



CARTERET COUNTY HEALTH DEPARTMENT

3820 A Bridges Street
 Morehead City, NC 28557
 Phone (252) 728-8550 Fax (252) 222-7739
www.carteretcountync.gov



Behavioral Health/Substance Abuse Resources (Updated: 03/03/2021)

***Mobile Crisis Resources: Integrated Family Services Mobile Crisis (1-866-437-1821) and RHA Mobile Crisis (1-844-709-4097) ***

Behavioral Health Agencies in Carteret County, NC and the surrounding areas						
Name	Address	Phone Number	Hours	Website	Insurance	Special info regarding COVID *procedures or requirements
Access Family Services, Inc. (comprehensive clinical assessment, outpatient therapy, medication management, intensive in-home services, foster care, IAFT, day treatment)	1403 McCarthy Blvd. New Bern, NC 28562	252-633-3855	Monday - Thursday 8:30AM-5PM	www.accessfamilyservices.com	Medicaid BCBS Trillium (school-based counseling) Med cost *Accepts most insurances; Call for more information; Enhanced services billed through Medicaid funding, the client's Managed Care Organization	Many of the services are via tele-health technology (ZOOM)
Carolina Psychological Health Services (comprehensive psychological assessments, psychotherapy, psych diagnostic evaluations)	1703 Country Club Road, Suite 204, Jacksonville, NC 28546	Phone: 910-347-3010 Fax: 910-347-6137	Monday 8AM -6PM Tuesday-Thursday 8AM-8PM Friday - Saturday 8AM-5PM Sunday- CLOSED	www.cphsnc.com	Accept most insurances including those that are out-of-network, insurances that are in-network: Blue Cross Blue Shield (BCBS), Medicare, Tricare, Medcost	Carolina Psychological Health Services will continue to suspend all in-office client services until further notice. They will continue to offer and provide Tele-Health services to clients as well as answer incoming calls during normal business hours.

Carteret County Rape Crisis	300 Penny Lane, Morehead City	Office Number: 252-504-3668 ext. 5600 24 Hour Crisis Phone: 252-725-4040	Office hours: 9 AM-5 PM	https://www.carteretcountync.gov/460/Rape- Crisis	No insurance required; Free	Call and make appt. COVID-19 symptom screening will be conducted In person sessions offered
Coastal Carolina Center for Women's Ministries	4366 NC-24, Newport, NC 28570	252-764-0722	Tuesday & Thursday 10am-4pm	https://cwmhope.org/locations/emerald-isle-nc-coastal-carolina-cwm/	No insurance required; Free	Offering in person appointments with COVID-19 precautions
Coastal Carolina Neuropsychiatric Center (psychiatric intake assessments, medication management, psychotherapy, group therapy, psychological testing)	302 Penny Lane, Morehead City 200 Tarpon Trail, Jacksonville	Morehead Location: (252) 499-9412 Jacksonville Location: 910-938-1114 Fax: 910-938-1118	Morehead Location: Monday - Thursday - 8AM - 5PM Friday - Sunday: Closed Jacksonville Location: Monday - Thursday 8AM-545PM Friday 8-1245 Saturday & Sunday Closed	http://coastalcarolinapsych.com/	Tricare, Medicare, Medicaid, Medcost, NC Health Choice, BCBS, Trillium, Alliance, Eastpointe, Partners, Sandhills, Vaya	CCNC offices require masks to be seen Telehealth services as well as in-person services are both being offered
Down East Center for Women Ministry	Bridgeway Church Beaufort	252-504-2441	N/A	https://cwmhope.org/locations/beaufort-nc-down-east-cwm/	No insurance required; Free	By appointment only
Easter Seals UCP (intensive in-home services, therapeutic foster care)	3820-B Bridges Street, Morehead City	Phone Number 252-648-7150 Fax: 252-247-3277	Monday-Thursday 10am-2pm	www.eastersealsucp.com	Medicaid, Trillium	
FACT Specialized Services, A program of Methodist Home for Children (Day treatment, Level III Residential Services, Outpatient Therapy)	120 Henderson Drive, Unit B, Jacksonville, NC 28546	910-346-3744	8am-2:30pm After School program goes until 6:00pm Group home open 24 hrs.	www.mhfc.org	Medicaid, Trillium, Alliance	No visitors allowed at group home

