

MENTAL HEALTH AND SUBSTANCE USE RESOURCE GUIDE

2026

YOUR MENTAL HEALTH MATTERS. TU SALUD MENTAL IMPORTA.

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Partners Aligned Toward Health (PATH) and the Mitchell Yancey Prevention and Recovery Coalition (MYPRC) do not endorse any of the agencies, individuals, or organizations listed. We provide this information solely to assist medical providers and community members to locate available resources that can address substance use issues. Please carefully review the licensing, certification, or qualification of providers based on your individual needs.

Dear Community Member,

We have created this guide of mental health and substance use resources for Mitchell and Yancey County residents. We hope the information you find will be helpful and current, but please be aware that providers are constantly changing. Please visit www.vayahealth.com or call VAYA Health at 1-800-849-6127 for the most current information on substance use resources in our region.

As you will notice, many providers show up in more than one section. This may seem redundant, but our goal is to be as thorough and informative as possible. In addition, many providers are currently conducting appointments via Telehealth or other virtual means. We encourage you to reach out to any providers you may be interested in to see if they offer virtual services.

We are working hard on prevention, education, and advocacy around substance use issues in our community. Please contact us at info@pathwnc.org or (828) 682-7899 if you have suggestions about how we might improve our efforts to serve you and our community.

Best wishes,

mitchell / yancey
prevention and recovery coalition
a program of path 



A Brief Guide to Types of Treatment¹

Inpatient treatment is provided in special units of hospitals or medical clinics, and offers both detoxification and rehabilitation services. People who have a mental disorder or serious medical problem, as well as a substance use disorder, are most likely to receive inpatient treatment.

Residential programs provide a living environment with treatment services. Often residential programs last long enough (1 month to 1 year) to offer general equivalency diploma (GED) preparation classes, training in job-seeking skills, and even career training. In residential programs for adolescents, the participants attend school as a part of the program. Residential programs are best for people who do not have stable living or employment situations, have limited or no family support, and/or those with serious substance use disorders who have been unable to get and stay sober or drug free in other treatments.

Partial hospitalization or day treatment provide treatment for 4 to 8 hours per day, and the person lives at home. These programs usually last for at least 3 months and work best for people who have a stable, supportive home environment.

Outpatient and intensive outpatient programs provide treatment at a program site, but the person lives elsewhere (usually at home). Some programs require daily attendance; others meet only one to three times per week. Intensive outpatient treatment programs require a person to attend 9 to 20 hours of treatment activities per week and usually last from about 2 months to 1 year. People who do best in an outpatient program are willing to attend counseling sessions regularly, have supportive friends or family members, have a place to live, and have some form of transportation to get to treatment sessions

Medication-Assisted Treatment offers medication-assisted outpatient treatment for people who are dependent on opioid drugs (such as heroin, OxyContin, or Vicodin). These programs use a medication, such as Suboxone, methadone or LAAM, to help a person not use illicit opioids. Counseling and other services are provided along with the medication.

¹ *What Is Substance Abuse Treatment? A Booklet for Families. HHS Publication No. (SMA) 14-4126. Center for Substance Abuse Treatment. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004.*

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Behavioral Health Urgent Care/Crisis Hotlines & Services

Walk-In Crisis Centers

Each site is a walk-in crisis center serving individuals of all ages who are experiencing a mental health and/or substance use crisis. Professional staff are prepared for any nonmedical emergency - including emergency counseling and peer support.

Mitchell County
RHA Health Services
4929 NC-226 S.
Bakersville, NC
(828) 765-0894

Yancey County
RHA Health Services
72 Blue Ridge Ln.
Burnsville, NC
(828) 682-2111

Avery County
Daymark Recovery
360 Beech St.
Newland, NC
(828) 733-5889

Daymark Recovery Services – Caiyalynn Burrell Child Crisis Center

277 Biltmore Ave., Asheville, NC
(877) 277-8873 • daymarkrecovery.org/locations/fbc-buncombe

- * Provides an alternative to hospitalization for an eligible child or adolescent who presents with escalated behavior due to a mental health, intellectual or developmental disability, or substance use disorder and requires treatment in a 24-hour residential facility.
- * Indirect, intensive short term, medically supervised service provided in a physically secure setting that is available 24 hours a day, seven days a week, 365 days a year.

Daymark Recovery Services – 24-hour Crisis Hotline and Mobile Crisis Management

(866) 275-9552 • Daymarkrecovery.org

- * Mobile Crisis Management serves anyone within the community experiencing a crisis related to mental health, substance misuse, or developmental disability concerns.

National Alliance on Mental Illness (NAMI) Helpline

(800) 950-NAMI (6264) or text NAMI to 741741

NAMI Teen & Young Adult (T&YA) HelpLine

nami.org/nami-helpline/teen-young-adult-helpline/
(800) 950-6264 or Text FRIEND to 62640

- * A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults available by phone, text, or chat.
 - * Available Monday through Friday, 10:00 am to 10:00 pm EST.
-

National Suicide Prevention Lifeline

Call or text 988 • 988lifeline.org

- * Provides 24/7, free and confidential support for people in distress via phone, text or online chat.
 - * Also provides advice and prevention and crisis resources, and can be used on behalf of a loved one.
 - * On the phone, press 1 for Veterans support.
 - * Press 2 for Spanish Language support via phone or text “AYUDA” to 988 for Spanish text support.
-

Promise Resource Network Peer Support Warmline

1-855-PEERS NC (1-855-733-7762)

- * Confidential 24/7 peer support warm-line serving NC residents, available anytime, any day.
 - * Certified Peer Support Specialists are available to support individuals dealing with mental health or substance use challenges and provide assistance navigating resources.
-

RHA Health Services – C3356 Comprehensive Care Center & Neil Dobbins Center

356 Biltmore Ave., Asheville, NC

(828) 254-2700 • rhahealthservices.org/c3356-comprehensive-care-center

- * The Comprehensive Care Center offers a one-stop treatment and resource center for mental health and substance use crisis services and behavioral health support.
 - * Comprehensive Care Centers offer care and support 24 hours a day, 7 days a week, 365 days a year.
 - * **Same Day Access Walk-in Clinic** – No appointment necessary – just walk in during business hours to discuss your current needs and learn more about treatment options.
 - * **Behavioral Health Urgent Care** – Crisis assessment and support are available 24/7 at Behavioral Health Urgent Care – no appointment necessary.
 - * **Neil Dobbins Center** (Facility-Based Crisis & Substance Use Detox) – 24/7 Crisis Stabilization and Detox Services for people with acute needs who require more than 24 hours of assessment, treatment, and support.
 - * Outpatient Services
 - * Peer Living Room
 - * NAMI Peer & Family Support
 - * Pharmacy Services
-

RHA Health Services – Caldwell C3 Comprehensive Care Center

2415 Morganton Blvd. SW, Lenoir, NC
(800) 848-0180 • rhahealthservices.org/caldwell-c3

- * RHA's Comprehensive Care Centers (C3) are one-stop treatment and resource centers for mental health and substance use crisis services, and support for individuals who have behavioral health needs. Comprehensive Care Centers offer care and support 24 hours a day, 7 days a week, 365 days a year. Services include:
 - * Community Support Team (CST)
 - * Crisis Stabilization & Detox Services for Adults
 - * Foothills Regional Treatment Center
 - * Individual & Group Therapy
 - * Intensive In-Home Services (IIH)
 - * Medication Management
 - * Mental Health & Substance Use Services
 - * Mobile Crisis Services (MCM)
 - * Outpatient Behavioral Health Services for Children & Adults
 - * Peer Support Services (PSS)
 - * Recovery Education Center (REC)
 - * Substance Abuse Intensive Outpatient Program (SAIOP)

RHA Health Services

rhahealthservices.org/services/behavioral-health-services/behavioral-health-north-carolina/

Mitchell
(828) 765-0894
4929 NC-226 S., Bakersville, NC

Yancey
(828) 682-2111
72 Blue Ridge Lane, Burnsville, NC

- * Mental Health and Substance Use treatment for both adults and children.
- * Accepts Medicaid, individuals with no insurance, Medicare, and many private insurances.

RHA Health Services – Mobile Crisis Management

(888) 573-1006 • rhahealthservices.org

- * Mobile Crisis provides 24/7/365 crisis response in the community to stabilize, support and advocate for individuals experiencing a mental health, substance use, or intellectual/developmental crisis situation.
- * Insurance blind/no cost for services.

SAMHSA's National Helpline

(800) 662-HELP (4357)

- * A confidential, free, 24-hour-a-day, 365-day-a-year information service in English and Spanish.
 - * For individuals and family members facing mental and/or substance use disorders.
 - * This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
-

Somethings

somethings.com/northcarolina • hello@somethings.com

- * A free peer support program for NC teens ages 13+ offered in partnership with NCDHHS.
 - * Connects adolescents with certified peer mentors via text or video.
 - * Support is available after school hours and is backed by licensed clinicians for seamless connection to higher-level care when needed.
-

Trans Lifeline

(877)-565-8860 • translifeline.org

- * A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people. Confidential 24/7 crisis support.
-

The Trevor Project

1-866-488-7386 or text START to 678-678

thetrevorproject.org/get-help/

- * Provides crisis intervention and suicide prevention for LGBTQ young people ages 13-24.
 - * Confidential text messaging with a Trevor counselor, available 24/7/365.
-

U.S. National Domestic Violence Hotline

(800) 799-7233 (English and Spanish) or text "START" to 88788 • thehotline.org

- * 24/7/365 confidential and free of cost hotline that provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
 - * Highly trained, experienced advocates offer compassionate support, crisis intervention information, and referral services in over 170 languages via phone, text, and online chat.
-

VAYA's Mobile Crisis & Access to Care Line

(800) 849-6127

- * 24/7 Access to Care Line is available to people seeking information about care or who are in crisis.
 - * Available to all residents, regardless of insurance status or ability to pay.
-

Veterans Crisis Line

Dial 988 then press 1 • Text 838255 • veteranscrisisline.net

- * Connects veterans in crisis (and their families and friends) with qualified and caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

2-1-1 or nc211.org

- * Free, confidential, multilingual information on vital local services.
- * Available 24/7/365. Sponsored by the United Way of North Carolina.
- * Basic Needs
- * Consumer Services
- * Criminal Justice & Legal Services
- * Education
- * Environment & Public Health/Safety
- * Healthcare
- * Income Support & Employment
- * Individual & Family Life
- * Mental Health and Substance Use Disorders
- * Organization/Community/International Services

Emergency Rooms

In the event of a mental health or substance use crisis, you can go to an emergency room. While they may not have a specialized unit, they will still provide emergency psychiatric evaluation and stabilization. ERs have a legal duty of care regardless of an individual's ability to pay.

The ER team can initiate a transfer to a facility with a psychiatric unit, coordinate with mobile crisis teams, or discharge individuals with referrals to outpatient services if deemed safe.

Buncombe County

Mission Hospital
509 Biltmore Ave
Asheville, NC
(828) 213-1111

McDowell County

Mission Hospital
McDowell
430 Rankin Dr
Marion, NC
(828) 659-5000

Mitchell County

Blue Ridge Regional
Hospital
125 Hospital Dr
Spruce Pine, NC
(828) 765-4201

Substance Use Services – Counseling and Therapy

Appalachian Counseling and Psychological Services

(828) 575-9760 • acaps-nc.org

- * Counseling and therapy services for substance misuse and mental health.
 - * Accepts most major insurances. For questions about your specific insurance, call (828) 575-9760.
-

Asheville Recovery Center

9 Old Burnsville Hill Rd., Suite 7, Asheville, NC

(828) 518-6996 • ashevillerecoverycenter.com

- * Residential, partial hospitalization, and intensive outpatient services are available.
 - * Individual therapy, group therapy, dual diagnosis services, MAT, and more.
 - * Insurance accepted. Payment plans can be arranged.
-

Blue Ridge Restorative Psychiatry

14 Academy Street, Burnsville, NC

(828) 536-5050 • blueridgerestorativepsychiatry.org
4mentalhealth@blueridgerestorativepsychiatry.com

- * Offers psychiatric evaluation and management of children, adolescents and adults for all major psychiatric issues including mood disorders, anxiety disorders, PTSD/trauma, ADHD, eating disorders, substance use disorders and more.
 - * Also offers psychiatric consultations.
-

CareNet Counseling Services

carenetnc.org/region-western/

Marion (Main Center)

79 Academy Street, Marion, NC
(828) 559-0125

Asheville

27 Church Street, Asheville, NC
(828) 559-0125

- * Offers counseling services for people of all ages, backgrounds and faiths.
 - * Most insurance and employee assistance plans accepted. Contact for more information.
 - * Financial assistance may be available for those without insurance or with limited coverage.
-

Crossroads Treatment Center

crossroadtreatmentcenters.com

Weaverville

901-3 Old Mars Hill Hwy, Weaverville, NC
(828) 484-8461 • hclark@ctc.care

Asheville

6 Roberts Road, Suite 103, Asheville, NC
(888) 899-5832

- * Crossroads provides the most convenient, comprehensive, high-quality care to create superior outcomes for those with substance use disorders.
 - * Offers evidence-based drug and alcohol treatment programs include FDA-approved medications, peer support, measurement-based care, care coordination, contingency management and counseling.
 - * Includes an individualized, whole-person treatment plan built specifically for each patient's needs.
 - * Accepts many commercial insurances, Medicaid, Medicare, Medicare Advantage, TRICARE, and VA CCN. Financial assistance may be available.
-

