






Mental Health and Wellness Resources Serving Ashe County

	<p>988 Lifeline</p> <p>Free and confidential support for people in distress.</p> <p>T: 988</p> <p>Web: 988 Facebook: 988</p>
	<p>Alcoholics Anonymous</p> <p>A fellowship of people solving their common problem with alcohol and helping others recover from the effects of alcohol.</p> <p>E: 19appmandh69@gmail.com T: 336-982-2641</p> <p>Web: BooneAA (booneaa.org)</p>
	<p>Amy Gardner, LMFT</p> <p>A licensed marriage and family therapist specializing in behavioral health therapy.</p> <p>T: 828-360-9210</p>
	<p>AppState Psychology Clinic</p> <p>Offers in-person assessments, therapy, and telehealth therapy for children, adults, and families. Services include treatment of anxiety, stress, depression, anger, phobias, PTSD, OCD, childhood separation anxiety, aggression, defiance, and difficulties in school.</p> <p>T: 828-262-6639</p> <p>Web: Psychology Clinic Appalachian State University</p>
	<p>Ashe County High School – ASC Center</p> <p>A resource providing counseling support to students at Ashe County High School. For more information, speak to the ACHS School Counselor.</p> <p>T: 336-846-2400</p>



Ashe County Middle School – School Based Health Center

A resource providing counseling support to students at Ashe County Middle School. For more information, speak to the ACMS School Counselor.

T: 336-384-1625



Barbara Brown, LPC

A licensed professional counselor providing individual and family counseling for children and adults of all ages. Areas of expertise include anxiety and mood disorders, behavior disorders, ODD, ADHD, and family therapy.

T: 336-846-1167



Blue Mountain Center for Integrative Health

Offering a wide range of wellness services including the treatment of depression, anxiety, addiction, and trauma; the recovery work for substance abuse, physical/sexual abuse, and grief and loss; expressive arts, play therapy, individualized yoga, stress reduction, smoking cessation, life coaching, and more.

E: bluemountaincenternc@gmail.com T: 828-265-1455

Web: Blue Mountain Center for Integrative Health



Blue Ridge Psychological Services

Specializing in the treatment of alcoholism, drug addiction, dual diagnosis, mental health and substance abuse, and opioid addiction.

T: 828-264-4323

Web: Blue Ridge Psychological Services Rehab



Cannon Memorial Hospital

Behavioral health services include an outpatient clinic in Linville as well as an inpatient behavioral health hospital. Cannon also has telehealth available for outpatient.

Crisis line: 866-275-9552

T: 828-737-7888

Web: UNC Health Appalachian



Center of Emotional Health

Services include outpatient therapy, medication management, virtual visits, drug and alcohol treatment program, and veteran support services.

T: 828-820-8066

Web: [Center for Emotional Health](#)



Daymark Recovery

Providing mental health and substance abuse treatment options.

24-hour crisis hotline: 866-275-9552 T: 336-246-4542

Web: [Daymark](#)

Facebook: [Daymark](#)



Freedom Farm Ministries

Freedom Farm is an inpatient program for addiction recovery.

T: 828-202-5907

Web: [Freedom Farm Ministries](#)

Facebook: [Freedom](#)



Grief Share

Grief and loss support groups, both in-person and online, providing support and ways of coping with grief and loss.

T: 336-846-1550

Web: [GriefShare](#)

High Country
United Way



High Country United Way

Uniting people and resources to improve lives in the High Country.

E: info@highcountryunitedway.org T: 828-265-2111

Web: [High Country United Way](#)

Facebook: [HCUW](#)



Hope for the Journey Therapeutic Services

Provides telehealth therapeutic services, specializing in life transitions, relationships, anxiety, and women's issues. Provides individual, couples, and family therapy for adolescents and adults.

T: 828-457-4673

Web: [Counseling | Hope for the Journey Therapeutic Services](#)



Jane Smyre, LCSW

A licensed clinical social worker specializing in coping skills, stress and mood disorders in pre-teen, teen, adults, and elders.

T: 225-649-0039



Jenny Gibbs Holmes, LPC

A private practice licensed professional counselor working with children, adolescents, and adults dealing with depression, anxiety, and other mental health struggles.

T: 336-846-1455



Jodi Province Counseling Services

Counseling for primarily children and adolescents but also experienced to work with adults and families. Offering only evidence-based therapies (reliance on scientific evidence for guidance and decision-making).

T: 336-818-0733

Web: [Jodi Province](#)



Dr. Joshua Broman-Fulks, Ph.D.