Greater Visions Behavioral Health (therapy, medication awareness/education, initial evaluations, medication management)	3820 Bridges Street, Suite B Morehead City, NC 28557	252-499-9637	Monday & Thursday 9am-3pm Tuesday & Wednesday 9am-4pm Friday - Sunday Closed	https://www.greatervisionsbehavioralhealth.com	Aetna, BCBS, Cigna, Medicare, United, Tricare, uninsured \$300 first visit and \$150 follow-ups	Telemed services only
Integrated Family Services (comprehensive clinical assessment, outpatient therapy, tele-med medication management)	3383 Henderson drive Jacksonville, NC 28546	Phone Number 252-648-7850 Fax 252-648-7950	Monday- Friday 8am-5pm Open access clinic: Tuesday-Friday 8am-12pm *no appt needed for Comprehensive Clinical Assessment (CCA)	www.integratedfamilyservices.net	Medicaid, Medicare, Tricare, BCBS, Cigna, Aetna, Private, uninsured, BCBS, United Health Care, Med Cost, Optimum Health, NC Health Choice, Humana	Telehealth offered but Jacksonville office is seeing patients face to face
LeChris Counseling Services, Inc. (comprehensive clinical assessment, outpatient therapy, medication management, intensive in-home services, PSR, Peer Support, IDD)	3332-A Bridges Street, Morehead City, NC	252-726-9006	Monday- Friday 9am-5pm	www.lechris.com	BCBS Federal and NC - (only for therapy), Medicaid, Medicare (only for medication management), Self- Pay options	Appointment only, offering in person care
One to One Counseling and Consulting, PLLC (comprehensive clinical assessment, outpatient therapy, group counseling)	3332 Bridges Street, Suite 3A, Morehead City	Phone: 1-888-557-1675 Fax: 252-648-7598	Monday - Friday 8am-8pm Saturday by appointment only	www.onetoone-cc.com	BCBS, Medicaid, Medcost, Tricare Insurance is not applicable for life coaching sessions.	
PORT Health Services (assessment, outpatient therapy, substance abuse treatment, medication management)	3715 Guardian Avenue, Morehead City, NC	Phone: 252-222-3144 Fax: 252-222-3358	Monday-Friday 8am-5pm	www.porthealth.org	BCBS, Medcost, Medicare, Aetna, CIGNA, Tricare, Magellan, CHAMPVA, Humana, United Health Care, NCHC, Medicaid, State and self-pay	Telehealth only, no in-person services at this time
Pride in North Carolina, Inc. (comprehensive clinical assessment, outpatient therapy, medication management)	3886 Henderson Dr Jacksonville, 28546	Phone: 910-938-9833 Fax: 910-938-9835	Monday-Friday 8am-5pm	www.pridenc.com	Medicaid, state funded, BCBS, NC Health Choice, Medcost	Telehealth AND in-person services available In Person services will only be offered to clients with a mask on properly and who are symptom free at the time of their appointment

RHA Behavioral Health (comprehensive clinical assessment, outpatient therapy, group therapy, intensive in-home services)	1405-A South Glenburnie Road, New Bern	252-638-7875	Monday- Friday 8am-5pm	www.rhabebehavioralhealth.org	BCBS, Medicaid, State No insurance required for Crisis.	Offers telehealth, Offers in person care
Sagestone, LCC (Mental and Behavioral Health Counseling, Substance Abuse Counseling, Life Coaching, Family/Relationship Support, ADHD Support. Individual, group, therapeutic retreats, professional, and contract services.)	8108-B Emerald Drive, Emerald Isle	252-515-0557	Tuesday-Friday 10am-7pm	www.sagestonenc.com	Offers fixed rates, flexible fees, sliding scale, and personalized payment arrangements. Can assist with out-of-network claims submission, and have had success with reimbursement from Tricare, United Healthcare, Cigna, and some Blue Cross Blue Shield Plans. Cannot file claims for Medicare or Medicaid.	Covid Precautions: Before entering the office: 1Put mask(s) on 2. Hand sanitizer (provided) at the door before entering the office 3Do not enter earlier than 5 mins before your scheduled appt. 4. Do not approach others in the office closer than 6 feet. 5. Only 1 family member will be allowed to enter with a minor. Remote sessions are available. All new sessions will be coordinated with our office to determine appropriateness of in office or remote sessions.
South mountain Children & Family Services	810 Arendell Street Morehead City, NC 28557	Phone Number (252) 499-9598 Email: Carteretcac@southmountain.org	Email/Call for more information	www.southmountain.org	Health Choice, Tricare, Trillium, BCBS, and all other major insurance	
Substance Abuse and Mental Health Services Administration (SAMSHA) (behavioral health resource finder)	None listed	800-622-4357	N/A	https://www.samhsa.gov/find-help	No insurance required. Free	N/A
Timber Ridge Treatment Center (Male youth rehabilitation through therapeutic camping)	665 Timber Trail, Gold Hill, NC 28071	(704)-279-1199	Monday-Friday 9am-5pm	www.trtc.net	Medicaid , Health Choice, Trillium and Beachon Health; Call for more information	Residential facility operating with COVID precautions

