

New Hanover County Counseling Resources

A Helping Hand of Wilmington

5013 Wrightsville Avenue Wilmington, NC 28403
910-796-6868

www.ahelpinghandofwilmington.com

Accepts: Medicaid, Medicare, BCBS, State Funding for Uninsured

Port Human Services

2206A Wrightsville Avenue Wilmington, NC 28403
910-763-6499

www.PORThealthservices.org

Accepts: Medicaid, BCBS, Private, State Funding for Uninsured

Coastal Horizons

615 Shipyard Blvd, Wilmington, NC 28412
910-343-0145

www.coastalhorizons.org

Accepts: Medicaid, Medicare, BCBS, State Funding for Uninsured

***Child First Program-** an intensive, home based mental health treatment and prevention program for children (ages birth to 5 1/2 years) and their parents/ caregivers. Please call for more information.

Jessica Canavan, MSW, LCSW 910-833-4162
Samantha Daniel, MSW, LCSW 910-515-8508

**RHA—The Harbor

Group Therapy Only

2023-1 South 17th Street Wilmington, NC 28401
910-632-2191

www.rhahealthservices.org

Accepts: Medicaid, Medicare, BCBS, State Funding for Uninsured



Therapists/Groups

*Kerry Christopher, LCSW

New Hanover County Health Department
2029 South 17th Street Wilmington, NC 28401
(910) 798-6557 or (910) 662-9437
kechristopher@nhcgov.com
Accepts: Medicaid, Income Based Fees

*Maria Tar, LCSW, VSP

Successful Parenting Institute (English/Spanish)
4421 Junction Park Drive, Suite 200
Wilmington, NC 28412
(910) 551-5172
mariatar@hotmail.com
Accepts: Medicaid, Medicare, BCBS, UHC, Tricare, Aetna

*Lauren Hill, LPCA, LCAS-A

Agape Counseling Services
3806 Peachtree Avenue, Suite 210
Wilmington, NC 28403
(910)-251-7789
laurenhillcounseling@gmail.com
Accepts: BCBS, Reduced Fees

*Leslie York, LPC

Mindful Moon Counseling
5006 Randall Parkway, Wilmington, NC 28403
(910) 200-7727
leslie@mindfulmooncounseling.com
Accepts: BCBS

*Natasha Nunes LPCS, LPC, NCC

Successful Parenting Institute
4421 Junction Park Drive, Suite 200
Wilmington, NC 28412
(910) 557-9754 / natnunes@yahoo.com
Accepts: BCBS, UHC, Tricare, Aetna, Health Net, MHN, MedCost, Optum

**Holianne Ibarra, MSW, LCSW

Offers Individual Therapy/Peer to Peer Support Group The Mamas Love Mamas Free Support Group meets 3-4 per month. Please RSVP-Children are always welcome.

The Bump and Beyond

90 South Kerr Avenue
Wilmington, NC 28403
Income Based Fees for Individual Therapy
(336)-416-2928
www.talkspace.com/room/holianneibarra

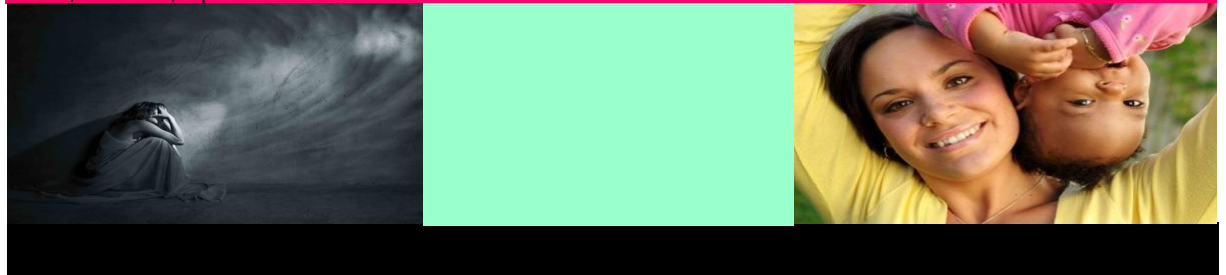
**Megan Schlude, MA, LPA, Clinical Psychologist

The Motherhood Matters program offers individual therapy, group therapy, and online support for pregnant and postpartum women and their families. Megan also specializes in pregnant and postpartum women diagnosed with an eating disorder.
www.motherhoodmatters-nc.com

Chrysalis Center for Counseling and Eating Disorder Treatment

3240 Burnt Mill Dr. Suite #1
Wilmington, NC 28403
(910) 790-9500
www.chrysaliscenter-nc.com

* Indicates Individual Therapy
** Indicates Group Therapy



Do you find yourself...

Sad?

Depressed?

Angry with loved ones?

Having trouble bonding with your baby?

Anxious?

Having upsetting thoughts you can't control?

Feeling out of control or going crazy?

Feeling like you shouldn't have become a mother?

Worried you might hurt yourself or your baby?

**FREE 24 HOUR CRISIS
LINE:
1-877-685-2415**

Additional Resources ...

Postpartum Support International

♦ www.postpartum.net

UNC Center for Women's Mood Disorders:

♦ www.med.unc.edu/psych/wmd

UNC Horizons:

♦ http://www.med.unc.edu/obgyn/Patient_Care/unc-horizons-program

EastPointe

♦ www.eastpointe.net

Dark Side of the Full Moon:

♦ www.darksideofthefullmoon.com

Edinburgh Screening Tool:

♦ www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf

Community Care of North Carolina,

Depression Toolkit:

♦ www.communitycarenc.org/population-management/behavioral-health-page/treatment-major-depressive-disorder-primary-care/

Trillium Health Resources

♦ www.trilliumhealthresources.org

**You are not alone...
we are here to help.**

COMMUNITY RESOURCES FOR MOTHERS



**New Hanover County Health
Department
2029 South 17th Street
Wilmington, NC 28401
910-798-6500**

October 2017