

COKCC Resource List

African-American Therapists

1. CORE Counseling & Consulting, PLLC
<https://corecounselingconsulting.com/>
984-200-6058
2. Intentional Living Counseling
<https://jamesperkins.help/>
919-307-6026
3. Beauty for Ashes Counseling
<https://bfacounseling.com/contact/>
919-594-5220

Counseling Services for Seniors

4. Silver Linings
<https://www.silverliningsnc.com>

Crisis Hotlines

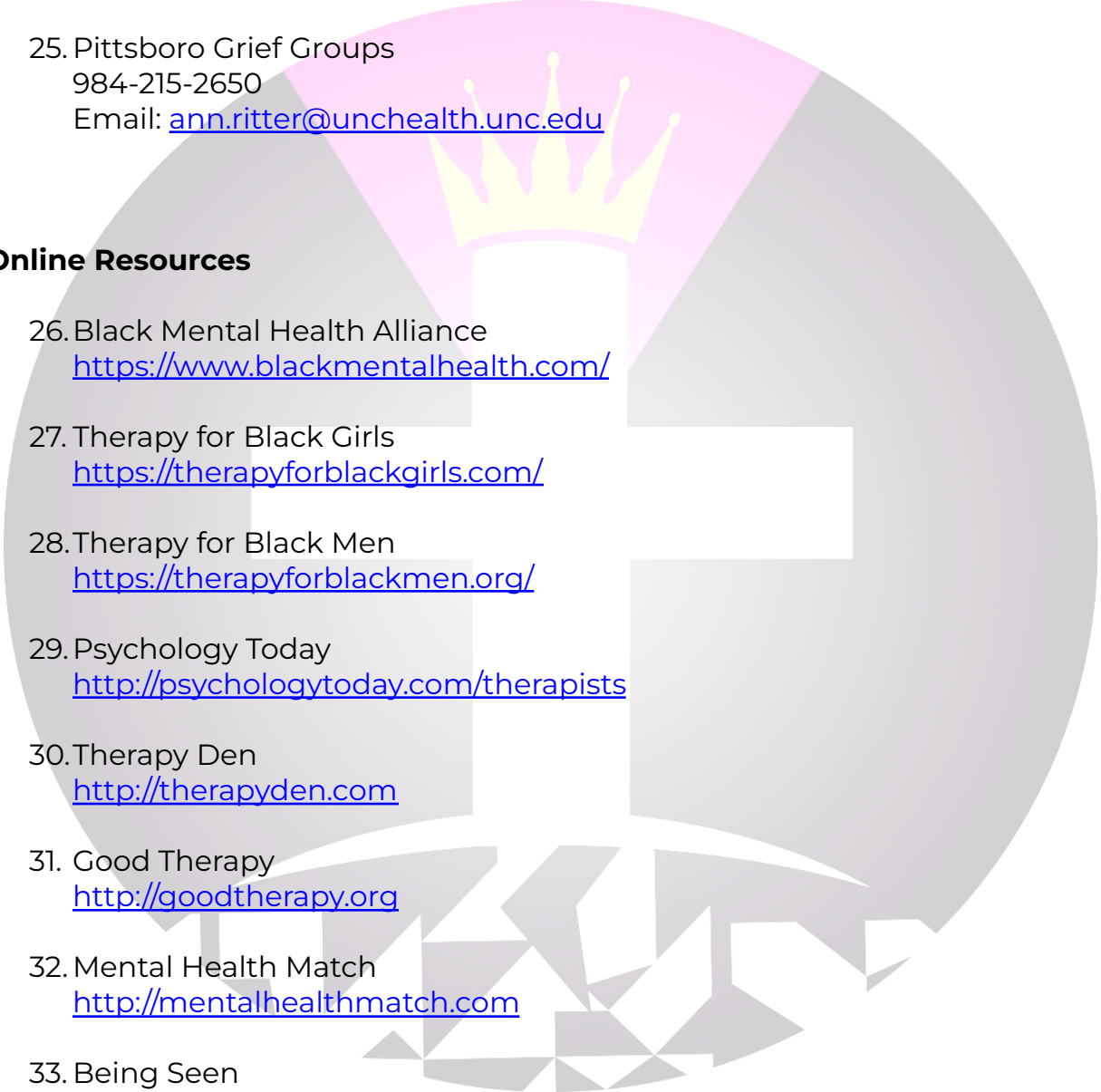
5. 988 (Suicide and Crisis Lifeline)
6. 855-587-3463 (MH Crisis)
7. 800-273-8255 (Suicidal Ideation)
8. 919-828-7740 (Domestic Violence)
9. 919-828-3005 (Sexual Assault)
10. 800-510-9132 (Mobile Crisis Unit)
11. 919-231-4525 or 877-235-4525 (Hope Line)