Trillium Health Resources (screening, triage, referrals)	3820-B Bridges Street, Morehead City	Phone Number 1-866-998-2597 24 Hour Access to Care Line 1-877-685-2415	N/A	www.trilliumhealthresources.org	Medicaid and individuals without any insurance	N/A
--	--------------------------------------	---	-----	--	--	-----

Psychologists and Private Counselors in Carteret County, NC and the surrounding areas

Name	Address	Phone Number	Hours	Website	Insurance	Special info regarding COVID *procedures or requirements*
Vickey Barwick, MA, MEd (Diagnose/Treat learning issues)	1104 Arendell Street, Morehead	252-725-1686		None listed	Call for more information	
Temple Berry, MSW, LCSW (IntraCoastal Counseling; adult, adolescent, individual, couples and family counseling)	638 West Corbett Avenue, Swansboro	910-325-5775 Fax: 910-325-1660		None listed	BCBS, Self-pay; Call for more information	
Mark Besen, PhD, Psychological Services (Neuropsychological & Psychological Testing ages 8 and up)	1104 Arendell Street, Morehead City (Located inside The Dill House)	252-207-0545 Fax: 252-364-4620		http://www.mbpsychservices.wordpress.com/	Medicare, Medcost, BlueCross BlueShield, Tricare, United Healthcare and Discounted Self- Pay.	
Chris Boyle, HSP-PA (Clinical and Forensic Associates PLLC)	318-A East Main Street, Havelock	252-571-7792	Office only open on Friday 9am-5pm Monday-Friday call center	None listed	Medicaid, NC Health Choice, Self-pay	telehealth not offered
Dizy Brown, MED, LPC, DCEP (counseling for individuals, couples, teenagers)	1104 Arendell Street, Morehead City	252-503-5143	None listed	None listed	Aetna, BCBS, Cigna, Medcost (out-of-network), Medicaid, Self-pay, Tricare (out-of-network), United Behavioral Health	None listed
Ray Conner, LPCA (New Life Counseling)	5058 Hwy. 70 West, Morehead City	252-241-7395	Appointments available on Monday and Tuesday evenings from 5:00-7:30 pm and Friday from 9:00am-1:00pm	None listed	Cigna, BCBS (out-of-network), self-pay; in network tricare, Atena Call for more information	Uses telehealth appointments when needed

Kathleen Ellers, MS, LPCS (Children, adolescents and adults)	1104 Arendell Street, Morehead City	252-670-4720		www.moreheadcitycounseling.com	BCBS, Tricare, MedCost, Atena Self-pay	Not accepting new clients at this time
Jo Ann Garner-McGraw, PhD (Individual and family therapy services, child and adult)	142 Fairview Drive, Emerald Isle	252-354-7661		None Listed	Self-pay	
Wendy Maddox, LCSW (trauma and attachment services, play therapy)	1104 Arendell Street, Morehead City	252-723-9775			Medicaid, Atena	
Maureen Migliore, LPA (Ole Town Counseling and Assessment Services)	601 Cedar Street, Suite 7, Beaufort	252-838-1605	temporarily closed	www.oletownecounseling.com	BCBS, Medcost, Medicaid, Self-pay, NC Health Choice, United Health Care (out network)	telehealth platform beginning march 24th
Lisa Miller, LPC (Clinical and Forensic Associates PLLC)	318-A East Main Street, Havelock	252-670-4850			BCBS, Medicaid, NC Health Choice, Self-pay	
Pam Muñoz, LCSW (individuals, couples and family therapy)	812 Arendell st Morehead City	252-622-9310 Fax: 252-222-3100	Monday- Friday 9am-5pm	Email: pmunoztherapy@gmail.com	BCBS, Medcost, Medicare, Tricare	As of now only offering telehealth Hybrid of in-person coming soon
Psychological/Therapeutic Resources (Outpatient therapy, AD/HD, Autism Spectrum Disorder, Psychological Testing, Grief Counseling, Problem Gambling)	504 Pollock Street, New Bern or 210 Stonebridge Square, Havelock	252-638-3881 Fax: 252-638-8820	Monday-Thursday 9am-5pm Friday 9am-12pm	http://www.ptrnewbern.com/	BCBS, Self-pay, Tricare, Medicost, medicare, atena	Offers telehealth after first appointment
Pat R. Robbins, MA, PhD (Eastern Carolina Psychiatric Services) talk therapy medication management	2800 Village Way, Trent Woods	252-637-7300	Monday-Thursday 8:30am-5:00pm Friday 8:30am-4:30pm	www.ecps2800.com	Medicaid, Medicare, State, Tricare, BCBS, NC Health Choice, Self-Pay; Other Commercial Insurances	Offers telehealth for established patients
Terry Robertson, LCSW (individual psychotherapy, family counseling, marriage counseling, Board- certified clinical hypnosis)	3002 Bridges Street, Morehead City	252-247-7090			Self-pay. All sessions are paid in full and then insurance is filed for reimbursement after deductible is met.	
Julie Sandine, LCSW (Greater Visions Behavioral Health)	3820 Bridges Street, Suite B, Morehead City	252-222-0854			Aetna, BCBS, Cigna, Medicare, Medicaid	

