensives, Life and Marriage Coaching

6412 Bannington Road Charlotte, NC 28226-1327

704-364-9176

www.rodgerscc.com

Safe Haven Child & Family Counseling

Provide 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 and Families

Individual, Group, Family Therapy (No marital or couples)

4822 Albemarle Rd. Suite 202, Charlotte, NC 28205

704-763-9555

safehavenchilda@aol.com

www.safehavenchildfam.com

Save Haven Christian Counseling Center

Focused on providing all individuals, couples and families with a safe space, acceptance and encouragement needed to grow into one's full potential. Save Haven Christian Counseling Center is founded on Christian principles, and values all people from every walk of life. Offers Pre-Marital Marital and Family, Couples Therapy, Child and Adolescent Counseling (4 - 18 years old), Play Therapy, Grief and Loss, Anxiety Disorders, Depression, Spiritual Growth counseling

Storage and Business Center of Tega Cay 2012 West Highway 160, Suite 17, Fort Mill, SC 29708

amyduren@safehavenccc.com

www.safehavenccc.com

Southeast Psych.

"We want to get psychology to as many people as possible." To get psychology to people in a variety of ways, including: traditional therapy and assessment, presentations, products and publications, podcasts, and other innovative strategies. For us, psychology isn't just for someone with a problem. It's for anyone who wants to have a better life, better relationships, more balance, and greater purpose. When we say that psychology enhances lives, we affirm that we believe in what we do and what we have to offer.

Southpark: 6060 Piedmont Row Drive South, Suite 120, Charlotte, NC 28287

704-552-0116

Blakeney: 8840 Blakeney Professional Drive, Suite 200, Charlotte, NC 28277

704-970-4791

www.southeastpsych.com

Sure Hope Family Counseling and Training Center

Christian Based counseling, marital, anxiety, depression, addictions, and therapy for individuals, couples, and families

1935 JN Pease Place, #204, Charlotte NC 28262

980-272-8180

www.surehope.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 Road, Suite 206 Charlotte, North Carolina 28211
704-446-8336
www.teenhealthconnection.org/index.php/services/mental-health

Thompsons 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 Lane, Matthews, NC 28105

704-536-0375

www.thompsoncff.org

SUPPORT GROUPS

NAMI Charlotte

To promote recovery and optimize the quality of life for those affected by mental illness. Provide education classes, support groups and advocacy. Also train local law enforcement officers through CIT Program (Crisis Intervention Team) training.

704-333-8218

www.nami-charlotte.org

NAMI Union

704-292-2287

evannduncan@yahoo.com

<http://naminc.org/new-affiliate/listings/union>

InnerVision

Provides comprehensive recovery orientated resources, services and support in the areas of employment, education and wellness for individuals with trauma, mental health and substance abuse challenges. Also support and services for consumers with dual mental health and substance abuse challenges. Must be a Mecklenburg County, NC resident; age 18+; have Medicaid or no health care insurance.

704-377-5042

www.innervisionnc.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

Supportworks

The comprehensive guide to support groups in the Charlotte, NC region.

704.331.9500

www.supportworks.org

Desert Streams Ministry

Biblical Solutions to Life's Problems. Biblical support groups, workshops, Bible studies, appropriate referrals, & Pastoral, women's, and marriage counseling. We are a 501c3 non-profit ministry and operate by donations alone; clients are seen regardless of their ability to pay. We help women and marriages through Pastoral counseling & Biblical wisdom. We are not licensed by the state- we are a ministry; an extension of the church. As such, we do not diagnose or treat mental illnesses or provide professional counseling services.

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 schedule.

704-283-5032 **desertstreams@frontier.com**

ADDITIONAL RESOURCES

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
6801 Fairview Road Suite D
Charlotte, NC 28210
704-930-0130
www.hopewayfoundation.org

Hospice Care of South Carolina

Hospice and Bereavement Services
803-804-6348
www.hospicecare.net

NAMI-National Alliance on Mental Illness

A grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. An association of hundreds of local affiliates, state organizations, and volunteers who work in your community to raise awareness and provide support and education.