Crossroads Recovery Center

440 East Court St, Marion, NC
(828) 659-8626

- * Counseling services for substance misuse and mental health.
 - * DWI services offered.
-

Eleanor Health

39 McDowell St, Asheville, NC
(866) 465-0590 • eleanorhealth.com

- * Provides personalized, evidence-based outpatient treatment for substance use disorders.
 - * Offers virtual outpatient treatment including medication-assisted treatment, counseling, and peer support.
 - * Accepts most major insurances.
-

First Step Farm of WNC

(828) 667-0587 • firststepfarmwnc.org
info@firststepfarmwnc.org

- * A private, non-profit corporation offering a licensed residential supervised living center for substance dependent adults.
 - * Accepts Medicaid and uninsured individuals.
-

Insight Human Services – Women’s Recovery Center

723 Fairview Rd., Asheville, NC

(828) 350-8343 • insightnc.org/womens-recovery-center/

- * Offers outpatient services including: comprehensive clinical assessments, substance misuse and mental health services, individual and group counseling, medication-assisted treatment, psychiatric care.
 - * Has additional specialized services for women who are pregnant, postpartum, or seeking custody of children.
 - * A 5-day a week Substance Abuse Comprehensive Outpatient Treatment Program (SACOT) and a 3-day a week Substance Abuse Intensive Outpatient Program (SAIOP) with group and individual counseling and recovery education.
 - * Accepts Medicaid and other insurances. Sliding fee scale and payment plans also available.
 - * State-funded payment for services provided is also available and is dependent on income and other factors.
-

Killian Consulting of WNC, PLLC

130 N Logan St, Marion, NC

(828) 201-6901 • killiantristan@gmail.com

- * Offers EMDR, DWI assessments, mental health assessments, heart-based therapy, Positive Parenting Program, Prime for Life program, substance use and mental health therapy.
 - * Accepts Medicaid. Email for more information about payment options.
-

Connie Maney, LCSW

(828) 482-0344

- * Specializes in Stress, Trauma and PTSD, Substance Use, and ADHD for adults.
 - * Accepts Aetna, BlueCross and BlueShield, Healthgram, MedCost, Medicare, and private pay.
-

Mountain Community Health Partnership (MCHP)

Bakersville Health Center • Burnsville Health Center
Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

- * Comprehensive Outpatient Services
 - * Counseling
 - * Medical Care
 - * Medication-Assisted Treatment
 - * Peer Support
 - * Prevention Services
 - * School-Based Therapy
 - * Individual counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
 - * Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
 - * Identify and assist patients to address issues such as transportation, food insecurity, housing, and childcare.
 - * Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances.
 - * Sliding Fee Program and Affordability Program are available.
 - * As a Federally Qualified Health Center, MCHP provides quality health care to patients, regardless of their ability to pay. Call for more information.
-

Never2Scarred Women's Recovery

(828) 467-7243 • never2scarred.com
never2scarredministry@gmail.com

- * Offers a 12-month faith-based recovery program at no charge for women experiencing substance use.
 - * Provides a safe, nurturing, and faith-based environment where women can experience healing, restoration, and transformation through the love of Jesus Christ.
 - * Empowers women to overcome addiction, trauma, and life-controlling issues by offering spiritual guidance, compassionate care, and practical support rooted in biblical truth.
 - * The program provides everything participants need including food, medical, dental, hygiene, clothing, and one-on-one Christian counseling.
-

Pyramid Healthcare – Asheville Medicaid Addiction Treatment Center

119 Tunnel Rd. Suite D, Asheville, NC
(888) 201-5086 • pyramid-healthcare.com/

- * Provides comprehensive, evidence-based behavioral healthcare for adults and teens, specializing in addiction recovery, mental health disorders, and co-occurring conditions. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * Aftercare Services
 - * Comprehensive Care Assessments
 - * Intensive Outpatient Therapy (IOP)
 - * Medication-Assisted Treatment (MAT)
 - * Medication Management
 - * Methadone Clinic
 - * Partial Hospitalization Program (PHP)
 - * Peer Support Services
 - * Recovery Residence for Men (CASP)
 - * Substance Use Early Recovery Programs
 - * Pyramid also has a Methadone Clinic and two men’s supportive living locations in Asheville, and an Assertive Community Treatment Team (ACTT) in Mars Hill.
 - * Medicaid and private insurance accepted. Medicare is only accepted for individual therapy & medication management services.
 - * Financial support may be available for uninsured individuals. Contact for more information.
-

Western Carolina Treatment Center, Inc.

(828) 251-1478 • After-Hours, Call or Text: (828) 676-8584
carolinatreatmentcenters.com/asheville-nc

- * Opioid treatment program that provides medication-assisted treatment, combined with counseling and group therapy.
- * Includes the use of methadone.
- * Accepts Medicaid and uninsured individuals.

Substance Use Services - Outpatient Treatment Programs

Asheville Recovery Center

9 Old Burnsville Hill Rd., Suite 7, Asheville, NC
(828) 518-6996 • ashevillerecoverycenter.com

- * Residential, partial hospitalization, and intensive outpatient services are available.
 - * Individual therapy, group therapy, dual diagnosis services, MAT, and more.
 - * Insurance accepted. Payment plans can be arranged.
-

Charles George VA Medical Center

1100 Tunnel Rd, Asheville, NC
(828) 298-7911 x 2509 • asheville.va.gov

- * Offers substance misuse and mental health services for Military Veterans including group and individual therapy, certified peer support counselors, a locked inpatient psychiatric unit, and a 30-day residential Substance Abuse Rehabilitation Program.
 - * To contact enrollment and eligibility, call (828) 298-7911 x 2509.
-

Clarvida – Asheville Ridgefield Office

1100 Ridgefield Blvd Ste. 170, Asheville, NC
(828) 670-7723 • clarvida.com

- * Provides comprehensive, evidence-based mental health services for children, adolescents, and adults, specializing in outpatient therapy, crisis intervention, and specialized behavioral support. Services include:
 - * Applied Behavior Analysis (ABA)
 - * Care Management
 - * Family Centered Treatment (FCT)
 - * Individual and Group Therapy
 - * Intensive In-Home Services (IIH)
 - * Medication Management
 - * Outpatient Assessment
 - * Youth Intensive In-Home Services (IIH)
 - * The Community Support Team (CST) provides direct support to adults with a diagnosis of mental health, substance use, or co-occurring disorder and who have complex and extensive treatment needs. They carry a crisis phone, and services are available 24/7, 365 days a year.
-

Crest View Recovery Center

90 Asheland Ave., Asheville, NC
(866) 327-2505 • crestviewrecoverycenter.com

- * Residential and outpatient rehabilitation programs.
 - * Addiction therapy, tailored treatment programs, and Medication Assisted Treatment (MAT).
 - * Accepts most major insurances including Aetna, BlueCross and BlueShield, Cigna, and United Healthcare. See website for more details.
-

Crossroads Treatment Center

crossroadstreatmentcenters.com

Weaverville

901-3 Old Mars Hill Hwy, Weaverville, NC
(828) 484-8461 • hclark@ctc.care

Asheville

6 Roberts Road, Suite 103, Asheville, NC
(888) 899-5832

- * Crossroads provides the most convenient, comprehensive, high-quality care to create superior outcomes for those with substance use disorders.
 - * Offers evidence-based drug and alcohol treatment programs include FDA-approved medications, peer support, measurement-based care, care coordination, contingency management and counseling.
 - * Includes an individualized, whole-person treatment plan built specifically for each patient's needs.
 - * Accepts many commercial insurances, Medicaid, Medicare, Medicare Advantage, TRICARE, and VA CCN. Financial assistance may be available.
-

Daymark Recovery Services

360 Beech St, Newland, NC
(828) 733-5889 • daymarkrecovery.org/locations/avery-center

- * Substance Abuse and Mental Health Outpatient Treatment Services for youth and adults. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * Routine Outpatient Therapy
 - * Psychiatry/Medication Management
 - * Mobile Crisis Services
 - * Substance Abuse Intensive Outpatient (SAIOP)
 - * DWI Evaluation and Treatment
 - * Medication Assisted Treatment - MAT (Suboxone)
 - * Tailored Care Management (TCM)
 - * Individual Placements and Supports (IPS - Supported Employment Service)
 - * Accepts Medicaid, Medicare, and private insurance.
 - * Individuals with no insurance will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.
-

Freedom Life Ministries

freedomlifeministries.org

Avery

725 Cranberry St, Newland, NC
(828) 742-2021

McDowell

130 Logan St, Marion, NC
(828) 559-2224

Mitchell

(828) 559-2224 ext 209

Yancey

1027 East US HWY 19E, Burnsville, NC
(828) 536-4044

- * Freedom Life is a faith-based nonprofit grounded in values of restoration and accountability. We provide inclusive, evidence-informed support to justice-involved people that helps them achieve long-term stability. Services include:
 - * Community Resources (ex. NC Cooperative Extension, Reconciliation House)
 - * Counseling and Therapy (as applies to: Substance Use, Mental Health, Youth)
 - * Family and Caregiver Support (as applies to: Community Resources).
 - * Peer Support/Support Groups
 - * Spanish-speaking/Bilingual service providers
 - * Substance Use Services
 - * Transportation resources (as applies to: Community Resources)
-

Killian Consulting of WNC, PLLC

130 N Logan St, Marion, NC
(828) 201-6901 • killiantristan@gmail.com

- * Offers EMDR, DWI assessments, mental health assessments, heart-based therapy, Positive Parenting Program, Prime for Life program, substance use and mental health therapy.
 - * Accepts Medicaid. Email for more information about payment options.
-

Mountain Community Health Partnership (MCHP)

Bakersville Health Center • Burnsville Health Center
Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

- * Comprehensive Outpatient Services
- * Counseling
- * Medical Care
- * Medication-Assisted Treatment
- * Peer Support
- * Prevention Services
- * School-Based Therapy
- * Individual counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- * Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- * Identify and assist patients to address issues such as transportation, food insecurity, housing, and childcare.
- * Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances.

- * Sliding Fee Program and Affordability Program are available.
 - * As a Federally Qualified Health Center, MCHP provides quality health care to patients, regardless of their ability to pay. Call for more information.
-

Next Step Recovery for Men

900 Hendersonville Rd #203, Asheville, NC
(828) 761-0722 • nextsteprecovery.com
Admissions@NextStepRecovery.com

- * Daily intensive outpatient program, behavioral therapies, recreational therapies, addiction support services, and transitional sober living facilities for young men.
 - * In-network with Aetna, BlueCross and BlueShield, BlueHome/BlueLocal, and CVS Health.
-

Oasis Recovery Center

191 Charlotte St, Asheville, NC
(828) 518-6539 • or-nc.com

- * Offers partial hospitalization program, intensive outpatient program, outpatient programs, and holistic/evidence-based therapies for addiction and dual diagnosis.
 - * Accepts many major insurances. Contact for more information and insurance verification.
-

Otter House Wellness

40 N French Broad Ave, Asheville, NC
(828) 528-7685 • otterhousewellness.com

- * Provides comprehensive care for individuals struggling with substance abuse and co-occurring mental health disorders through a multidisciplinary treatment plan.
 - * Offers Outpatient Treatment, Intensive Outpatient Program, Partial Hospitalization Program, Medication Assisted Treatment, and individual, group and family therapy.
 - * Works with most insurances.
-

Pyramid Healthcare – Asheville Medicaid Addiction Treatment Center

119 Tunnel Rd. Suite D, Asheville, NC
(888) 201-5086 • pyramid-healthcare.com/

- * Provides comprehensive, evidence-based behavioral healthcare for adults and teens, specializing in addiction recovery, mental health disorders, and co-occurring conditions. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * Aftercare Services
 - * Comprehensive Care Assessments
 - * Intensive Outpatient Therapy (IOP)
 - * Medication-Assisted Treatment (MAT)
 - * Medication Management
 - * Methadone Clinic
 - * Partial Hospitalization Program (PHP)
 - * Peer Support Services
 - * Recovery Residence for Men (CASP)
 - * Substance Use Early Recovery Programs
 - * Pyramid also has a Methadone Clinic and two men’s supportive living locations in Asheville, and an Assertive Community Treatment Team (ACTT) in Mars Hill.
 - * Medicaid and private insurance accepted. Medicare is only accepted for individual therapy & medication management services.
 - * Financial support may be available for uninsured individuals. Contact for more information.
-

RHA Health Services

rhahealthservices.org/services/behavioral-health-services/behavioral-health-north-carolina/

Mitchell

4929 NC-226 S. Bakersville, NC
(828) 765-0894

Yancey

72 Blue Ridge Lane Burnsville, NC
(828) 682-2111

- * Mental Health and Substance Use treatment for both adults and children.
 - * Accepts individuals with no insurance, Medicaid, Medicare, and many private insurances.
-

Ritual Recovery

100 Victoria Rd, Asheville, NC
(866) 530-5836 • ritualrecovery.com

- * Offers outpatient care, inpatient treatment and telehealth services.
 - * Has a 25-bed facility offering 30–45 day Sober Living residential programs.
 - * Works with most commercial health insurance providers.
-

Substance Use Services - Residential Treatment Programs

Advent Health — Hendersonville

100 Hospital Drive, Hendersonville, NC • (828) 650-8130

adventhealth.com/hospital/adventhealth-hendersonville/our-services/behavioral-health-care