Dr. Broman-Fulks is a professor in the department of psychology at Appalachian State University who oversees a research program focused on investigating the relationship between lifestyle behaviors, anxiety, and well-being.

T: 828-406-1760



Joy Spring Mental Health

Holistic mental health including assessments, medication management, individual and group therapy, and therapy intensives (burnout recovery, thriving with ADHD, parenting preparation, college prep & self-discovery, OCD healing, and Childbirth trauma repair).

T: 336-290-1396

Web: [Joy Spring Mental Health Services](#)



Kim Furches, LMFT

A licensed marriage and family therapist providing support to children, adults, and families.

T: 336-846-1271



Laura Lawson, LCSW

A licensed clinical social worker providing counseling services to couples, families, and individuals experiencing depression, relationship issues, childhood or adult trauma, or aging concerns.

T: 336-489-4254



Dr. Murray Hawkinson, Ph.D.

A licensed clinical psychologist providing psychotherapy to adults, couples, families, teens, and children who are having difficulty solving a problem in their personal or work life and are looking for additional options and resources.

T: 828-264-8759






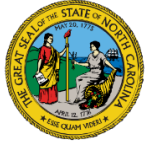
Mood Treatment Center

Committed to helping people and their families achieve full recovery from mood disorders and related problems including attention deficit, anxiety, addictions, autism and Asperger's, depression, eating disorders, and more.

T: 336-722-7266

Web: [Mood Treatment Center](#)

	<p>Nichole Peralta Azor, PLLC</p> <p>A mental health counselor specializing in trauma. Primarily works with older teens through adults. Telehealth and in-person visits available. In network with Evernorth (EAP), United Behavioral Health/Optum, and Aetna Behavioral Health.</p> <p>E: npazor.pllc@gmail.com T: 308-249-7853</p>
	<p>Responder Wellness Coalition of the High Country</p> <p>Mental health and wellness resource for first responders in the High Country.</p> <p>Crisis Line: 828-209-8038</p> <p>E: info@responderwellnesscoalition.org T: 828-773-7877</p> <p>Web: Responder Wellness Facebook: Responder</p>
	<p>Somethings</p> <p>A program providing NC teens the support they need in the way that they want. They connect teens (13+) with Peer Support Mentors (20-28 years old) who provide reliable guidance they need to navigate challenging times. Mentors are supervised by Licensed Mental Health Clinicians.</p> <p>E: hello@somethings.com T: 800-273-8255</p> <p>Web: Somethings[®]</p>
	<p>South Mountain Children & Family Services</p> <p>Children's Advocacy Centers provide services to child victims of sexual abuse and physical abuse, reducing multiple interviews and lessening the trauma child victims endure. The CAC has a trauma-focused counselor on staff to provide support for the children and their families.</p> <p>E: info@southmountain.org T: 336-846-2442</p> <p>Web: Southmountain</p>



NCDHHS

Statewide Peer Warmline

Non-clinical support and resources to those in crisis; “peers” who are living in recovery with mental illness and/or substance abuse disorder who provide support to others who can benefit from their lived experience.

T: 855-733-7762

Web: [NC DHHS: Crisis Services](#)



UNC Adult Psychiatry Clinic

Provides inpatient, outpatient, and telehealth services for all psychiatric disorders, including eating disorders, women’s mood disorders, and substance abuse for children and adults.

T: 984-974-5217

Web: [Mental Health | UNC Medical Center](#)



UNC Hospitals Youth Behavioral Health

A 54-bed inpatient facility offering short-term hospitalization to stabilize mental health for children and teens. Referrals only; not a long-term solution or child-in-crisis drop-off location.

T: 919-338-8500

Web: [UNC Hospitals Youth Behavioral Health](#)



Vaya Health

Vaya works with healthcare providers to help people with behavioral health or developmental disability needs find healing and hope. Vaya also provides an Opioid Misuse Prevention and Treatment Program.

T: 800-962-9003

Web: [Crisis Help | Vaya Health](#)

Facebook: [Vaya Health](#)



Dr. William Canu, Ph.D.

Dr. Canu is a professor in the department of psychology at Appalachian State University who oversees a research program focused on attention-deficit disorders and rural clinical psychology.

T: 828-773-6534



Youth Villages - Boone

A range of service offerings including in-home programs for families, assisting young adults transition to adulthood, teens who are at-risk of placement out of home due to anti-social behavior, and problem-solving for youth and families.

Crisis hotline: 855-274-7471

T: 828-268-7200

Web: [Youth Villages](https://www.youthvillages.org/)