



**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)

**Oberlin Road Pediatrics Counseling List Compiled by MDs in Practice (last updated 8/11/2023)**

**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

**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.ellisonpsych.com/>

**Shaheda Maroof, MD**  
4041 Ed Drive, Ste 108  
919.324.3385  
[dr-maroof.com/](http://dr-maroof.com/)

**Carol Martin, MD**  
1220 SE Maynard Rd  
Ste 102  
Cary, NC 27511  
919.462.1440

**Dr. Lee Lcarde**  
3717 National Dr, Ste 150  
Raleigh, NC 27612  
919.787.9444  
[Lcardepsychiatric.com](http://Lcardepsychiatric.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