- * Offers a 24-bed, women's psychiatric inpatient program for adults 18 or older offering behavioral health, substance use services, and Medication-Assisted Treatment (MAT).
 - * Also offers outpatient mental health care and primary care integrated behavioral health.
 - * Accepts all insurance plans including Medicaid. Discharge planning services available for services not covered by insurance.
-

Appalachian Community Services — Adult Recovery Unit

91 Timberlane Rd, Waynesville, NC

Psychiatric Clinic: (828) 454-7220 • Adult Recovery Unit: (828) 454-1098

acswnc.com/the-balsam-center

- * 24-hour residential treatment facility offering psychiatric evaluation, medication management, continuous monitoring and observation, individual and group counseling.
 - * Discounts or sliding scale fees may be available.
-

Asheville Recovery Center

9 Old Burnsville Hill Rd., Suite 7, Asheville, NC

(828) 518-6996 • ashevillerecoverycenter.com

- * Residential, partial hospitalization, and intensive outpatient services are available.
 - * Individual therapy, group therapy, dual diagnosis services, MAT, and more.
 - * Insurance accepted. Payment plans can be arranged.
-

Crest View Recovery Center

90 Asheland Ave., Asheville, NC

(866) 327-2505 • crestviewrecoverycenter.com

- * Residential and outpatient rehabilitation programs.
 - * Addiction therapy, tailored treatment programs, and Medication Assisted Treatment (MAT).
 - * Accepts most major insurances including Aetna, BlueCross and BlueShield, Cigna, and United Healthcare. See website for more details.
-

First at Blue Ridge

32 Knox Rd., Ridgecrest, NC
(828) 669-0011 • firstinc.org

- * Residential therapeutic community for individuals with chronic substance use disorders.
 - * Offering long-term and short-term programs.
 - * Specific programming for Veterans, and women and children.
 - * Transitional housing, group counseling, self-help meetings, case management, job placement assistance, and other services for individuals struggling with addiction, homelessness, unemployment, and involvement in the criminal justice system.
-

First Step Farm of WNC

(828) 667-0587 • firststepfarmwnc.org
info@firststepfarmwnc.org

- * A private, non-profit corporation offering a licensed residential supervised living center for substance dependent adults.
 - * Accepts Medicaid and uninsured individuals.
-

Hebron Colony Ministries

356 Old Turnpike Rd., Boone, NC
(828) 963-4842 • hebroncolony.org
info@hebroncolony.org

- * 10-week, faith-based residential treatment for substance use for adults 20+.
-

Julian F. Keith Alcohol and Drug Abuse Treatment Center

201 Tabernacle Rd., Black Mountain, NC
(828) 257-6200 • Admissions Phone: (828) 257-6230

- * State-operated Alcohol and Drug Abuse Treatment Center. Services include:
 - * Acute care unit
 - * Acute rehabilitation services
 - * Inpatient treatment
 - * Medical detoxification for individuals with substance use and other co-occurring mental health diagnoses
 - * Psychiatric stabilization
 - * Pre-admission and post-discharge Peer Support Services
-

Mary Benson House

450 Montford Ave., Asheville, NC
(828) 252-5280 • rhahealthservices.org

- * Residential substance use disorder treatment center for women who are pregnant or who have dependent children ages 0-5.
 - * Offers person-centered treatment planning, weekly parenting classes and self-care groups, individual and group counseling, linkage to primary medical and pediatric care, and case management.
 - * Transportation to all appointments including medical care, as well as recovery, parenting skills, and independent living skills.
 - * Must be 18 years of age or older and a resident of North Carolina.
 - * Must meet the criteria for Substance Use Disorder and be WorkFirst and Medicaid eligible.
-

Next Step Recovery for Men

900 Hendersonville Rd #203, Asheville, NC
(828) 761-0722 • nextsteprecovery.com
Admissions@NextStepRecovery.com

- * Daily intensive outpatient program, behavioral therapies, recreational therapies, addiction support services, and transitional sober living facilities for young men.
 - * In-network with Aetna, BlueCross and BlueShield, BlueHome/BlueLocal, and CVS Health.
-

Never2Scarred Women's Recovery

(828) 467-7243 • Never2scarred.com
never2scarredministry@gmail.com

- * Offers a 12-month faith-based recovery program, helping women to restore and overcome addiction with the love of Jesus Christ at no charge. Keeping Hope alive one life at the time through the love and healing power of Jesus Christ.
 - * Empowers women to overcome addiction, trauma, and life-controlling issues by offering spiritual guidance, compassionate care, and practical support in a safe, nurturing, and faith-based environment.
 - * The program provides food, medical, dental, hygiene, clothing, and one-on-one Christian counseling.
-

Oasis Recovery Center

191 Charlotte St, Asheville, NC
(828) 518-6539 • or-nc.com

- * Offers partial hospitalization program, intensive outpatient programs, and holistic/evidence-based therapies for addiction and dual diagnosis.
 - * Accepts many major insurances. Contact for more information and insurance verification.
-

Pavillon Treatment Center

241 Pavillon Place, Mill Spring, NC
(828) 694-2300 • pavillon.org

- * A 6-week residential program for substance use and co-occurring disorders using an integrated, whole-person approach based in the 12-step program.
 - * Offers detox, primary treatment, extended care, outpatient services, and tailored programs for women, men, young adults, families, and professionals.
 - * Private insurance accepted. Does not accept Medicaid.
-

Pyramid Healthcare – Dream House and River House Supportive Living for Men

119 Tunnel Rd. Suite D, Asheville, NC
(888) 201-5086 • pyramid-healthcare.com/

- * Provides comprehensive, evidence-based behavioral healthcare for adults and teens, specializing in addiction recovery, mental health disorders, and co-occurring conditions.
 - * Dream House is a 20-bed, male-only home offering a structured, recovery-centered environment for adult men enrolled in Pyramid's Substance Abuse Comprehensive Outpatient Treatment program (SACOT).
 - * River House is a 13-bed, male-only community, fostering a recovery-centered environment and peer support for men in Pyramid's Partial Hospitalization Program.
 - * Medicaid and private insurance accepted. Medicare is only accepted for individual therapy & medication management services.
 - * Financial support may be available for uninsured individuals. Contact for more information.
-

Red Oak Recovery

631 Willow Creek Rd., Leicester, NC
(828) 382-9699 • redoakrecovery.com
admissionsteam@redoakrecovery.com

- * Residential program for men offering holistic, trauma-informed treatment for substance use and co-occurring mental health disorders.
 - * Offers family therapy and counseling services.
 - * Many insurance plans are accepted. Call for more information.
-

Ritual Recovery

100 Victoria Rd, Asheville, NC
(866) 530-5836 • ritualrecovery.com

- * Offers outpatient care, inpatient treatment, and telehealth services.
 - * Has a 25-bed facility offering 30–45 day Sober Living residential programs.
 - * Works with most commercial health insurance providers.
-

RHA Health Services – Neil Dobbins Center

356 Biltmore Ave., Suite 150, Asheville, NC
(Lower level of the C3356 Comprehensive Care Center)
(828) 253-6306 • rhahealthservices.org

- * 24 hour, secured, 16-bed crisis and detox facility offering a short-term inpatient residential program (up to 7 days) for adults.
 - * Detox services for individuals actively using alcohol or substances.
 - * Offers assessment, treatment, 24-hour medical supervision, case management, and group and individual therapy.
 - * Private insurance is not accepted. Can bill through Medicaid.
 - * Individuals with no coverage may receive services via state funds; eligibility is based on an income scale.
-

Silver Ridge

183 Old Turnpike Road, Mills River, NC
(855) 945-7788 • silverridgerecovery.com

- * Offers a clinically integrated, holistic drug and alcohol rehab program for adults 25 and up.
 - * Has a 15-bed structured inpatient rehabilitation program tailored to facilitate a smoother addiction recovery process for patients.
 - * Accepts self-pay and insurance including Aetna, Ambetter, BCBS of NC, Carolina Behavioral Health Alliance, Evernorth (Cigna), MedCost, Optum (United Healthcare), VACCN, and Humana.
-

Western Carolina Rescue Ministries

225 Patton Ave., Asheville, NC
(828) 254-0471 • westerncarolinarescue.org

- * Offers faith-based men’s and women’s residential treatment programs.
 - * A free, 9-month residential drug and alcohol men’s recovery program, including an intense life training course offering the resources and support necessary to build a new life.
 - * Abba’s House is a free 6-month, 14-bed residential substance use program for mothers and their infants with an optional 6 months transitional stay.
-

The Willows at Red Oak Recovery – Women’s Residential Treatment

108 Executive Park, Asheville, NC
(828) 518-6941 • thewillowsatredoak.com

- * An evidence-based, in-patient program for women recovering from substance use and co-occurring mental health issues.
- * Offers core therapies across different levels of care, from residential treatment to aftercare planning including CBT, DBT, EMDR, activity-based experiential therapy, and holistic support.
- * Also offers outpatient services including a partial hospitalization program (PHP) and intensive outpatient program (IOP) services.
- * In network with Aetna, Ambetter, BCNC, BCNC Federal, CBHA, First Health, Humana, Oscar, UBH/Optum, and works with most major insurance providers.

Substance Use Services – Medication-Assisted Treatment

Asheville Detox Center

25 Choctaw St, Asheville, NC
(828) 522-5822 • ashevilledetox.com

- * Offers a 3-10 day Medical Detox program, Inpatient Rehab, and MAT.
 - * Accepts private pay, Blue Cross Blue Shield, Humana, Magellan Health, and MultiPlan.
-

Asheville Recovery Center

9 Old Burnsville Hill Rd., Suite 7, Asheville, NC
(828) 518-6996 • ashevillerecoverycenter.com

- * Residential, partial hospitalization, and intensive outpatient services are available.
 - * Individual therapy, group therapy, dual diagnosis services, MAT, and more.
 - * Insurance accepted. Payment plans can be arranged.
-

Asheville Recovery and Psychiatric Services

5B Doctors Park, 417 Biltmore Ave., Asheville, NC
(828) 232-1994 • ashevillerecovery.com

- * Medication-Assisted Treatment using Suboxone.
 - * Individual therapy, group therapy, and treatment of co-occurring psychiatric conditions.
-

Behavioral Health Group (BHG) Asheville Treatment Center

18 Wedgefield Drive, Asheville, NC
(828) 252-8748 • bhgrecovery.com

- * Outpatient Suboxone and Methadone Medication-Assisted Treatment and addiction counseling.
 - * Accepts Humana, Medicaid, Medicare, and self-pay. Grant spots available for qualified patients.
-

Blue Ridge Restorative Psychiatry

14 Academy Street, Burnsville, NC
(828) 536-5050 • blueridgerestorativepsychiatry.org
4mentalhealth@blueridgerestorativepsychiatry.com

- * Offers psychiatric evaluation and management of children, adolescents and adults for all major psychiatric issues including mood disorders, anxiety disorders, PTSD/trauma, ADHD, eating disorders, substance use disorders and more.
 - * Also offers psychiatric consultations.
-

Crest View Recovery Center

90 Asheland Ave., Asheville, NC
(866) 327-2505 • crestviewrecoverycenter.com

- * Residential and outpatient rehabilitation programs.
 - * Addiction therapy, tailored treatment programs, and Medication Assisted Treatment (MAT).
 - * Accepts most major insurances including Aetna, BlueCross and BlueShield, Cigna, and United Healthcare. See website for more details.
-

Crossroads Treatment Center

crossroadstreatmentcenters.com

Weaverville

901-3 Old Mars Hill Hwy, Weaverville, NC
(828) 484-8461 • hclark@ctc.care

Asheville

6 Roberts Road, Suite 103, Asheville, NC
(888) 899-5832

- * Crossroads provides the most convenient, comprehensive, high-quality care to create superior outcomes for those with substance use disorders.
 - * Offers evidence-based drug and alcohol treatment programs include FDA-Approved medications, peer support, measurement-based care, care coordination, contingency management and counseling.
 - * Includes an individualized, whole-person treatment plan built specifically for each patient's needs.
 - * Accepts many commercial insurances, Medicaid, Medicare, Medicare Advantage, TRICARE, and VA CCN. Financial assistance may be available.
-

Eleanor Health

39 McDowell St., Asheville, NC
(866) 465-0590 • eleanorhealth.com

- * Provide personalized, evidence-based outpatient treatment for substance use disorders.
 - * Offers virtual outpatient treatment including medication-assisted treatment, counseling, and peer support.
 - * Accepts most major insurances.
-

Killian Consulting of WNC, PLLC

130 N Logan St., Marion, NC
(828) 201-6901 • killiantristan@gmail.com

- * Offers EMDR, DWI assessments, mental health assessments, heart-based therapy, Positive Parenting Program, Prime for Life program, substance use and mental health therapy.
 - * Accepts Medicaid. Email for more information about payment options.
-

McLeod Centers for Wellbeing

117 West Medical Court, Marion, NC
(828) 659-3966 • mcleodcenter.com

- * Outpatient Medication-Assisted Treatment Services.
 - * Medicaid, Medicare, Tricare, private insurance, and self-pay are accepted. State funding may also be utilized for select treatment services.
-

Mountain Community Health Partnership (MCHP)

Bakersville Health Center • Burnsville Health Center
Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

- * Comprehensive Outpatient Services
 - * Counseling
 - * Medical Care
 - * Medication-Assisted Treatment
 - * Peer Support
 - * Prevention Services
 - * School-Based Therapy
 - * Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
 - * Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
 - * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
 - * Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances.
 - * Sliding Fee Program and Affordability Program are available.
 - * As a Federally Qualified Health Center, MCHP provides quality health care to patients, regardless of their ability to pay. Call for more information.
-

Pyramid Healthcare- Methadone Clinic

119 Tunnel Rd. Suite D, Asheville, NC
(888) 201-5086 • pyramid-healthcare.com/

- * Provides comprehensive, evidence-based behavioral healthcare for adults and teens, specializing in addiction recovery, mental health disorders, and co-occurring conditions. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * Aftercare Services
 - * Comprehensive Care Assessments
 - * Intensive Outpatient Therapy (IOP)
 - * Medication-Assisted Treatment (MAT)
 - * Medication Management
 - * Methadone Clinic
 - * Partial Hospitalization Program (PHP)
 - * Peer Support Services
 - * Recovery Residence for Men (CASP)
 - * Substance Use Early Recovery Programs
 - * Pyramid also has a Methadone Clinic and two men’s supportive living locations in Asheville, and an Assertive Community Treatment Team (ACTT) in Mars Hill.
 - * Medicaid and private insurance accepted. Medicare is only accepted for individual therapy & medication management services.
 - * Financial support may be available for uninsured individuals. Contact for more information.
-

Western Carolina Treatment Center, Inc.

