

## Psychological Groups

### **Triangle Area Psychology Clinic (Durham)**

[www.tapclinicnc.com](http://www.tapclinicnc.com)  
919-237-3321

### **Therapeutic Partners of Raleigh/Holly Springs**

[www.therapeuticpartners.com](http://www.therapeuticpartners.com)  
919-233-2360

### **Silber Psychological Services**

[www.silberpsych.com](http://www.silberpsych.com)  
919-876-5658 (Cary)  
919-481-9012 (Raleigh)

### **3C Family Services**

[www.3cfs.com](http://www.3cfs.com)  
919-677-0101

### **Family Psychiatry/Psychology Associates**

[www.fppa.com](http://www.fppa.com)  
919-233-4131

### **Triangle Center for Behavioral Health**

[www.trianglecbh.com/tcbh](http://www.trianglecbh.com/tcbh)  
919-794-5477

### **Child, Adolescent and Adult Psychiatry**

[www.dr-marroof.com](http://www.dr-marroof.com)  
919-783-8377

### **NC State Psychoeducational Clinic**

919-515-1713

### **Wynns Family Psychology**

<http://wynnsfamilypsychology.com/>  
919-467-7777

### **Orenstein Solutions**

<https://www.orensteinsolutions.com/>  
919-428-2766

### **North Raleigh Psychiatry**

<https://nrpsych.com/>  
919-782-9554

### **Alliance Behavioral Health (Medicaid) \***

<https://www.alliancehealthplan.org>  
800-510-9132

### **Hope Services (Medicaid) \***

[www.hopeservices4u.com](http://www.hopeservices4u.com)  
919-714-7500

### **The Mindly Group**

[www.themindleygroup.com](http://www.themindleygroup.com)  
919-289-4121

### **New Leaf Behavioral Group**

[www.nlbh.org](http://www.nlbh.org)  
919-781-8370

### **Best Day Psychiatry and Counseling**

<https://bestdaypsych.com/>  
919-670-3939

### **Next Step Psychology (Durham)**

<https://nextsteppsychology.com>  
919-228-8845

### **One-Eighty Counseling**

[www.one-eightycounseling.com](http://www.one-eightycounseling.com)  
919-861-4111

### **Aspire Counseling Group**

<https://aspiregroupnc.com>  
919-229-9834

### **Wake Psychological Health and Wellness**

<https://www.wakepsychology.com>  
919-622-1303

### **Dr. Dale Sheffield**

<http://www.drdalesheffield.com>  
919-431-9444

## Urgent Mental Health Crises Resources

### **Holly Hill Hospital**

[www.hollyhillhospital.com](http://www.hollyhillhospital.com)  
919-250-7000

### **Wake County Crisis and Assessment (Raleigh)**

919-250-1579

Looking for further options? Try an online therapist finder: [www.psychologytoday.com](http://www.psychologytoday.com)