Crisis Services

12. Wake County Behavioral Health Urgent Care (Monarch NC)
319 Chapanoke Rd Suite 120
Raleigh, NC 27603
<https://www.monarchnc.org>
919-703-2845
8:00am- 8:00pm Monday- Saturday
13. Holly Hill
Phone Number: 919-250-7000
<https://hollyhillhospital.com>
14. Monarch Behavioral Health
Phone Number: 866-272-7826
<https://monarchnc.org>
15. NAMI Raleigh
Phone Number: 919-788-0801
<https://naminc.org>
16. Carolina Outreach
2670 Durham-Chapel Hill Blvd
Durham, NC 27707
Phone Number: 919-251-9009
<https://www.carolinaoutreach.com>

Grief Support Groups

17. Pathways to Peace
919-462-3983 or 984-232-4523
Email: carysc@rfsnc.org
18. Life After Loss
919-245-4276
19. Writing Toward Resilience
984-215-2659
Email: carysc@rfsnc.org
20. Grief Share
<https://www.griefshare.org>
21. Growing Thru Grief
<https://www.growingthrugrief.org>

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22. Grief Oasis
<https://www.griefoasis.com>
23. The Shore Grief Center
<https://www.theshoregriefcenter.org>
24. Project Compassion
<https://www.project-compassion.org>
25. Pittsboro Grief Groups
984-215-2650
Email: ann.ritter@unchealth.unc.edu

Online Resources

26. Black Mental Health Alliance
<https://www.blackmentalhealth.com/>
27. Therapy for Black Girls
<https://therapyforblackgirls.com/>
28. Therapy for Black Men
<https://therapyforblackmen.org/>
29. Psychology Today
<http://psychologytoday.com/therapists>
30. Therapy Den
<http://therapyden.com>
31. Good Therapy
<http://goodtherapy.org>
32. Mental Health Match
<http://mentalhealthmatch.com>
33. Being Seen
<http://beingseen.org>
34. Open Path Collective
<http://openpathcollective.org>

Psychiatric Services

35. Catalyst Therapeutic Services
Phone number: 984-205-8811
Erikka Dzirasa, MD, MPH

36. Family Psychiatric Solutions
Phone number: 919-342-8870
Qionna Tinney, MD

37. Raleigh Psychiatric Associates
Phone number: 919-787-7125
Zachary Feldman, MD

38. North Raleigh Psychiatry
Phone number: 919-782-9554
Jeffrey Snow, MD or Juan Velosa, MD

Substance Abuse Services

39. Freedom House Recovery Center
<https://freedomhouserecovery.org>
919-942-2803

40. Southlight Healthcare
<https://www.southlight.org/>
919-787-6131

Support for Victims of Homicide, Violence, or Suicide

41. NC Victim Assistance Network
<https://www.nc-van.org>

42. Navigating Grief After Homicide
919-831-2857 x101
Email: scott@nc-van.org

43. Triangle Survivors of Suicide
<https://www.trianglesos.org>

44. Alliance of Hope
<https://www.allianceofhope.org>

Uninsured or Medicaid

45. Durham, Johnston, and Wake Counties: Alliance Health
800-510-9132

<https://www.alliancehealthplan.org>

46. Chatham County

<https://www.chathamcountync.gov/services/public-health/mental-health-substance-use/mental-health-resources>

47. Franklin County

<http://franklincountync.us/services/health>

48. Granville County

252-430-1330

<http://granvillecounty.org/cardinal-innovations-healthcare>

49. Harnett County

910-893-7500

<http://harnett.org/ss/social-services.asp>

50. Orange County

<http://orangecountync.gov/1728/social-services>