3 Doctors Park Suite G, Asheville
(828) 251-1478 • After-Hours, Call or Text: (828) 676-8584

carolinatreatmentcenters.com • carolinatreatmentcenters.com/asheville-nc

- * Opioid Treatment Program that provides medication-assisted treatment, includes the use of methadone, combined with counseling and group therapy.
- * Accepts Medicare, Medicaid, Tricare, some commercial insurance, and uninsured individuals.

Substance Use Services – Harm Reduction Services

Compassionate Response to Substance Use

tbdarnall@gmail.com

- * Their mission is to strengthen and support the individuals, families, and organizations in the local community who are impacted by substance use.
 - * A Narcan box is located at First Baptist Church, 51 Town Square, Burnsville NC 28714, at the parking lot entrance on Avery Street located by the Community Garden.
-

Crossroads Treatment Center

crossroadstreatmentcenters.com

Weaverville

901-3 Old Mars Hill Hwy, Weaverville, NC
(828) 484-8461 • hclark@ctc.care

Asheville

6 Roberts Road, Suite 103, Asheville, NC
(888) 899-5832

- * Crossroads provides the most convenient, comprehensive, high-quality care to create superior outcomes for those with substance use disorders.
 - * Offers evidence-based drug and alcohol treatment programs include FDA-Approved Medications, peer support, measurement-based care, care coordination, contingency management and counseling.
 - * Includes an individualized, whole-person treatment plan built specifically for each patient's needs.
 - * Accepts many commercial insurances, Medicaid, Medicare, Medicare Advantage, TRICARE, and VA CCN. Financial assistance may be available.
-

Holler Harm Reduction

1685 NC-213, Marshall, NC
(828) 290-9066 • hollerharmreduction.org
oscar@hollerharmreduction.org

- * Offers a syringe service program for Madison county and parts of north Buncombe (Weaverville, Barnardsville, Leicester, Alexander, Woodfin/North Asheville).
 - * We have a drop-in space off of 213 in Marshall, right next to the DMV, but also do deliveries Mon-Fri 11am-4pm. We supply clean syringes and injection supplies, as well as sharps containers, Naloxone, alternate ingestion kits, wound care, emergency contraception, safe sex supplies, hygiene supplies and some household supplies.
 - * We also offer resources for folks who need adjacent services like low cost medical care, social services, free firewood or propane vouchers, recovery services, free household supplies and disaster relief.
 - * We extend our services to anyone willing to meet us on the county lines. We do not require ID, referral, prior authorization, and we do not require syringe returns to exchange for clean syringes.
 - * All of services are free.
-

Sunrise Community for Recovery and Wellness Harm Reduction Program

209 Tunnel Road, Asheville, NC

Harm Reduction Program: (828) 920-8261

Peer Support Drop-In Center: (828) 552-3858

sunriseinasheville.org

- * Connects individuals to overdose education and referral to treatment providers in a safe, non-judgmental space.
- * Distributes overdose reversal medications (e.g. Naloxone/Narcan) and provides trainings on harm reduction 101 and overdose prevention.
- * Distribute sterile injection equipment to reduce the spread of infectious diseases and prevent injury or death from infections, while maintaining multiple safe syringe disposal units.
- * Provides Free safer use and safer sex supplies, rapid Hep C and HIV testing, Fentanyl and Xylazine testing strips and Safe Smoke supplies.

Substance Use Services – DWI and Court Diversion Services

You can view NC Department of Human Services current DWI services provider database:
dmhdsohf.ncdhhs.gov/PROVIDERLIST/

AAT, Inc.- Un Nuevo Dia

(828) 606-1718

- * Spanish speaking
- * Court-ordered DWI Assessments

Angel Light of Burnsville

1040 Highway 19 E, Suite J, Burnsville, NC
(828) 689-4600

- * Court-ordered DWI Assessment and Alcohol Drug Education Training School (ADETS).
- * Services in Spanish and English.

Beyond Addiction

70 Woodfin Place, Suite 326-D, Asheville, NC
(828) 707-0347 • lindahamilton.org
getbeyondaddiction@gmail.com

- * Court-ordered DWI Assessments

Crossroads Recovery Center

440 East Court St., Marion, NC
(828) 659-8626

- * Court-ordered DWI Assessments

Daymark Recovery Services

360 Beech St., Newland, NC
(828) 733-5889 • daymarkrecovery.org/locations/avery-center

- * Court-ordered DWI Assessments
-

Insight Human Services – Justice Services, Region 4 (includes Mitchell and Yancey)

Mitchell: (828) 230-1713 • Yancey: (828) 779-0227

insightnc.org

- * Treatment Accountability for Safer Communities - community-based treatment for substance use and mentally health including clinical assessments, treatment matching, referrals, and case management.
 - * 15 Hour Drug Education School program. Court-ordered students may have the opportunity to have their record expunged upon completion of DES.
 - * Recidivism Reduction Services - an Insight program that works with high-risk offenders in need of cognitive behavioral intervention and/or substance misuse treatment.
 - * District Attorney Treatment Alternative (DATA) is a two-year voluntary program for inmates suffering from substance use disorders. The treatment includes weekly case management, a visit with a probation officer, regular drug testing, and weekly counseling sessions.
-

Mars Hill Counseling Services

15 Mountain View Rd, Mars Hill, NC
(828) 689-4600

- * Court-ordered DWI Assessments
-

Mediation & Restorative Justice Center, Inc.

(828) 264-3040

mrjc.us

- * Provides court-ordered mediation services and drug treatment court programs.
-

Pyramid Healthcare

119 Tunnel Rd. Suite D, Asheville, NC
(888) 201-5086 • pyramid-healthcare.com/

- * Court ordered Intensive Outpatient Program (IOP) classes.
 - * Does not offer court-ordered DWI Assessments.
-

Silver Lining Therapy

(828) 321-8022 • info@silverliningtherapy.com
silverliningtherapy.com

- * Court-ordered DWI Assessments
-

Peer Support/Support Groups

Al-Anon/Alateen of North Carolina and Bermuda

ncbermudaafg.org

Asheville Alateen

Trinity Episcopal Church
60 Church St., Asheville, NC

- * Meeting for youth 10-19, Sundays at 5:00 pm.
- * Park in the lot next to the playground and enter through the RED DOOR closest to Lexington Ave, next to the courtyard. Turn right inside the door and enter the Youth Area.

Al-Anon Meetings			
<i>Group Name</i>	<i>Meeting Location</i>	<i>Meeting Day/Time</i>	<i>Meeting Type</i>
Burnsville Friday Night AFG	First Baptist Church of Burnsville 51 Town Square, Burnsville	Fri, 7PM	Friends, Family and Observers Welcome
Burnsville Monday Afternoon AFG	First Baptist Church of Burnsville 51 Town Square, Burnsville	Mon, 1:15PM	Friends, Family and Observers Welcome
Courage to Change AFG	First Baptist Church 63 N Main St, Weaverville (Room 316 on the 4th floor)	Sat, 12pm	Families and Friends Only

AA and NA Meetings

jeannettemurray44@gmail.com • (828) 682-2288

- * AA and NA meetings are offered weekly, days and evenings, at First Baptist Church, Burnsville, NC

Abbreviation Key

BB – Big Book, **C**- Closed, **D** – Discussion, **ENG** – English Spoken Here, **O** – Open to anyone,
SL – Speaker Lead, **SN** – Spanish, **SP** – Speaker, **SS** – Step Study, **TR** – Tradition Study,
W – Women only, **L** – Literature

- * **Open Meetings:** Open meetings may be attended by anyone.
- * **Closed Meetings:** Attendance is limited to persons who have a problem with alcohol and a desire to stop drinking.
- *All meetings are non-smoking unless noted otherwise.

Alcoholics Anonymous

(828) 254-8539 • ashevilleaa.org

Buncombe County (North)			
<i>Group Name</i>	<i>Meeting Location</i>	<i>Meeting Day/Time</i>	<i>Meeting Type</i>
Big Ivy Group	Barnardsville United Methodist Church 7 Church Hill Dr, Barnardsville	Wed, 6pm	O, BB
Back to Basics Group	Christ UMC 81 Garrison Branch Rd, Weaverville	Mon & Fri, 7pm	C, D
Language of the Heart Women's Meeting	Weaverville United Methodist Church 90 N Main St, Weaverville	Wed, 10:30am	W, C, L
High Noon Group	Weaverville United Methodist Church 90 N Main St, Weaverville	Wed, 12pm	O, D
Good Livens Group	Weaverville United Methodist Church 90 N Main St, Weaverville	Fri, 12pm	C, SS

McDowell County			
<i>Group Name</i>	<i>Meeting Location</i>	<i>Meeting Day/Time</i>	<i>Meeting Type</i>
Marion Group	St. Matthew Lutheran Church 241 W Court St, Marion	Sun, 7pm	O, D
Serenity Seekers	St. Matthew Lutheran Church 241 W Court St, Marion	Mon-Sat, 12pm	O, D
Back to Basics	St. Matthew Lutheran Church 241 W Court St, Marion	Tues-Fri, 7pm	O, D

Mitchell County			
<i>Group Name</i>	<i>Meeting Location</i>	<i>Meeting Day/Time</i>	<i>Meeting Type</i>
Pine Grove Meeting	Pine Grove Methodist Church 53 Pine Grove Rd., Spruce Pine	Sun, 7 pm	O, D
Spruce Pine Group	Trinity Episcopal Church 15 Hemlock Ave, Spruce Pine	Thurs, 7 pm	O, D
Spruce Pine Saturday Morning Group	Trinity Episcopal Church 15 Hemlock Ave, Spruce Pine	Wed, 12 pm	C, D
Spruce Pine Saturday Morning Group	Trinity Episcopal Church 15 Hemlock Ave, Spruce Pine	Sat, 10 am	C, D

Yancey County			
Group Name	Meeting Location	Meeting Day/Time	Meeting Type
Micaville 12&12	Newdale Presbyterian Church 199 Newdale Church Rd, Burnsville	Mon, 9am	C, SS, TR
Sober Sisters Group	Burnsville First Baptist Church 11 Town Square, Burnsville	Mon, 12pm	W, C, L
Alcoholic Serenity Study	Reconciliation House 20 Academy St, Burnsville	Mon, 7pm	O, L
Burnsville Group	In-person and Online Burnsville First Baptist Church 11 Town Square, Burnsville	Tues, 7pm	O, D
It's In the Book	Burnsville First Baptist Church 11 Town Square, Burnsville	Thurs, 9am	C, BB, D
Burnsville Group	In-person and Online Burnsville First Baptist Church 11 Town Square, Burnsville	Fri, 7pm	O, D
Newdale New Day Happy Hour Meeting	Newdale Presbyterian Church 199 Newdale Church Rd, Burnsville	Sat 7pm	O, D

11 To

Celebrate Recovery

- * Celebrate Recovery is a Christ-centered, 12-step recovery program for anyone
- * struggling with hurt, pain, or addiction of any kind.

Bakersville - Bear Creek Baptist Church

327 Bear Creek Church Rd., Bakersville, NC
(828) 688-4331 (church office) • (828) 385-0061 (Josh Wise)
bearcreekbaptist.com/other-ministries-of-the-church

- * Meets every Thursday at Bear Creek Baptist Church.
- * Fellowship begins at 6:30 pm, followed by worship from 7:00-8:00 pm, then small groups (for men, women, and families) from 8:00-9:00 pm.

Burnsville - Higgins United Methodist Church

101 North Main St., Burnsville, NC
(828) 682-2835 • higgins-umc.com/celebrate-recovery

- * Meets Wednesday evenings at Higgins United Methodist Church.
- * Meal and fellowship begin at 5:30 pm, followed by worship at 6:30pm, then small groups (for men, women, and families) from 7:30-8:30 pm.
- * Child care provided, contact for more information.

