

Local Resources

Below you'll find some area mental health resources. If you know of others, please [contact us](#).

These contacts are provided for information only and not a recommendation or endorsement. Search for additional mental health professionals at [Psychology Today](#)

Camille Wilson, MA, NCC, BCC, LPCS

Practices in Lake Norman area

(704) 455-9883

[Full Journey Counseling & Wellness](#)

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Kathy Bray, MA, LPCA, CCTP, NCC

Practices in Lake Norman area

(704) 931-3621

[KBray Consulting](#)

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Jeanine Bodner LCSW

(704) 255-5155

Practices in Lake Norman area

<https://nomagicwand.com/>

<https://www.psychologytoday.com/us/therapists/jeannine-bodner-davidson-nc/153970>

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Brett Shore LCMHC

(704) 765-6025

Practices in Lake Norman area

<https://www.shore-counseling.com/>

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Meredith McDaniel, LCMHC

Milk + Honey Counseling

(704) 931-8590

Practices in Lake Norman area

office@milkandhoneycounseling.com

www.milkandhoneycounseling.com

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Ashley Port, MA, LCMHCA

Milk + Honey Counseling

(704) 489-3582

Practices in Lake Norman area

office@milkandhoneycounseling.com

www.milkandhoneycounseling.com

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Rea Wright, MA, LCMHC

(704) 216-4296

Practices in Lake Norman area

[Rea Wright, Counseling & Psychotherapy](#)

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Tracey Easton, LMSW, LCSWA

Practices in Lake Norman area

(704) 327-0610

[Easton Consultant PLLC](#)

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Atrium Health Behavioral Health Outpatient Clinic

Davidson, NC

[Atrium Health BH Services](#)

704-801-9200

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Davidson Family Therapy

Practices in Lake Norman area

(704) 912-4095

[Davidson Family Therapy](#)

Greater Charlotte Mental Health Resources

Mental Health Providers

Check your privately insured mental health benefits through your employer or insurer. Ask provider specific questions about the type of care you're looking for. Check to see if your employer offers an Employee Assistance Program (EAP). EAP's typically cover employee, spouse, and children living at home.

HopeWay Foundation

HopeWay serves its community and clients by offering three distinct treatment programs: Residential, Partial Hospitalization, and Intensive Outpatient.

- Charlotte, NC
- **Website:** [HopeWay Foundation](#)
- **Phone:** ((980) 859-0990

Triple Play Farm

Triple Play Farm offers Equine Facilitated Psychotherapy [EFP] and nature based sessions as an alternative to traditional talk therapy. Contact [Triple Play Farm](#) to learn about how they maximize the environment to foster healing at the farm.

- **Website:** [Triple Play Farm](#)
- **Phone:** (704) 608-8441
- Kannapolis, NC

Atrium Health Behavioral Health, Charlotte

The largest regional provider of mental health, advanced psychiatric and substance abuse services. CHS Behavioral Health provides a full array of behavioral health services, from outpatient and inpatient treatment programs to substance abuse outpatient services, and outpatient counseling

- **Website:** [Atrium Health BH Services](#)
- www.carolinashealthcare.org/behavioralhealth
- **Phone:** 704-444-2400 (24 hour hotline)

Call to schedule an appointment, phone assessment and referral, and/or for other information about behavioral health and substance abuse services offered within Carolinas Healthcare System.

Atrium Health Behavioral Health Outpatient Clinic, Davidson

- **Website:** [Atrium Health BH Services](#)
- **Phone:** 704-801-9200

Along with the Mindy Ellen Levine Behavioral Health Hospital, there is an **outpatient clinic** that serves children, adolescents, and adults. Call to schedule an appointment, phone assessment and referral, and/or for other information about behavioral health and substance abuse services offered within Carolinas Healthcare System.

Teen Health Connection

A United Way member agency and Levine Children's Hospital partner, Teen Health Connection is available to children and adolescents, ages 11-22. This integrated model of healthcare offers medical care, mental health care, with a center for disordered eating and wellness.

- **Insurance:** Private insurance, Medicaid accepted; sliding scale available
- **Hours of Operation:** business hours, Monday-Friday
- **Website:** [Teen Health Connection](#)
- **Address:** 3541 Randolph Road, Suite 206 Charlotte, NC 28211
- **Phone:** 704-381-TEEN (8336)
- *No emergency or crisis intervention available*

Mental Health America of Central Carolinas (MHA)

A United Way member agency, MHA works to promote mental wellness through advocacy, prevention, and education. In addition to advocacy, MHA provides information and referral, and MHA's certified staff delivers evidenced-based trainings in **QPR** (Question, Persuade, and Refer) suicide prevention, **Mental Health First Aid** – the Adult and Youth versions, **De-**

escalation, **Family Partner Certification**, and more. MHA's **ParentVOICE** program provides support for families of youth with emotional, behavioral and mental health challenges; **Compeer** is an evidenced-based friendship/socialization program matching community volunteers with adults living with mental health issues in a one-to-one match; and their **Multicultural Advocacy** program works with mental health service providers to assure cultural competence in service delivery.

- **Hours of Operation:** business hours, Monday-Friday
- **Address:** 3701 Latrobe Drive, Suite 140; Charlotte, NC 2/8211
- **Website:** [Mental Health Association of Central Carolinas](#)
- **Phone:** [704-365-3454](tel:704-365-3454)
- *No emergency or crisis intervention available*

[NC 2-1-1](#)

2-1-1 is an easy to remember, three-digit telephone number that connects people with important United Way agencies and community services to meet everyday needs and the immediate needs of people in crisis. For example, 2-1-1 can offer access to affordable high quality child care/after-school care; counseling and support groups; health services; food, clothing and housing and services for seniors and the disabled.

- **Website:** [NC 2-1-1](#)
- www.nc211.org
- **Phone:** 2-1-1 or 1-888-892-1162

NC 2-1-1 is free, confidential, available all day, everyday and in any language.

North Carolina and National Resources

Below you'll find some national mental health resources. If you know of others, please contact us. These contacts are provided for information only and not a recommendation or endorsement.

General Mental Health Information and Support

- [Depression and Bipolar Support Alliance \(DBSA\)](#)
- MentalHealth.gov

- [Mental Health America](#)
- [Mental Health America of the Central Carolinas](#)
- [Mental Health First Aid \(MHFA\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [NIDA.NIH.GOV | National Institute on Drug Abuse \(NIDA\)](#)

Suicide Prevention

- [American Foundation for Suicide Prevention](#)
- [Suicide Prevention LifeLine](#)
- [The Trevor Project](#)

Child & Adolescent Support

- [The Balanced Mind Foundation](#)
- [Kids In The House](#)
- [National Federation of Families for Children's Mental Health](#)

High School & College Support

- [Active Minds](#)
- [Sources of Strength](#)
- [Mental Health IS Health](#)

Military & Veteran Support

- [Give an Hour](#)
- [Make the Connection](#)
- [National Center for PTSD](#)

Bullying

- [Kids in the House](#)
- [Stop Bullying.gov](#)