

Wake County Referral List for Mental Health Services

Assessment & Treatment Resources				
Agency	Location/Contact	Services	Payment	Hours
Access Center	3000 Falstaff Rd., Raleigh 919.250.3133	Call or walk-in screening, triage and referral services. Provides crisis intervention; refers for on-going counseling, medications, or substance use treatment from a variety of providers.	Accepts Medicaid Sliding scale fee available	24/7
Catholic Social Ministries	226 Hillsborough St., Raleigh 919.790.8533	Provides counseling with LCSWs. Bilingual staff available.	Sliding scale fee available	8:30-8 M/W 8:30-5 T/Th Closed Friday
Holly Hill / Charter Behavioral Health Systems	3019 Falstaff Rd., Raleigh 919.250.7000	RESPOND program provides initial assessment free of charge. Provide counseling only if admitted as in-patient.	Accepts only private pay and insurance (No Medicaid, sliding scale or indigent assistance)	24/7
Integrated Health Care	146 Windchime Court, Raleigh (off of Six Forks Road) 919.861.8890	Provides counseling with private providers. Some providers can prescribe and monitor medication. Bilingual staff available.	Accepts private pay, some insurance; some providers offer sliding scale fee	By Appointment
Jewish Family Services	8210 Creedmoor Rd., Raleigh 919.676.2200	Provides counseling with LCSW/P-LCSW supervisor contracted. Short-term counseling for members of the Jewish community only.	Sliding scale fee available	By Appointment
Psych Support / Adult Medicaid Specialists	211 East Six Forks Rd., Ste 108, Raleigh 919.850.3480	Provides comprehensive psychiatric services. Psychiatrists, LCSWs and therapists are available. No referral required.	Accepts Adult Medicaid patients only (Pregnancy/Pink Medicaid not accepted).	9:00am-10:00pm M-F
Triangle Pastoral Counseling	312 W. Millbrook Rd., Ste 109, Raleigh 919.845.9977	Provides counseling from LCSWs, Psychologists and those with an educational background in Divinity.	Accepts private insurance; sliding scale fee is available.	By Appointment

Agency	Location/Contact	Services	Payment	Hours
Triumph, LLC	5505 Creedmoor Road, Suite 100, Raleigh 919.852.5352	Provides intensive in-home therapy (for youth), psychological testing and evaluations, diagnostic assessments and outpatient therapy. Psychiatrists in office to prescribe and monitor medication.	Accepts Medicaid (pink, blue and child) and HealthChoice (no sliding scale fee).	8:30-5 M-F/ By Appointment
UNC Center for Women's Mood Disorders (Specialty clinic at Rex Family Birth Center)	4420 Lake Boone Trail, Raleigh 919.784.6425 UNC Hospitals, 101 Manning Dr., Chapel Hill 919.966.5217	Complete psychiatric and counseling services for women in two locations.	Accepts Medicaid, insurance; sliding scale fee for uninsured patients	7:30-5 M-F
Women's Center	128 E. Hargett St, Ste 10, Raleigh 919.829.3711	Provides crisis counseling to women.	No charge	By Appointment

Additional Child/Teen Assessment & Treatment Resources

Agency	Location/Contact	Services	Payment	Hours
Wake Co. Human Services, Child Mental Health	10 Sunnybrook Rd., Raleigh 919.212.8400	Provides mental health services for children and teens, age 18 and under.	Accepts Medicaid; sliding scale fee available	8:30am-10pm M-F
Wake Teen Medical Services	505 Oberlin Rd., Ste 204, Raleigh 919.828.0035	Provides counseling for ages 10 to 23. Part-time Psychiatrist monitors and prescribes meds as needed.	Accepts Medicaid; sliding scale fee available	8:30-6 M/T/Th 8:30-5 W 8:30-1 F

Telephone Resources

Agency	Location/Contact	Services	Payment	Hours
Therapeutic Alternatives Mobile Crisis Management Crisis Line	1.877.626.1772	The crisis team can provide immediate telephone assessment, face-to-face evaluation within 2 hours when needed, educational services for crisis prevention, and access to crisis stabilization service for mental health and/or substance abuse services.	Accepts Medicaid & IPRS clients	24/7
Hopeline	919.231.4525	24 hour Crisis Line. Can speak w/ Spanish speaking clients via Language Line in conference call manner.	n/a	24/7

Agency	Location/Contact	Services	Payment	Hours
NC Suicide and Crisis Hotlines	1.800.784.2433, 1.800.273.8255	Bilingual suicide and crisis hotline	n/a	24/7
Eating Disorders Resources				
Agency	Location/Contact	Services	Payment	Hours
UNC-CH Eating Disorders Clinic	UNC Hospitals, 100 Manning Dr., Chapel Hill 919.966.7890	Offers a variety of In-Patient & Out-Patient services	Accepts Medicaid and most insurance	8:30-4:30 M-F
Duke Eating Disorders Program	718 Rutherford St., Durham 919.416.2464	Offers a variety of In-Patient & Out-Patient services	Accepts Duke Select and select other insurance; no Medicaid, sliding scale	By Appointment
AA & NA Resources				
Agency	Location/Contact	Services	Payment	Hours
AA Raleigh Office	919.783.6144	AA & NA meetings vary by location and day/time—call for information on meeting specifics.	No charge	n/a
Al-Anon/Alateen	919.713.1516	Al-Anon/Alateen meetings are meetings for relatives/friends of substance users. Meetings vary by location and day/time—call for information on meeting specifics.	No charge	n/a
Domestic Violence Resources				
Agency	Location/Contact	Services	Payment	Hours
Interact	Crisis line / information: 919.828.7740	Domestic violence support, counseling, referrals, emergency shelter	No charge	Office hours: 9-5, M-F Crisis line: 24/7
Triangle Family Services DOSE program	919.821.0790	Classes for men and women who abuse their partners; voluntary and court-ordered services.	No charge	Call for class schedule

Postpartum Resources				
Agency	Location/Contact	Services	Payment	Hours
Welcome Baby/ Safe Child	864 West Morgan Street, Raleigh 919.743.6140	Home visiting and telephone support to new moms in Wake County. Additional parenting programs available.	No charge	By Appointment
Moms Supporting Moms	Meeting locations vary 919.454.6946	Peer-led support group meetings and help from phone volunteers for women struggling with anxiety and depression during pregnancy and the first year after having their baby. Meetings are held every Thursday evening.	No charge	Call for meeting times/location
Duke Postpartum Support Group	Meeting locations vary 919.681.6840	Call Bill Meyer, MSW, for information about this group in Durham.	No charge	Call for more information
UNC Family Practice Center Support Group	Meeting locations vary 919.966.3115	Support group for women with pregnancy and postpartum depression on Tuesday evenings	No charge	Call for more information
Postpartum Support International	www.postpartum.net 1-800-944-4PPD	Telephone support, international directory for further information	No charge	24/7