Eleanor Health

39 McDowell St., Asheville, NC
(866) 465-0590 • eleanorhealth.com

- * Provide personalized, evidence-based outpatient treatment for substance use disorders.
 - * Offers virtual outpatient treatment including medication-assisted treatment, counseling, and peer support.
 - * Accepts most major insurances.
-

Mountain Community Health Partnership (MCHP) – Peer Support Services

Bakersville Health Center • Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

NAMI Western Carolina

356 Biltmore Ave. Suite 207, Asheville NC
(828) 505-7353 • namiwnc.org
info@namiwnc.org

- * Offers in-person and virtual support groups for mental health, family support, anxiety support, survivors of suicide loss, and a Spanish language support group.
 - * For dates, information, and registration information visit: namiwnc.org/calendar
-

Promise Resource Network Peer Support Warmline

1-855-PEERS NC (1-855-733-7762)

- * Confidential 24/7 peer support warm-line serving NC residents, is available anytime, any day.
 - * Certified Peer Support Specialists are available to support individuals dealing with mental health or substance use challenges and provide assistance navigating resources.
-

RHA Health Services—Peer Support Services

rhahealthservices.org

Mitchell
(828) 765-0894
4929 NC-226 S., Bakersville, NC

Yancey
(828) 682-2111
72 Blue Ridge Lane, Burnsville, NC

- * Certified Peer Support Specialists (CPSS) are available to assist individuals in their recovery.
 - * Mental Health and Substance Use treatment for both adults and children.
 - * Accepts individuals with no insurance, Medicaid, Medicare, and many private insurances .
-

RHA Health Services—Asheville Peer Living Room

356 Biltmore Ave., Asheville, NC
(828) 254-2700 • rhahealthservices.org

- * RHA's Peer Living Rooms are safe spaces open to anyone offering resources and Certified Peer Support Specialists (CPSS) are available for individual and group support.
 - * No insurance or appointments are required.
-

SMART Recovery

smartrecovery.org

- * An evidence-informed approach to overcoming addictive behaviors and leading a balanced life.
 - * Click “Find a SMART Meeting” button to view upcoming support groups near you.
-

Sunrise Community for Recovery and Wellness

209 Tunnel Road, Asheville, NC
Peer Support Drop-In Center: (828) 552-3858
Harm Reduction Program: (828) 920-8261
sunriseinashville.org

- * Offers education, peer support, and resource navigation at no cost.
 - * Their team utilizes their lived experience to provide authentic peer support, resource navigation, harm reduction, education, and a pathway to becoming a certified Peer Support Specialist to individuals struggling with trauma that often leads to houselessness, substance use, mental health issues, and/or justice involvement.
 - * Harm Reduction Program connects individuals to overdose education and referral to treatment providers in a safe, non-judgmental space. They also provide overdose reversal medications, sterile injection equipment, safe smoke supplies, and Fentanyl and Xylazine test strips.
 - * Blair H. Clark Respite House is an alternative to an inpatient psychiatric hospital stay for individuals in recovery experiencing emotional distress or in need of a break from current circumstances.
 - * Kevin’s Place Bridge House assists individuals in preparing for and successfully transitioning to permanent supportive housing.
-

Mental Health Services - Counseling and Therapy

All Souls Counseling

(828) 259-3369 • Fax: (828) 259-3779

allsouls counseling.org

- * Has 18+ professionally licensed therapists who provide high-quality compassionate mental health counseling for uninsured and underinsured adults of Western North Carolina.
- * Also places therapists within partner community organizations to make counseling as accessible as possible.
- * Offers virtual appointments and in-person sessions at First Baptist Church, 51 Town Square. Appointments in Spanish available on Wednesdays at First Baptist Church.
- * Offers counseling on a sliding scale fee basis.

Appalachian Counseling and Psychological Services

(828) 575-9760 • acaps-nc.org

- * Counseling and therapy services for substance misuse and mental health.
- * Offers psychological evaluations for depression and anxiety, mood disorders, personality disorders, and more.
- * Accepts most major insurances.

Barnes Holistic Mental Health

Kathryn Barnes, M.S., LPC, LCMHC

(469) 333-1496 • barnesholisticmentalhealth.com

kathryn@barnesholisticmentalhealth.com

- * Specializes in anxiety, depression, grief, trauma, and PTSD, as well as issues related to neurodiversity, partner communication, and life transitions.
- * Offers EMDR, IFS, and other client-centered modalities.
- * Accepts private pay. Sliding scale may be available.

CareNet Counseling Services

carenetnc.org/region-western/

Marion (Main Center)

79 Academy Street, Marion, NC

(828) 559-0125

Asheville

27 Church Street, Asheville, NC

(828) 559-0125

- * Offers counseling services for people of all ages, backgrounds and faiths.
- * Most insurance and employee assistance plans accepted contact for more information.
- * Financial assistance may be available for those without insurance or with limited coverage.

Connie Maney, LCSW

(828) 482-0344

- * Specializes in Stress, Trauma and PTSD, Substance Use, and ADHD for adults.
 - * Accepts Aetna, BlueCross and BlueShield, Healthgram, MedCost, Medicare, and private pay.
-

Mountain Community Health Partnership (MCHP)

Bakersville Health Center • Burnsville Health Center

Celo Health Center • Spruce Pine Health Center

(828) 688-2104 • mchp.care

- * Comprehensive Outpatient Services
 - * Counseling
 - * Medical Care
 - * Medication-Assisted Treatment
 - * Peer Support
 - * Prevention Services
 - * School-Based Therapy
 - * Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
 - * Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
 - * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
 - * Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances.
 - * Sliding Fee Program and Affordability Program are available.
 - * As a Federally Qualified Health Center, MCHP provides quality health care to patients, regardless of their ability to pay. Call for more information.
-

Mt. Mitchell Counseling

Landon Scott Beaver, LMFTA

mtmitchellcounseling.com • (828) 675-6511

- * Specializes in relationship issues and family conflict for adults, teens, families, and couples.
 - * Accepts Aetna, Anthem, BlueCross and BlueShield, Carelon Behavioral Health, Cigna, GEHA, NC State Health Plan, Oscar, United Healthcare, and private pay.
 - * Sliding scale fees may be available.
-

Parent to Parent-Family Support Network of the High Country

Teresa Emory, Mitchell/Yancey Outreach Coordinator

(828) 284-2287 • emorytd@appstate.edu

parent2parent.appstate.edu

- * Provides support, education and caring connections to families who: have children with diverse physical, emotional, intellectual or health needs; or are grieving the loss of a child.

- * Offers support groups, workshops, resources, and liaison assistance.

Matt Riley, LCSWA

(828) 547-4006 • matt@mattrileypsychotherapy.com
mattrileypsychotherapy.com

- * Specializes in trauma, complex trauma, anxiety/depression, and relationship difficulties.
- * Accepts Aetna, BlueCross and BlueShield, NC State Health Plan, and private pay.

Rooted Therapy Services, PLLC

(828) 278-4469 • rootedtherapyservices.org
mkayla@rootedtherapyservices.org

- * Virtual therapy services for adolescents and adults.
- * Also provide behavioral health treatment to adults, not a crisis center.
- * Private pay with sliding scale options, accepts Aetna and Cigna.

Therapy of Hickory

246 E. Tappan St., Spruce Pine, NC
(828) 409-6743 • therapyofhickory.com

- * Therapy services for individuals, couples, families, and children.
- * Sliding scale fee plans may be available, call for more information.

Yancey Counseling Center

10 North Main St., Burnsville, NC
(828) 682-1551

- * Therapy services for individuals, couples, and older teens. Contact individual providers for more details on the services offered by each.

Yancey Counseling Center Therapists:

Paul Feldman, MA, LPC

(828) 284-4161 • paulmfeldman@gmail.com
paulmfeldman.com

- * Offers counseling services for adults with anxiety, depression, couples counseling, and adults going through difficult life changes.
- * Accepts private pay, BlueCross and BlueShield, Cigna, and TriCare.
- * Sliding scale may be available.

*

Jillian Martindale, LCSW

(828) 536-4291 • jmartindalelcsw@jmlcsw.com • jmlcsw.com

- * Offers counseling services for individuals, children, and families.
- * Accepts Aetna, BlueCross and BlueShield, Optum, and private pay. Sliding scale fees available.

Reclaiming Presence PLLC

Amy Earnheart, LCSW

(828) 536-0391 • amy-earnheart.clientsecure.me/

- * Offers affirming and utilizes holistic and evidenced based approaches for optimal and long lasting change with a focus on anxiety, trauma, depression, grief, and attachment issues.
- * Aetna, United Healthcare, Blue Cross, Cigna, Oxford, Oscar, Medicare and private pay.
- * Sliding scale fees may be available.

Jennifer Richards, LCSW

(757) 828-7148 • jennifer-richards7781.clientsecure.me

- * Specializes in anxiety, depression, and trauma in adults.
- * Accepts BlueCross BlueShield and Cigna, and private pay. Sliding scale fees may be available.

Jessica Ruegg, LCMHC

(828) 385-4286

- * Offers Child Parent Psychotherapy which is an evidence-based trauma treatment for children aged 0-5 and their caregivers.
- * Accepts Aetna, Amerihealth Medicaid, BlueCross and BlueShield, NC State Health Plan, NC Healthy Blue Medicaid, United, United Medicaid, and private pay.
- * Sliding scale fees available.

Mental Health Services - Outpatient Treatment Programs

Advent Health Hendersonville

100 Hospital Drive, Hendersonville, NC

(828) 681-2288

adventhealth.com/hospital/adventhealth-hendersonville/our-services/behavioral-health-care

- * Offers a 24-bed, women's psychiatric inpatient program for adults 18 or older offering behavioral health, substance use services, and Medication-Assisted Treatment (MAT).
- * Also offers outpatient mental health care and Primary Care Integrated Behavioral Health.
- * Accepts all insurance plans including Medicaid. Discharge planning services available for services not covered by insurance.

Clarvida – Asheville Ridgefield Office

1100 Ridgefield Blvd Ste. 170, Asheville, NC

(828) 670-7723 • clarvida.com

- * Provides comprehensive, evidence-based mental health services for children, adolescents, and adults, specializing in outpatient therapy, crisis intervention, and specialized behavioral support.
- * Applied Behavior Analysis (ABA)
- * Care Management
- * Family Centered Treatment (FCT)
- * Individual and Group Therapy
- * Intensive In-Home Services (IIH)
- * Medication Management
- * Outpatient Assessment
- * Youth Intensive In-Home Services (IIH)
- * The Community Support Team (CST) provides direct support to adults with a diagnosis of mental health, substance use, or co-occurring disorder and who have complex and extensive treatment needs. They carry a crisis phone, and services are available 24/7, 365 days a year.

Daymark Recovery Services

360 Beech St., Newland, NC

(828) 733-5889 • daymarkrecovery.org/locations/avery-center

- * Substance Abuse and Mental Health Outpatient Treatment Services for youth and adults. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * DWI Evaluation and Treatment
 - * Individual Placements and Supports (IPS - Supported Employment Service)
 - * Mobile Crisis Services
 - * Medication Assisted Treatment - MAT (Suboxone)
 - * Medication Assisted Treatment - MAT (Suboxone)
 - * Medication Assisted Treatment - MAT (Suboxone)
 - * Tailored Care Management (TCM)
- * Accepts Medicaid, Medicare, and private insurance.
- * Individuals with no insurance will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.

Mentor Behavioral Health

249 Wilson Dr. Suite 5, Boone, NC
(828) 268-2172 • mentorbhc.com

- * Assessment services and psychological testing and treatment for children and adults.
- * Accepts Aetna, BlueCross & BlueShield, Cigna, Medcost, Medicaid, TriCare, TriWest, and many more. Contact for more information.

Mindpath Health

4 Doctor's Park, Suite H., Asheville, NC
Office: (828) 633-6070 • New Patients: (855) 501-1004
mindpath.com

- * Provide psychiatric evaluations, medication management, and whole-person, clinical support for depression, anxiety ADHD, and more.
- * Accepts most insurances, call for more information.

