



Local Mental Health Resources

Psychiatrists				
Facility	Providers	Phone & Address	Specialties	Types of Treatment
Alpha Neurobehavioral Clinic	Dr. Robin Jones + several other MH providers	910-378-7669 2501 Onslow Dr #100 Jacksonville, NC 28540	Depression, Anxiety, PTSD, Grief Loss, Trauma	Neuropsychological & Psychological Evaluations, EMDR, CBT
Coastal Carolina Neuropsychiatric Center	Dr. Mikhail + several other MH providers	910-938-1114 200 Tarpon Trail Jacksonville, NC 28546	Medication Management, Addiction, Anxiety, Depression,	ADHD testing and therapy Treat all ages >2 years
Eastern Carolina Psychiatric Services	Dr. Godwin + 2 Therapists	252-637-7300 2800 Village Way Trent Woods, NC 28562	Bipolar Disorder, ADHD, Schizophrenia, Depression	Psychiatric/Psychological Evaluation, CBT for ADHD. Children > 6 years
Affiliated Medical Group	Dr. David J. Ahlberg Debra Livingston- Green, PMHNP	910-939-0724 39 Office Park Drive Suite A Jacksonville, NC 28546	ADHD, Autism, Anxiety, Learning Disorders, Depression	Tele-Health Medication Management Only 4 years and older
Alchemy Healthy Minds & Wellness	Ashleigh Brown, MSN, PMHNP-BC Stephanie Canal, MSN, PMHNP-BC	910-333-1321 445 Western Blvd, STE G, Jacksonville NC 28546	Bipolar, PTSD, Depression, Anxiety, ADHD, Personality Disorders	Medication Management Only GeneSight Testing 6 years and older
PORT Human Services	Multiple providers	910-353-5354 231 Memorial Dr Jacksonville, NC 28546	Medication Management, Addiction, Anxiety, Depression	CRISIS SUPPORT CBT, Outpatient & Inpatient programs
Psychologists				
Facility	Providers	Phone & Address	Specialties	Types of Treatment
The Steven A. Cohen Military Family Clinic	Telehealth and In-person providers.	910-388-5232 3245 Henderson Drive Jacksonville, NC 28546	Transition challenges, family counseling, more <i>Referrals are not required for military family members</i>	CRISIS SUPPORT CBT & Testing for ADHD
Carolina Psychological Health Services	Dr. Engelstatter + several other MH providers	910-347-3010 1703 Country Club Rd Suite 204 Jacksonville, NC 28546	ADHD, Autism, Anxiety, Learning Disorders, Depression	Psychological testing & CBT for ADHD
Morrow-Bradley & Associates	Dr. Morrow- Bradley	910-238-2166 2444 Commerce Rd Suite 125 Jacksonville, NC 28546	PTSD, Addiction, Anxiety, Depression, Grief	CBT for ADHD (Darrell Patterson) Trauma CBT NO ADHD testing
Tidal Neuropsychology	Dr. Griffin Sutton	910-803-1434 19 S. Hampstead Village Dr Hampstead, NC 28443	Bipolar Disorder, ADHD, Schizophrenia, Depression, Anxiety, Learning Disorders	Neuropsychological Evaluations 6 years + provider referral only
Thriveworks Counseling & Psychiatry	Dr. Jaimie Orndorff	910-714-4942 3333 Wrightsville Ave Suite G112 Wilmington, NC 28403	Trauma, PTSD, Anxiety	CBT, CPT, EMDR, ADHD Testing, and Sensorimotor therapy
Counselors				
Facility	Providers	Phone & Address	Specialties	Types of Treatment
Doctors Park Psychological Center	Virginia L. Diaz MA, LMFT, LCMHC, NCC	910-218-9372 200 Doctors Drive Suite M Jacksonville, NC 28546	Trauma, PTSD, Sexual Abuse, Marital & Premarital	CBT, CPT, EMDR
Progressions Center	Monique Ivanov, LCSW, DCSW	910-352-5163 200 Valencia Dr. Jacksonville, NC 28546	ADHD, Grief, Bipolar, ODD, PTSD, Parenting, Family Conflict	CBT, SISD, MBCT, Family Systems, Play Therapy
Let's Talk	Elbert Owens, LPC	910-320-4344 824 Gumbranch Rd, Suite B Jacksonville, NC 28540	PTSD, Addiction, Anxiety, Depression	CBT for ADHD CBT for Trauma EMDR
Life Tide Counseling	David Ellis, LPC	910-326-8881 205 Ward Road, Suite1 Swansboro, NC 28584	Eating Disorders Anxiety/Depression	CBT for ADHD



Carolina East Counseling PLLC	Cherie Bedford DBH, NCC, LCMHC	252-725-7702 200 Doctors Drive, Suite M Jacksonville, NC 28546	Individual Couples Family Counseling	Telehealth & In-Person
Pivotal Steps	Ronald Dingle, LPC, LCAS	910-405-7764 231 New Bridge St. Jacksonville, NC 28540	Family Conflict Substance Use Life Coaching	Expertise: Addition, ADHA, Adoption, Mens Issues, Parenting, Coping Skills + Many more
Private Practice	Sierra M Davis, MSW, LCSW, LCAS	252-297-6180 Wilmington, NC 28405	Trauma, PTSD, Addiction, Relationship Issues	Tele-Therapy CBT, DBT, EMDR, SFBT
Private Practice	John Shalhoub, LPC	910-455-6374 825 Gumbranch Rd, Suite 122 Jacksonville, NC 28540	ADHD, Anxiety, Depression, Addiction	CBT
Thrivemind Counseling and Wellness, PLLC	Teresa Cox Mayle, MSRC, LCMHC	252-253-6041 910-939-0836 2836 Henderson Drive Jacksonville, NC 28546	Anxiety, Trauma, PTSD, Dissociative Disorders	Hypnotherapy, EMDR, Trauma focused hypnosis