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 Road Ste. 121 / Raleigh, NC 27609-4394
Office: 919-788-080
Helpline: 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.

704-333-8218
www.nami-charlotte.org

Faith and Health Connection

To teach people how to apply Biblical truths, principles, and results of medical research, to achieve whole-person health. Through this, many people will grow in their faith and others will begin to experience the love of God in a very personal way. Improved whole person health will better enable people to use their God-given talents to make a difference in our world. In this, God will be glorified and better known. Bible Study, Workshops, Wellness Coaching, Notes of Encouragement on Social Media sites

803-802-3210
www.faithandhealthconnection.org

Hungry for Jesus

To provide God-centered hope and help for women to conquer disordered eating.
www.HungryforJesus.org

RemedyLIVE

On-line support that engages youth in meaningful conversations, through technology, as a step toward Christ. Open to anyone age 13+ can start conversation by texting the REMEDY to 313131 or by visiting remedyLIVE.com
www.remedylive.com

REHAB AND SUBSTANCE ABUSE RECOVERY

Charlotte Rescue Mission

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

Rebound Men's Program

907 W. 1st Street, Charlotte, NC 28202

704-334-4673

crm@charlotterescuemission.org

www.charlotterescuemission.org

Dove's Nest Women's Program

2855 West Blvd., Charlotte, NC 28208

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 Drive Greenville, SC 29609

864-631-0088

mhmi@miraclehill.org

www.miraclehill.org/overcomers-for-men

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 Drive, Greenville, SC 29609

864-242-2166

mhmi@miraclehill.org

www.miraclehill.org/renewal-for-women

Celebrate Recovery

Biblical and balanced program that helps us overcome our hurts, hang-ups, and habits. It is based on the actual words of Jesus rather than psychological theory. 20 years ago, Saddleback Church launched Celebrate Recovery with 43 people. 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 their website to find a program near you.

www.celebraterecovery.com

REHAB AND SUBSTANCE ABUSE RECOVERY, continued...

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 in Boone, North Carolina is our men's facility and 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 Road, Boone, NC 28607
828 963-4842
info@hebroncolony.org
www.hebroncolony.org/index.html

Grace Home Ministries for Women

501 Ltd Rd. Vance, SC 29163
803 854-9809
info.gh@hebroncolony.org
www.hebroncolony.org/contact-us.html

Friendship Home, Inc.

Provides a wide spectrum of services to the local community: 24-hour residential treatment program for alcoholic men, longer term independent living for graduates of that same program. As well as meeting space for eleven different AA or ALANON groups and on a daily basis provide information and referrals to an even wider variety of individuals affected by chemical dependency. Works 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 Street Ext. Monroe, NC 28110
704-289-4144
rndshp69@aol.com
www.friendshiphomeofmonroe.org

Teen Challenge

Christ based

Substance Abuse Addiction Treatment

Residential, Outpatient and Prevention (some available in SC)

417-581-2181

teenchallengesc@hotmail.com

www.teenchallengesouthcarolina.com

Daymark Recovery Services, Inc.

Provides out-patient services for mental health and substance abuse issues

1190 W. Roosevelt Blvd. Monroe, NC 28110

704-296-6200

www.daymarkrecovery.org

Fountain House

Dedicated to the recovery of men and women with mental illness by providing opportunities for our members to live, work, and learn, while contributing their talents through a community of mutual support.

425 West 47th Street, New York, NY 10036

212.582.0340

finfo@fountainhouse.org **To apply:** www.fountainhouse.org/content/membership

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 Street, Charlotte, NC 28206

704-372-8809

www.hopehaveninc.org

EATING DISORDERS

The 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

1-800-736-3739

www.therenfrewcenter.org

Christian Inpatient Eating Disorder Program

Adolescent girls and women that is located in Arizona.

For intake call 866-390-5100.