Mountain Community Health Partnership (MCHP)

Bakersville Health Center • Burnsville Health Center
Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

- * Comprehensive Outpatient Services
- * Counseling
- * Medical Care
- * Medication-Assisted Treatment
- * Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- * Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- * Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances.
- * Sliding Fee Program and Affordability Program are available.
- * As a Federally Qualified Health Center, MCHP provides quality health care to patients, regardless of their ability to pay. Call for more information.
- * Peer Support
- * Prevention Services
- * School-Based Therapy

The Pisgah Institute

158 Zillicoa St., Asheville, NC
(828) 254-9494 • www.pisgahinstitute.com

- * Provides consultation, Transcranial Magnetic Stimulation (TMS), medication management, and individual psychotherapy for children, adolescents, and adults.
 - * In person and virtual appointments are available.
 - * Does not accept HMO policies, but does accept Medicare and Medicare alternative PPO plans.
 - * Accepts self-pay and many non-HMO insurance policies, contact for more information.
-

Pyramid Healthcare- Asheville Medicaid Addiction Treatment Center

119 Tunnel Rd. Suite D, Asheville, NC
(888) 201-5086 • pyramid-healthcare.com/

- * Provides comprehensive, evidence-based behavioral healthcare for adults and teens, specializing in addiction recovery, mental health disorders, and co-occurring conditions. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * Aftercare Services
 - * Comprehensive Care Assessments
 - * Intensive Outpatient Therapy (IOP)
 - * Medication-Assisted Treatment (MAT)
 - * Medication Management
 - * Methadone Clinic
 - * Partial Hospitalization Program (PHP)
 - * Peer Support Services
 - * Recovery Residence for Men (CASP)
 - * Substance Use Early Recovery Program
 - * Pyramid also has a Methadone Clinic and two men’s supportive living locations in Asheville, and an Assertive Community Treatment Team (ACTT) in Mars Hill.
 - * Medicaid and private insurance accepted. Medicare is only accepted for individual therapy & medication management services.
 - * Financial support may be available for uninsured individuals. Contact for more information.
-

RHA Health Services—C3356 Comprehensive Care Center & Neil Dobbins Center

356 Biltmore Ave., Asheville, NC
(828) 254-2700 • rahealthservices.org/c3356-comprehensive-care-center

- * The Comprehensive Care Center offers a one-stop treatment and resource center for mental health and substance use crisis services, behavioral health support 24/7/ 365 days a year
 - * **Same Day Access Walk-in Clinic** – No appointment necessary – just walk in during business hours to discuss your current needs and learn more about treatment options.
 - * **Behavioral Health Urgent Care** – Crisis assessment and support are available 24/7 at Behavioral Health Urgent Care – no appointment necessary.
 - * **Neil Dobbins Center** (Facility-Based Crisis & Substance Use Detox) – 24/7 Crisis Stabilization and Detox Services for people with acute needs who require more than 24 hours of assessment, treatment, and support.
 - * Outpatient Services
 - * Peer Living Room
 - * NAMI Peer & Family Support
 - * Pharmacy Services
-

RHA Health Services—Caldwell C3 Comprehensive Care Center

2415 Morganton Blvd. SW, Lenoir, NC
(800) 848-0180 • rhahealthservices.org/caldwell-c3

- * RHA's Comprehensive Care Centers (C3) are one-stop treatment and resource centers for mental health and substance use crisis services, and support for individuals who have behavioral health needs. Comprehensive Care Centers offer care and support 24 hours a day, 7 days a week, 365 days a year. Services include:
 - * Community Support Team (CST)
 - * Crisis Stabilization & Detox Services for Adults
 - * Foothills Regional Treatment Center
 - * Individual & Group Therapy
 - * Intensive In-Home Services (IIH)
 - * Medication Management
 - * Mental Health & Substance Use Services
 - * Mobile Crisis Services (MCM)
 - * Outpatient Behavioral Health Services for Children & Adults
 - * Peer Support Services (PSS)
 - * Recovery Education Center (REC)
 - * Substance Abuse Intensive Outpatient Program (SAIOP)

RHA Health Services

rhahealthservices.org/services/behavioral-health-services/behavioral-health-north-carolina/

Mitchell

(828) 765-0894

4929 NC-226 S., Bakersville, NC

Yancey

(828) 682-2111

72 Blue Ridge Lane, Burnsville, NC

- * Mental Health and Substance Use treatment for both adults and children.
 - * Accepts Medicaid, individuals with no insurance, Medicare, and many private insurances.
-

Mental Health Services - Residential Treatment Programs

Advent Health — Hendersonville

100 Hospital Drive, Hendersonville, NC • (828) 681-2288

adventhealth.com/hospital/adventhealth-hendersonville/our-services/behavioral-health-care

- * Offers a 24-bed, women's psychiatric inpatient program for adults 18 or older offering behavioral health, substance use services, and Medication-Assisted Treatment (MAT).
 - * Also offers outpatient mental health care and Primary Care Integrated Behavioral Health.
 - * Accepts all insurance plans including Medicaid. Discharge Planning services available for services not covered by insurance.
-

Blair H. Clark Respite House

(828) 279-2847 • sunriseinashville.org/respite-house-2/

- * The Blair H. Clark Respite House, operated by Sunrise Community for Recovery and Wellness, is an alternative to an inpatient psychiatric hospital stay for individuals in recovery experiencing emotional distress or in need of a break from current circumstances.
 - * Guests stay voluntarily for free up to a week at no cost.
 - * Applicants must meet certain requirements must be over 18 and experiencing some form of emotional distress, but not in active crisis.
 - * Applicants must be able to administer their own medication and be medically stable.
 - * Applicants cannot be actively using substances or in need of a detox treatment center.
 - * To apply, call the intake number at (828) 279-2847 Monday through Friday from 8AM-4PM.
-

Broughton Hospital (State of NC Psychiatric Hospital)

1000 South Sterling St., Morganton, NC
(828) 608-4000

- * The State Psychiatric Hospital provides comprehensive inpatient mental health services to youth ages 12-17 and adults who cannot be safely treated at a lower level of care.
 - * Treatment and rehabilitative services are tailored to the individual needs and assets of their target population, persons with significant mental illness.
 - * Broughton Hospital serves western North Carolina by creating opportunities for individuals to recover from mental illness and substance use disorders by instilling hope, facilitating choice, promoting healing, and supporting their personal journeys of wellness.
 - * Accepts Health insurance, Medicare and/or Medicaid.
 - * Ability to pay does not contribute to admission decisions.
-

CooperRiis Healing Community

(828) 771-9001 • Admissions@CooperRiis.org
cooperrriis.org

- * A residential healing community and progressive transitional living program for adults struggling with mental health challenges.
 - * Offers a short-term program (45-90 days) with a blend of support through an integrated system of intensive clinical services and independent living skill-building.
 - * The Farm Program is a 3-6 month, 36 bed, coed residential program that provides a structured environment through clinical care, purposeful work, and wellness practices.
 - * The short-term program is in network with Aetna, Blue Cross Blue Shield, and Cigna, and works with out of network insurances. The Farm Program is private pay only.
-

Mission Health—Sweeten Creek Mental Health and Wellness Center

Patient Referral: (828) 213-4696

missionhealth.org/services-treatments/mental-behavioral-health

- * 120 Bed facility offering services for behavioral health emergencies and acute inpatient services, as well as preventative and stabilizing outpatient care for youth and adults.
 - * Services include Intensive outpatient program (IOP), Older adult structured outpatient program (SOP), Partial hospitalization program (PHP), Telemedicine & Psychiatry, and Electroconvulsive therapy (ECT).
 - * Accepts Medicare, most commercial insurances, and self-pay.
-

RHA Health Services—Neil Dobbins Center

356 Biltmore Ave., Suite 150, Asheville, NC

(Lower level of the C3356 Comprehensive Care Center)

(828) 253-6306 • rhahealthservices.org

- * 24 hour, secured, 16-bed crisis and detox facility offering a short-term inpatient residential program (up to 7 days) for adults.
 - * Detox services for individuals actively using alcohol or substances.
 - * Offers assessment, treatment, 24-hour medical supervision, case management, and group and individual therapy.
 - * Private insurance is not accepted. Can bill through Medicaid.
 - * Individuals with no coverage may receive services via State Funds; eligibility is based on an income scale.
-

Youth and Adolescent Services - Counseling and Therapy

All Souls Counseling

(828) 259-3369 • Fax: (828) 259-3779

allsouls counseling.org

- * Has 18+ professionally licensed therapists who provide high-quality compassionate mental health counseling for uninsured and underinsured adults of Western North Carolina.
- * Also places therapists within partner community organizations to make counseling as accessible as possible. Offers virtual appointments and in-person sessions at First Baptist Church, 51 Town Square. Appointments in Spanish available on Wednesdays at First Baptist Church.
- * Offers counseling on a sliding scale fee basis.

Blue Ridge Restorative Psychiatry

14 Academy Street, Burnsville, NC

(828) 536-5050 • blueridgerestorativepsychiatry.org

4mentalhealth@blueridgerestorativepsychiatry.com

- * Offers psychiatric evaluation and management of children, adolescents and adults for all major psychiatric issues including mood disorders, anxiety disorders, PTSD/trauma, ADHD, eating disorders, substance use disorders and more.
- * Also offers psychiatric consultations.

CareNet Counseling Services

carenetnc.org/region-western/

Marion (Main Center)

79 Academy Street, Marion, NC

(828) 559-0125

Asheville

27 Church Street, Asheville, NC

(828) 559-0125

- * Offers counseling services for people of all ages, backgrounds and faiths.
- * Most insurance and employee assistance plans accepted. Contact for more information.
- * Financial assistance may be available for those without insurance or with limited coverage.

Center for Rural Health Innovation — Health-e-Schools

(828) 467-8815 • appts@crhi.org

health-e-schools.com

- * Provides in-school telehealth for general health concerns as well as medication management, and behavioral health visits.
- * Any student enrolled in the Yancey or Mitchell public school system is eligible to use Health-e-Schools. Signed guardian consent form is required for youth under 18.
- * Accepts Medicaid, NC HealthChoice, BCBS, State Employees Health Plan, and more.
- * Sliding Scale available. Patients won't be turned away based on insurance status or ability to pay.

Mt. Mitchell Counseling

Landon Scott Beaver, LMFTA

mtmitchellcounseling.com/ • 828.675.6511

- * Specializes in relationship issues and family conflict for adults, teens, families, and couples.
- * Accepts Aetna, Anthem, BlueCross and BlueShield, Carelon Behavioral Health, Cigna, GEHA, NC State Health Plan, Oscar, United Healthcare, and private pay.
- * Sliding scale fees may be available.

NAMI Teen & Young Adult (T&YA) HelpLine

nami.org/nami-helpline/teen-young-adult-helpline/

(800)-950-6264 or Text Friend to 62640

- * A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults available by phone, text, or chat.
- * Available Monday through Friday, 10:00 am to 10:00 pm EST.
- * Offers National Alliance on Mental Illness (NAMI) Peer Support Specialists who are experienced and well-trained young people.

Nature Nurture, PLLC

Shannon Krenek, LCSW

(828) 365-8585 • shannon@naturenurturetherapy.com

naturenurturetherapy.com

- * Outpatient mental health therapy primarily focusing on children and teens.
- * Helping young people, families, and communities develop strong connections with themselves, others, and the natural world.
- * In network with NC Blue Cross Blue Shield.

Parent to Parent-Family Support Network of the High Country

Teresa Emory, Mitchell/Yancey Outreach Coordinator

(828) 284-2287 • emorytd@appstate.edu

parent2parent.appstate.edu

- * Provides support, education and caring connections to families who: have children with diverse physical, emotional, intellectual or health needs; or are grieving the loss of a child.
 - * Offers support groups, workshops, resources, and liaison assistance.
-

Rooted Therapy Services, PLLC

(828) 278-4469 • mkayla@rootedtherapyservices.org
rootedtherapyservices.org

- * Virtual therapy services for adolescents and adults.
 - * Also provide behavioral health treatment to adults, not a crisis center.
 - * Private pay with sliding scale options, accepts Aetna and Cigna.
-

Jessica Ruegg, LCMHC

10 North Main St., Burnsville, NC
(828) 385-4286

- * Offers Child Parent Psychotherapy which is an evidence-based trauma treatment for children aged 0-5 and their caregivers.
 - * Accepts Aetna, Amerihealth Medicaid, BlueCross and BlueShield, NC State Health Plan, NC Healthy Blue Medicaid, United, United Medicaid, and private pay.
 - * Sliding scale fees available.
-

Somethings

somethings.com • hello@somethings.com

- * A free peer support program for NC teens ages 13+ offered in partnership with NCDHHS.
 - * Connects adolescents with certified peer mentors via text or video.
 - * Support is available after school hours and is backed by licensed clinicians for seamless connection to higher-level care when needed.
-

Therapy of Hickory

246 E. Tappan St., Spruce Pine, NC
(828) 409-6743 • therapyofhickory.com

- * Therapy services for individuals, couples, families, and children.
- * Sliding scale fee plans may be available, call for more information.

Youth and Adolescent Services - Outpatient Treatment

Appalachian Early Guidance Intervention and Support (AEGIS)

1100 Ridgefield Blvd Ste. 170, Asheville, NC
(828) 203-2913 • FEPreferrals@clarvida.com
clarvida.com/locations/asheville-ridgefield

- * Provides a specialized outpatient treatment program for adolescents and young adults experiencing their first episode of psychosis using a wraparound team. Services include:
 - * Individual Resiliency Training
 - * Family Education & Support
 - * Medication Management
 - * Peer Support Services
 - * Supported Employment & Education
- * For more information and resources, visit <https://linktr.ee/fpsaegis>.
-

A Caring Alternative

Corporate Office: (828)437-300 • Asheville Office: (828) 475-0822
caringalternative.com

- * Provides all day treatment and IIH Services in Mitchell and Yancey counties.
 - * Day Treatment is an intensive behavioral health service that allows children and adolescents to access clinical treatment while enrolled in the local county school system.
 - * Intensive In-Home (IIH) teams are available to serve children and adolescents at risk of out-of-home placement and/or need to be stabilized within the home.
-

Clarvida – Asheville Ridgefield Office

1100 Ridgefield Blvd Ste. 170, Asheville, NC
(828) 670-7723 • clarvida.com

- * Provides comprehensive, evidence-based mental health services for children, adolescents, and adults, specializing in outpatient therapy, crisis intervention, and specialized behavioral support.
 - * Applied Behavior Analysis (ABA)
 - * Care Management
 - * Family Centered Treatment (FCT)
 - * Individual and Group Therapy
 - * Intensive In-Home Services (IIH)
 - * Medication Management
 - * Outpatient Assessment
 - * Youth Intensive In-Home Services (IIH)
- * The Community Support Team (CST) provides direct support to adults with a diagnosis of mental health, substance use, or co-occurring disorder and who have complex and extensive treatment needs. They carry a crisis phone, and services are available 24/7, 365 days a year.
-

Daymark Recovery Services

360 Beech St., Newland, NC

(828) 733-5889 • daymarkrecovery.org/locations/avery-center

- * Substance Abuse and Mental Health Outpatient Treatment Services for youth and adults. Services include:
 - * Assertive Community Treatment Team (ACTT)
 - * Routine Outpatient Therapy
 - * Psychiatry/Medication Management
 - * Mobile Crisis Services
 - * Substance Abuse Intensive Outpatient (SAIOP)
 - * DWI Evaluation and Treatment
 - * Medication Assisted Treatment - MAT (Suboxone)
 - * Tailored Care Management (TCM)
 - * Individual Placements and Supports (IPS - Supported Employment Service)
 - * Accepts Medicaid, Medicare, and private insurance.
 - * Individuals with no insurance will be eligible for a sliding or discounted scale.
-

Nature Nurture, PLLC

Shannon Krenek, LCSW

naturenurturetherapy.com • (828) 365-8585 • shannon@naturenurturetherapy.com

- * Outpatient mental health therapy primarily focusing on children and teens
 - * Helping young people, families, and communities develop strong connections with themselves, others, and the natural world.
 - * In network with NC Blue Cross Blue Shield.
-

The Pisgah Institute

158 Zillicoa St.; Asheville, NC

(828) 254-9494 • www.pisgahinstitute.com

- * Provides consultation, Transcranial Magnetic Stimulation (TMS), medication management, and individual psychotherapy for children, adolescents, and adults.
 - * In person and virtual appointments are available.
 - * Accepts Medicare, Medicaid, alternative PPO plans, and self-pay. Contact for more information.
-

RHA Health Services

rhahealthservices.org/services/behavioral-health-services/behavioral-health-north-carolina/

Mitchell

(828) 765-0894

4929 NC-226 S. Bakersville, NC

Yancey

(828) 682-2111

72 Blue Ridge Lane Burnsville, NC

- * Mental Health and Substance Use treatment for both adults and children.
- * Accepts Medicaid, individuals with no insurance, Medicare, and many private insurances .