Crisis Management

Facility	Phone	Services
Trillium Health Resources	1-877-685-2415	24/7 Customer Service Specialists
Integrated Family Services Mobile Crisis Team	1-866-437-1821	24/7 Mobile Crisis Team & Specialists
RHA Behavioral Health Services	1-855-345-1200	24/7 Mobile Crisis Team & Specialists
Dix Crisis Intervention Center	1-855-345-1203	24/7 Walk-In Crisis Center
JCMC Mobile Crisis Management	1-844-709-4097	24/7 Mobile Crisis Team & Specialists
PORT Health Crisis Hotline	1-866-488-7678	24/7 Customer Service Specialists

KEY: LPA- Licensed Psychological Associate, LPC- Licensed Professional Counselor, LCSW- Licensed Clinical Social Worker, LMFT- Licensed Marriage/Family Therapist
CBT for ADHD- Cognitive Behavior Therapy for Attention Deficit-Hyperactivity Disorder

Active Duty and their families with Tricare Prime may also use:

FOCUS Family Resilience Training 910-450-5635 CampLejeune@focusproject.org

Military One Source 1-800-342-964. Available 24/7 www.militaryonesource.mil

Telehealth Option: Tricare Humana Military www.telemetry.com

Local Resources for Mental, Emotional, and Behavioral Health

Trillium: Mental health, intellectual/developmentally disabled, and substance abuse services.
www.trilliumhealthresources.org

Marine Corps Community Services, Lejeune-New River (Marine and Family Programs) Behavioral Health:

Community Counseling – Offers counseling services for individuals, couples, families, and children and teens.

Family Advocacy Center – Works towards preventing domestic violence by offering resources, education, support, and intervention and treatment programs.

Military and Family Life Counselors – Provide counseling, consultation and training free of cost and completely confidential with no records kept.

FOCUS Project – Provides 8-session resilience training for families.

Substance Abuse Counseling Center – provides timely, consistent and effective care for active duty military members with substance misuse or abuse related problems which interfere with occupational and interpersonal functioning.

Sexual Assault and Preventative Response Program – Provides 24-hour support and advocacy to all Marines, Sailors and military dependents over 18 years of age.

More information can be found at: www.mccslejeune-newriver.com



National Resources for Mental, Emotional, and Behavioral Health

National Alliance on Mental Illness: Dedicated to education & awareness of mental illness, advocacy, education, and support for mental illness patients. <http://www.nami.org/>

Healthy Minds: American Psychiatric Association resource center with articles on living with mental illness and treating those with mental illness. Information is targeted at particular population whether it be age, ethnicity, stage in life as well as organized by diagnosis. <http://healthymindsnetwork.org/>

National Mental Health Consumers' Self Help Clearinghouse: News & alerts, training, publications, resources, and a consumer-driven service directory for those with mental illness looking to help themselves advocate and cope. <http://mhselfhelp.squarespace.com>

Depression & Bipolar Support Alliance: Education, training, treatment options, wellness tools, research, peer support, lifestyle tips, and outreach. <http://www.dbsalliance.org/site/PageServer?pagename=home>

Anxiety & Depression Association of America: Information on different anxiety and mood disorders, resources guides, self-help materials, support, outreach, advocacy, personal testimonies, lifestyle tips, management and treatment. <http://www.adaa.org/>

My Depression Connection, Anxiety Connection, Bipolar Connection: Information, FAQs, resources, support each with its own site.

Depression - <http://www.healthcentral.com/depression/?ic=1102>

Anxiety - <http://www.healthcentral.com/anxiety/?ic=1102>

Bipolar - <http://www.healthcentral.com/bipolar/>

Wings of Madness: Information, latest research, lifestyle tips, treatment, diagnosis, and support for those diagnosed with Depression. <http://www.wingofmadness.com/>

1800PPDMOMS: Part of the Kristin Brooks Hope Center, this is a website and hotline for mothers with Postpartum Depression or who suspect they might have PPD. Provides screening, support, and resources. <http://www.1800ppdmoms.org/>

To Write Love On Her Arms: Organization dedicated to removing the stigma of depression, addiction, self-injury, eating disorders, suicide and bridging the gap between mental illness and treatment. Fundraising merchandise, blog entries, and events. <http://twloha.com/home>

iFred: International Foundation for Research & Education on Depression is dedicated to removing the stigma or “rebranding” depression, providing timely resources for individuals with depression and their friends and families. Provides information on types of depression, management and treatment, support groups, online communities, and national movement “Field Of Hope”. <http://www.ifred.org/>

The Steven a Cohen Military Family Clinic at Hope for the Warriors: Mental health services for Veterans and family members. www.hopforthewarriors.org/cohenclinic