Glenda Self, LPC (Mainly pre-school children and family therapy, also home-based therapy) Better Beginnings	215 N. 35 th Street, Suite 5, Morehead City	252-723-5807 Fax: 252-499-9732		http://carteretkids.org/ (see home-based family therapy)	Medicaid, Self-Pay, Grant Funds available to eligible recipients	
Susan Sullivan MSW, LCSW PLLC (individual, family & couples' therapy)	East Coast Square- East 4218 M Arendell Street Morehead City	252-422-1655			Self- Pay	
Judy Terrell, LMFT (couples, children, adult counseling)	215 N. 35 th Street, Suite 5, Morehead City	252-422-2403			BCBS, Private Pay	

Substance Abuse Treatment Providers/Assistance in Carteret County, NC and the surrounding areas

Name	Address	Phone Number	Hours	Website	Insurance	Special info regarding COVID *procedures or requirements
Alcoholics Anonymous (12-step recovery)	Online	901-201-7915	Meetings are listed on the website.	www.carteretcountyyaa.org	No insurance required.	Currently only meeting online due to COVID-19 social distancing
Al-Anon and Alateen (12-step recovery for families and teens)	Online	1-800-344-2666	Local meetings information can be found on their website or by calling their office.	http://ncbermudaafg.org	No insurance required.	Currently only meeting online due to slowing the spread of COVID-19.
Brynn Marr Hospital (detoxification and in-patient treatment)	192 Village Drive, Jacksonville, NC	910-577-1900	24 Hours a day, 7 days a week	www.brynnmarr.org	BCBS, Tricare, Medicaid, Medicare, Medcost, United, Aetna, Cigna, UBH, Health Choice, Magellan, most managed care plans	If being transferred from another facility they have to have a negative test result from that facility before patient is admitted if a walk-in, a rapid test is administered before patient is admitted
Carteret Counseling Services, Inc. (drug/alcohol assessments (ages 18+), outpatient and intensive outpatient group therapy)	105 N 10 th Street, Morehead City, NC	252-247-1109		None listed	Medicaid, Tricare, State, Self-pay	

Community Prevention Services, Inc.	2444 Commerce Road, Jacksonville, NC 28546	910-353-0972	Monday-Friday 8am-5pm	https://communityprevention.webs.com/	No insurance required. Free services	Telehealth and in-person services available Masks must be worn to in-person services
David J. Ellis, LPCS, LCAS David L. Ellis, LCSW (Substance Abuse and Mental Health Services Individual, Couples and Family Counseling Assessment, Outpatient Services)	318-A East Main Street, Havelock	252-646-1171		http://www.elliscounseling.com/	BCBS, Tricare, Medicare, Medicaid, All major insurances \$65 an hour for self-pay	
Carteret Counseling Services (Substance abuse rehab services)	105 North 10th Street Suite 6, Morehead City, NC 28557	252-247-1109	Monday-Friday 9-5 By appointment only	None listed	Self-pay	In-person sessions only, No telehealth options available
Family Medicine and Rehabilitation Center	210 Penny Ln, Morehead City, NC 28557	252-499-9021	Monday - Thursday 9am-5pm Friday 10am-2pm (no appts on fridays, but line is open for questions and scheduling throughout the rest of the week)	www.fmrclinics.com	All major medical insurance, Tricare, including Medicaid and Medicare	Telehealth and in-person options available Masks are required for in-person appointments
Hope Recovery Homes, Inc. (men's and women's substance abuse recovery residential houses)	None Listed	Phone Number: 252-515-6976 Fax: 252-622-4839		www.hoperecoveryhomes.org	Call their office for location and insurance information. For more information about their application process, visit their website.	
Loaves and Fishes Counseling (assessments, individual and group counseling, support groups; inpatient and outpatient)	1730 Live Oak Street, Beaufort	252-838-9035	Office: Monday-Friday 8am-4pm	www.loavesandfishesnc.org	1 st month- \$750 Each Additional Months- \$500 Insurance information will not be accepted at the beginning; a bill will be provided at the end of the stay. It can be presented to your insurance company.	