Youth and Adolescent Services - Residential Treatment

Broughton Hospital (State of NC Psychiatric Hospital)

1000 South Sterling St., Morganton, NC
(828) 608-4000

- * The State Psychiatric Hospital provides comprehensive inpatient mental health services to youth ages 12-17 and adults who cannot be safely treated at a lower level of care.
 - * Treatment and rehabilitative services are tailored to the individual needs and assets of their target population, persons with significant mental illness.
 - * Broughton Hospital serves western North Carolina by creating opportunities for individuals to recover from mental illness and substance use disorders by instilling hope, facilitating choice, promoting healing, and supporting their personal journeys of wellness.
 - * Accepts Health insurance, Medicare and/or Medicaid.
 - * Ability to pay does not contribute to admission decisions.
-

Daymark Recovery Services – Caiyalynn Burrell Child Crisis Center

277 Biltmore Ave., Asheville, NC
(877) 277-8873 • daymarkrecovery.org/locations/fbc-buncombe

- * Facility-Based Crisis Service for children and adolescents, ages 6-17 that provides an alternative to hospitalization for eligible youth that present with escalated behavior due to a mental health, intellectual or developmental disability, or substance use disorder and requires treatment in a 24-hour residential facility.
 - * Indirect, intensive short-term, medically supervised service provided in a physically secure setting that is available 24 hours a day, seven days a week, 365 days a year.
 - * Accepts Medicaid and some private insurances. Call to determine if your insurance covers CFBC level of care.
 - * Uninsured individuals may be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.
-

Eliada

2 Compton Dr., Asheville, NC
(828) 254-5356 • eliada.org

- * Provides residential treatment, campus-based education through Day Treatment Services, specialized behavioral interventions, psychiatric evaluation, medication management, crisis stabilization and clinical services.
 - * Students should be referred by their Complex Care Manager from VAYA.
-

Mission Health—Sweeten Creek Mental Health and Wellness Center

Patient Referral: (828) 213-4696

missionhealth.org/services-treatments/mental-behavioral-health

- * 120 Bed facility offering services for behavioral health emergencies and acute inpatient services, as well as preventative and stabilizing outpatient care for youth and adults.
 - * Services include Intensive outpatient program (IOP), Older adult structured outpatient program (SOP), Partial hospitalization program (PHP), Telemedicine & Psychiatry, and Electroconvulsive therapy (ECT).
 - * Accepts Medicare, most commercial insurances, and self-pay.
-

Alternative/Complementary Treatments

Asheville Yoga Center — Yoga for Recovery (Y12) Class

211 S Liberty Street, Asheville

youryoga.com

- * The Yoga of 12-Step Recovery (Y12) is a 30 minute 12-Step program based discussion meeting followed by 45 minutes gentle yoga class on Wednesdays at 8:30 am.
 - * Y12 is an adjunct, not a replacement for other 12 step programs, meetings, or a sponsor.
 - * Donation-based class, cash, check, or Venmo accepted. Registration through Asheville Yoga Center is required, and donations can be made onsite at the time of class.
 - * Please contact Rosie Mulford for more information at rgmulford@aol.com.
-

Cruz Life Center

390 East Main St., Burnsville, NC
(828) 682-6157 • cruzlifecenter.com

- * Offers non-invasive, non-pharmaceutical options for the enhancement of an individual's mental health including Alpha-Stim (Cranial Electrotherapy Stimulation/Microcurrent) and Vielight Neuro (Cranial Photobiomodulation/Near-Infrared Light).
 - * Alpha-Stim delivers very low-level microcurrent through ear clip electrodes for cranial electrotherapy stimulation (CES). FDA-cleared for the treatment of anxiety and insomnia.
 - * Vielight Neuro devices deliver near-infrared (NIR) light for photobiomodulation (PBM) using a headset with multiple light modules; and/or an intranasal applicator delivering 10 Hz "Alpha" and 40 Hz "Gamma" stimulation to the brain.
-

PATH — Home Remedies Program

path-homeremedies.org • homeremedies@pathwnc.org

- * Free online course with strategies for pain management and stress reduction, including Tai Chi, at home massage, mindfulness, and more presented by local complementary health providers.
 - * Offers free in-person movement and education series and other wellness events.
 - * Michell and Yancey county residents may be able to receive vouchers for local wellness services like acupuncture and massage by completing the online course (vouchers subject to grant funding).
 - * View providers: pathwnc.org/programs/prevention/home-remedies/provider-profiles/
-

Horse Sense of the Carolinas

7041 Meadows Town Rd., Marshall, NC
(828) 206-3057 • heartofhorsesense.org/

- * Offers equine assisted psychotherapy and Learning and Trauma-Focused Equine Assisted Psychotherapy (TF-EAP)
 - * Addresses youth and adolescents, PTSD, trauma, anxiety, depression, grief and loss, and family issues.
 - * Accepts BlueCross and BlueShield, and private pay. Some sliding scale fees available.
-

Margot Rossi, M.Ac

Licensed Acupuncturist, NCALB #35
(828) 536-9030 • margotrossi.com

- * Acupuncture, comprehensive healthcare, medical counseling.
-

Mountain Community Healing Arts

Jade Pierce, Licensed Acupuncturist, NCALB #157

jadepierce.com

Burnsville

131 N. Main St., Burnsville, NC
(828) 536-9709

Spruce Pine

37 Tank Trail, Spruce Pine, NC
(828) 536-9709

- * Acupuncture, herbal medicine, massage therapy, and holistic living counseling.
-

Recovery Yoga Meetings

recoveryyogameetings.com

- * Virtual yoga practice to help people beat addiction and thrive in recovery by integrating recovery and yoga into a group activity.
-

Spanish-Speaking/Bilingual Service Providers

All Souls Counseling

(828) 259-3369 • Fax: (828) 259-3779

allsouls counseling.org

- * Has 18+ professionally licensed therapists who provide high-quality compassionate mental health counseling for uninsured and underinsured adults of Western North Carolina.
 - * Also places therapists within partner community organizations to make counseling as accessible as possible.
 - * Offers virtual appointments and in-person sessions at First Baptist Church, 51 Town Square. Appointments in Spanish available on Wednesdays at First Baptist Church.
 - * Offers counseling on a sliding scale fee basis.
-

Dr. Michelle Alvarez

(828) 827-7924 ((828) 82-PSYCH) • drmichellealvarez.com

- * Provides classic psychotherapy services as well as TALKyoga (therapy with yoga).
-

Blue Ridge Community Health Services (multiple locations)

(828) 692-4289 • brchs.com

- * Offers behavioral health for children, adults, and families, as well as other healthcare services.
 - * Many insurances accepted, contact for verification.
 - * Sliding scale fees available.
-

Carla Carballo, LCMHC

68 Grove Street, Asheville

(828) 772-0602 • info@carlacarballocounseling.com

psychologytoday.com/us/therapists/carla-j-carballo-asheville-nc/1040164

- * Provides bilingual counseling for grief, anxiety, depression, life transitions, and trauma for youth and adults virtually or in person.
 - * Accepts Aetna, Blue Cross Blue Shield, and United Healthcare.
 - * Sliding scale fees available.
-

Catholic Charities

50 Orange St., Asheville, NC

(828) 820-5148 • ccdoc.org/counseling

- * Offers bilingual licensed clinical counseling: for individuals, couples and families both virtual and in-person on a sliding fee scale.

- * Also offers immigration legal services and case management services.
 - * Bilingual counseling is offered in the Asheville location.
-

El Centro de Henderson County

508 N. Grove St., Hendersonville, NC
(828) 290-7134 • elcentrolac.org

- * Offers mental health, advocacy, and educational services.
-

Centro Unido Latino-Americano

79 Academy St., Marion, NC
(828) 652-0727 • culawnc.org

- * Offers services, programs, and connections with other agencies to assist the Latinx community in need.
-

Cruz Life Center

390 East Main St., Burnsville, NC
(828) 682-6157 • cruzlifecenter.com

- * Offers non-invasive, non-pharmaceutical options for the enhancement of an individual's mental health including Alpha-Stim (Cranial Electrotherapy Stimulation/Microcurrent) and Vielight Neuro (Cranial Photobiomodulation/Near-Infrared Light).
 - * Alpha-Stim delivers very low-level microcurrent through ear clip electrodes for cranial electrotherapy stimulation (CES). FDA-cleared for the treatment of anxiety and insomnia.
 - * Vielight Neuro devices deliver near-infrared (NIR) light for photobiomodulation (PBM) using a headset with multiple light modules; and/or an intranasal applicator delivering 10 Hz "Alpha" and 40 Hz "Gamma" stimulation to the brain.
-

DC Wellness Mental and Behavioral Health Services

840 Fleming St., Suite 5, Hendersonville, NC
(828) 595-2748 • dcwellnessinc.org

- * Serves youth, adults, and seniors by providing therapeutic and mental health services for individuals with mental, behavioral, or psychiatric challenges.
-

El Futuro

2020 Chapel Hill Rd., Suite 23, Durham, NC
(919) 688-7101 • elfuturo-nc.org

- * Community based non-profit that provide bilingual and culturally-responsive mental health services including:
- * Individual, Family, and Group Treatment
- * DWI Assessment and Treatment
- * Evidence-Based Practices
- * Accepts Health Choice, Medicaid, and Medicare. Also serving individuals without insurance. Call with further questions surrounding payment.
- * Psychiatric Treatment
- * Substance Misuse Evaluation and Treatment

Jon Jay Esslinger, LPC, LCAS

(828) 283-0008

- * Offers counseling services for adults and children, as well as addiction counseling.

Healing Together DBT

3B S. Main Street, Weaverville, NC
(828) 649-5016 • healingtogetherdbt.com

- * Provides Dialectical Behavioral Therapy services for adults, adolescents, and families.
- * Accepts Aetna, BlueCross and BlueShield, and TriWest.

Helpmate

35 Woodfin St., Asheville, NC
(828) 254-2968; Crisis Line: (828) 254-0516
helpmateonline.org

- * Offering a 24-hour hotline, emergency shelter, case management, outreach and education, individual counseling, group counseling, children's services, and court advocacy services for victims of domestic violence.