Peer Recovery Center - Mental Health Support Group	3900 Bridges St Morehead City, NC 28557	Phone Number: 252-222-3888 24 Hour Line: 252-269-5317	A schedule is available online on their website provided or you can call the number at any time for more information	http://www.prcofcc.org/	No insurance required. Free	
The MirlAM (Women's drug and alcohol rehabilitation)	Morehead City (call if info is needed)	Tami Thomas: Primary Contact 252-725-3030	Monday-Friday 9am-5pm	www.themiriam.org	Monthly Fee - Varies, call for more information	COVID-19 testing required when taking on new clients
Morehead City Treatment Center	403 N 35th Street, Morehead City	252-773-0306	Monday-Friday: 530am-12pm Saturday - Sunday 730-9am	www.moreheadcitytreatment.com	Medicaid, Medicare B	
Morehead City Clinic: PORT (residential) (adolescent substance abuse treatment program)	3715 Guardian Ave Morehead City, NC 28557	252-222-3144	Monday-Friday 8am-5pm	https://porthealthservices.org/childadolescent-outpatient-treatment/port-residential/	Athena, BCBS, CHAMPVA, Cigna, Health Choice, Humana, Magellan, Medcost, Medicaid, Medicare, Self-pay, Tricare, United Health Care	Telehealth services only due to COVID-19, no in-person visits
RI International Dix Crisis Center (Recovery & Peer support)	215 Memorial Drive, Jacksonville	Phone Number: 910-378-4809 Fax Number: 910-577-0383	24 hours, 7 days a week	www.riinternational.com	Call for more information	
Walter B. Jones Alcohol and Drug Abuse Treatment Center	2577 West Fifth Street, Greenville	252-830-3426	Call for more information	www.ncdhs.gov/divisions/dsohf/walter-b-jones	Sliding Scale, Medicaid, payment plans	
Substance Abuse and Mental Health Services LOCATOR		1-800-622-4357		www.samhsa.gov/find-help		

Community Health Resources in Carteret County, NC and the surrounding areas

Name	Address	Phone Number	hours	Website	Insurance	Special info regarding COVID *procedures or requirements
The Bridge Downeast	1344 Island Road, Harkers Island	252-504-2581	Monday-Thursday 12:00pm-6:00pm	www.thebridgedowneast.com	Insurance not required Call for more information	Following guidance from Carteret County School district
Carolina East Crossroads	2000 Neuse Blvd, New Bern, NC 28560	252-633-8111		www.carolinaeasthealth.com	Call for more information	
Carteret Landing Assisted Living and Memory Care	221 Friendly Road, Morehead City	252-773-0980	Open 24 hours	https://www.ridgecare.com/communities/carteret-landing-assisted-living/	Call for more information	No visitors

Coastal Pregnancy Care Center	P.O. Box 2306, Morehead City	252-247-2273	Monday-Wednesday: 9:00am – 4:30pm Thursday 9:00-5:30 Friday: 12:30 – 4:30	www.cpccenter.org	No insurance required. Free	Call for appointment
Creekside Recreational Therapy Services (&Wellness) (Recreational Therapy, Peer support and training)	P.O. Box 12153, New Bern	252-675-2635	Monday-Friday: 9:00am-5:00pm	www.creeksiderts.org	Self-pay; limited partial scholarships for some programs are offered	Registration required for programs
Domestic Violence of Carteret County	P.O. Box 2279, Morehead City	Phone Number: 252-726-2336 24/7 Hotline: 252-728-3788	Different times for different services (i.e. counseling services, support groups, etc.)	www.carteretdomesticviolence.com	Call for more information	
Eastern Carolina Council Area Agency on Aging	233 Middle Street, Suite 300, third floor O. Marks Building, New Bern, NC 28563	252-638-3185 Ext. 3001	N/A	www.eccog.org	No insurance required; no cost for individuals 60+, caregivers of individuals 60+, or anyone with Alzheimer’s/brain disease of any age	
Veterans Services of the Carolinas	305 Commerce Avenue, Suite 201, Morehead City	855-962-8387 or 252-728-8440	Monday-Thursday 8:30am-5:00pm	https://www.carteretcountync.gov/159/Veterans-Services https://www.abccm-vsc.org/what-we-do	Call for more information	N/A

Email jessica.vasquez@carteretcountync.gov or alecia.sanders@carteretcountync.gov or call, 252-728-8550, x5763 or x 5754, if you would like your information removed or if information needs to be added/updated