Eduardo Moreno, LCMHC

201 Charlotte Street, Asheville
(828) 209-8880 • resilient-networks.org
counselingwithfabian@gmail.com

- * Specializes in ADHD, Autism, and PTSD for individuals ages 15-85.
 - * Provides bilingual counseling services both virtually and in-person.
 - * Accepts most insurance plans, including Medicaid. Sliding scale fees may be available.
-

Mountain Community Health Partnership (MCHP)

Bakersville Health Center • Burnsville Health Center
Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

- * Comprehensive Outpatient Services
 - * Counseling
 - * Medical Care
 - * Medication-Assisted Treatment
 - * Peer Support
 - * Prevention Services
 - * School-Based Therapy
 - * Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
 - * Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
 - * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
 - * Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances.
 - * Sliding Fee Program and Affordability Program are available.
 - * As a Federally Qualified Health Center, MCHP provides quality health care to patients, regardless of their ability to pay. Call for more information.
-

Mountain Counseling Associates, LLC

475 S. Church Street, Suite S 102, Hendersonville, NC
(828) 692-7300 • mountaincounseling.com

- * Counseling for adolescents, families, and adults.
 - * Accepts Cigna, BCBS, Medicare, Medicaid, United Healthcare, Tricare, and many more, as well as private pay options.
-

NAMI Western Carolina

356 Biltmore Ave. Suite 207, Asheville, NC
(828) 505-7353 • info@namiwnc.org
namiwnc.org

- * Offers in-person and virtual support groups for mental health, family support, anxiety support, survivors of suicide loss, and a Spanish language support group.
 - * For dates, information, and registration information visit: namiwnc.org/calendar
-

National Suicide Prevention Lifeline

Call 988 and press 2 • text “AYUDA” to 988 • 988lifeline.org

- * Provides 24/7, free and confidential support for people in distress via phone, text or online chat.
 - * Press 2 for Spanish Language support via phone or text “AYUDA” to 988 for Spanish text support.
 - * Also provides advice, prevention and crisis resources and can be used on behalf of a loved one.
 - * On the phone, press 1 for Veterans support.
-

Kat Oliveira, LCMHC

(828) 338-9937 • innercolorscounseling@gmail.com

<https://therapyfinder.com/therapist/kat-oliveira-behavioral-health-therapist-asheville-nc>

- * Offers virtual counseling for Anxiety, Depression, Life Transitions, Gender and LGBTQ issues in English, Spanish and Portuguese.
 - * Accepts Aetna, Blue Cross, and out of network for others.
-

Diana Parra, LCMHC, SEP

(828) 882-2544 • diana@condorcounseling.com

condorcounseling.com

- * Specializes in trauma, mood disorders, CPTSD, systemic oppression for immigrants, BIPOC, queer, or trans individuals.
 - * Offers bilingual support virtually or in-person.
 - * Accepts Aetna and private pay. Sliding scale and pro-bono spots subject to availability.
-

El Pueblo – Stronger Minds/Mentes Fuertes

elpueblo.org/mentes-fuertes

- * A collaboration with the University of North Carolina at Greensboro (UNC-G) that offers free, culturally grounded mental health support to adults (18+) in North Carolina who speak Spanish, English, or Arabic.
 - * Provides 10 free, one-on-one psychoeducational sessions, participants receive tools to improve their emotional well-being and can receive referrals to helpful local resources.
 - * Sessions can be held in person or over the phone.
-

Carolina Robles, LCSW

29 Ravenscroft Dr., Suite 207, Asheville, NC
(828) 280-4571 • hello@carolinaroblestherapy.com
carolinaroblestherapy.com

- * Specializes in domestic violence & issues related to migration and acculturation, trauma, depression, anxiety, grief, general life stressors and transitions for adults.
 - * Provides bilingual counseling virtual or in person.
 - * Accepts self-pay and has space for Open Path members.
 - * Offers a sliding fee scale and can offer superbills for insurance reimbursement.
-

Safelight

133 5th Ave W., Hendersonville, NC
(828) 693-3840 • safelightfamily.org

- * Offering free, confidential help for adults and children affected by domestic violence, sexual assault, or child abuse.
 - * Services include a 24-hour crisis line, emergency shelter, advocacy, counseling, case management, support groups, job training, and much more.
 - * Services are available in English and Spanish.
-

SAMHSA's National Helpline

(800) 662-HELP (4357)

- * A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish.
 - * For individuals and family members facing mental and/or substance use disorders.
 - * This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
-

Florencia Seoane, LCSWA

795 Merrimon Ave., Suite 1, Asheville, NC
(828) 929-0422

- * Specializes in anxiety, emotional disturbance, and relationship issues for adults, teens, and preteens.
 - * Serves individuals and families.
 - * Sliding scale fees available.
-

Carlyle Stewart. LCMHC. LCAS

30 Hendersonville Rd, Office 9, Asheville
(828) 337-1805 • PowerWithConsulting@gmail.com

psychologytoday.com/us/therapists/carlyle-stewart-asheville-nc/904524

- * Specializes in relationships, communication, blame, substance use, anger, spiritual problems, discovery
 - * Adult individuals, all genders, English and Spanish .
 - * Accepts Aetna, Blue Cross Blue Shield, and United Healthcare. Can offer superbills for out of network insurance reimbursement.
-

TJ Stiers, LCSW

(828) 713-7804 • tjstierslcsw@gmail.com

psychologytoday.com/us/therapists/t-j-stiers-asheville-nc/207323

- * Specializes in trauma, PTSD, anxiety, grief/loss, parent child conflicts, understanding Latino culture, and immigration issues for adolescents, adults, pregnant women, and LGBTQ individuals.
 - * Offers virtual bilingual counseling.
 - * Accepts most major insurances and Medicare. Sliding scale fees may be available.
-

Stillwaters Healing Arts

(931) 273-6104 • stillwatershealingarts.org

- * Offering nature based, somatic, and mindfulness based therapy.
-

U.S. National Domestic Violence Hotline

(800) 799-7233 (English and Spanish) or text "START" to 88788 • thehotline.org

- * 24/7/365 confidential and free of cost hotline that provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
 - * Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages via phone, text, and online chat.
-

Other Helpful Resources – Legal Aid/Advocacy/Financial

Compassionate Response to Substance Use

tbdarnall@gmail.com

- * Their mission is to strengthen and support the individuals, families, and organizations in the local community who are impacted by substance use.
 - * A Narcan box is located at First Baptist Church, 51 Town Square, Burnsville, NC 28714 at the parking lot entrance on Avery Street located by the Community Garden.
-

Legal Aid of North Carolina

144 Poplar Grove Rd. Suite 221, Boone, NC
Legal Aid NC Helpline: (866) 219-LANC (5262)
(828) 355-4890 • legalaidnc.org

On Track Financial Education & Resources

50 South French Broad Ave., Suite 227, Asheville, NC
(828) 255-5516 • ontrackwnc.org

- * Offers emergency cash flow counseling, debt counseling, credit counseling, homebuyer counseling, foreclosure prevention counseling, and spending plan counseling.
 - * Services are available in English and Spanish.
-

Our Voice

35 Woodfin St., Asheville, NC
(828) 252-0562 • 24 hr. Crisis Line: (828) 255-7576 • ourvoicenc.org

- * Offers short-term individual and group counseling focused on healing from sexual violence.
 - * Serves both primary and secondary survivors (loved ones and support people) age 13 and up, of all genders.
 - * Offers crisis intervention, court, law enforcement, and hospital advocacy for survivors.
 - * Services are offered free of charge and are available in English and Spanish.
-

Pisgah Legal Services

(828) 253-0406 or toll free (800) 489-6144

pisgahlegal.org

Online application: www.pisgahlegal.org/free-legal-assistance

- * Seeks to pursue justice by providing legal assistance and advocacy to help low-income people in Western North Carolina meet their basic needs and improve their lives.
- * Applicants must meet their low-income guidelines and qualification on based on income, family size, assets, and living expenses.
- * Pisgah Legal Services does NOT handle criminal cases.
- * PLS does not usually handle cases where a private attorney could receive a fee as part of money awarded by a court or agency.
- * PLS does not usually handle personal injury cases, bankruptcies, property transactions, or traffic accident cases.

Southmountain Children and Family Services – Children’s Advocacy Centers

PO Box 3387, Morganton, NC

(828) 584-1105 • southmountain.org/childrens-advocacy-centers

- * Advocates for and support child victims and their non-offending family members, including Mental Health Counseling Services for the children involved.
- * Designed to minimize trauma to children and their non-offending family members resulting from child physical or sexual abuse.
- * Enhances the legal process in achieving optimal criminal prosecutions.

Toe River Children’s Advocacy Center (Ally’s House)

49 Rock Wall Lane, Burnsville, NC

(828) 675-1508 • cactr@southmountain.org
toerivercac.org

McDowell County Children's Advocacy Center (Lily's Place)

81 West Fort Street, Marion, NC

(828) 559-0073 • mcdowellcac@southmountain.org
mcdowellcac.org

Other Helpful Resources – Transportation

Mitchell County Transportation

mitchellcountync.gov/departments/transportation/

Bakersville, NC

(828) 688-4715

Yancey County Transportation

yanceycountync.gov/181/Transportation-Authority

Burnsville, NC

(828) 682-6144

Other Helpful Resources – Web Resources

alcoholdrughelp.org

Alcohol and Drug Council of NC, help and referral resources by county

drugabuse.gov

Website for National Institute on Drug Abuse

drugfree.org

National education website

Free RAPID Psychological First Aid (PFA) Training Appalachian Public Health Innovation - Appalachian State University

Jennifer Schroeder Tyson: tysonjs@appstate.edu
sites.google.com/appstate.edu/aphi/projects/rapid-pfa

- * RAPID Psychological First Aid (PFA) is meant to be utilized by individuals without formal mental health training, enabling them to effectively address surging mental health levels following a disaster. Psychological First Aid (PFA) is a humane, supportive response to a fellow human being who is suffering and who may need support. The RAPID model is a scalable and evidence-based approach that equips people with the skills to provide immediate support to individuals in distress after a traumatic event.
 - * This free training is offered in two flexible formats: as a self-paced online course, or as an interactive in-person session that includes valuable role-playing exercises to practice the skills in a realistic setting.
 - * Access can be found to the online RAPID PFA training through the APP-PHI website under the section RAPID PFA (<https://sites.google.com/appstate.edu/aphi/projects/rapid-pfa>). Step-by-step instructions and a brief introduction to RAPID PFA can also be found under this section.
-

nc211.org

Locator tool for local services including substance misuse and mental health services

ncdhhs.gov

NC Dept. of Health and Human Services

nchealthinfo.org

NC health information

ncmedassist.org

Prescription medication assistance

openpathcollective.org

Locator tool for finding affordable therapy and counseling services

samhsa.gov

National Website on Substance Abuse and Mental Health

somethings.com

Free online and text-based peer support for teens

vayahealth.com

Provider Search and Resource Library

Other Helpful Resources – Family and Caregiver Support

Blue Ridge Healthy Families

brhealthyfamilies.org

- * Partners with families in nurturing thriving parent-child relationships and building strong foundations for life.
 - * Serves expectant parents or parents of infants up to three months of age, who may face personal stressors and are interested in guided support for their parenting journey.
 - * Provides comprehensive home visitation support, to enhance family health and well-being, providing essential resources and advocacy.
 - * The program is free and voluntary, and supports families for 3 to 5 years, ensuring lasting impact and growth.
 - * Serves families in Avery, Buncombe, Madison, Mitchell and Yancey Counties.
-

Blue Ridge Partnership for Children

(828) 682-0047 • blueridgechildren.org

Compassionate Response to Substance Use

tbdarnall@gmail.com

- * Their mission is to strengthen and support the individuals, families, and organizations in the local community who are impacted by substance use.
 - * A Narcan box is located at First Baptist Church, 51 Town Square, Burnsville, NC 28714 at the parking lot entrance on Avery Street located by the Community Garden.
-

Gaining Early Awareness & Readiness for Undergraduate Programs (GEAR UP)

gearup@northcarolina.edu • gearupnc.org

High Country Caregivers

info@highcountrycaregivers.com • highcountrycaregivers.com

Magic Afterschool Program

Contact your school

Mayland Early College High School (MECHS)

(828) 766-2590 • mayland.edu

Mitchell County 4-H

10 S Mitchell Ave., Bakersville, NC
(828) 688-4811 • mitchell.ces.ncsu.edu/mitchell-county-4-h/

Mitchell County Cooperative Extension

(828) 688-4811 • mitchell.ces.ncsu.edu/

Mitchell County Parks & Recreation

(828) 688-5901 • (828) 385-1487 • mitchellcorec@gmail.com •
sites.google.com/view/mitchellcountyrecreationdepart/home

Mitchell Head Start

(828) 688-2190 • icpheadstart342@gmail.com

Yancey County NC Pre-K Program

Beck Tschudy • (828) 682-6101 • ratschudy@yanceync.net

Project Challenge

(828) 765-0776 • projectchallenge.org

Say Something (24/7)

(844) 572-9669 • saysomething.net

SEARCH

SEARCHwnc@gmail.com • searchwnc.org

THRIVE Appalachia

(828) 559-5840 • pana@thriveappalachia.org • thriveappalachia.org

- * Provides free classes afterschool and during summer (March-November) in a dynamic, teen-directed and hands-on learning environment.
 - * Based on their interests, participating teens have run business or developed programs including ice cream making, fashion design, carpentry, an International Kids Café, Forest Preschool Program, theater, music, dance programs, a hiking club and more.
 - * In 2025 participating teens earned over \$24,000 total in creating and selling products they made in THRIVE's culinary, fashion, and carpentry programs.
-

Yancey County 4-H - Empowering Youth and Families Program (EYFP)

Niki Maness: (828) 682-6186 • yancey.ces.ncsu.edu/

- * The Empowering Youth and Families Program is a 10 session, special interest club for middle-school aged youth, in partnership with their caregivers, to improve family relationships and communications, develop civic engagement skills, provide service learning opportunities, and combat the opioid crisis in our communities.
-

Yancey County Recreation Department

Loren Deyton • (828) 284-5701

Yancey County Community Paramedic Program

(828) 682-1829 • Evan.carroll@yanceycountync.gov
yanceycountync.gov/164/Community-Paramedic-Program

- * Operates in an expanded role, bridging health care gaps and improving access with home visits while decreasing healthcare costs.
 - * Offers a variety of in-home visit services including fall risk assessment, medication compliance, home safety assessment, hypertension follow up, plan of care review, 72-hour opioid misuse follow up, physical assessment, advanced cardiac assessment, blood glucose assessment, and lab work samples.
-

YMCA Healthy Living Center - Mitchell County

(828) 520-1379

A.M.Y. Wellness Foundation YMCA - Mitchell County

97 Pinebridge Ave, Spruce Pine, NC • (828) 520-9101
ymcaavery.com/locations/a-m-y-wellness-foundation-ymca-of-mitchell-county/

Don't let
anyone
take
what's
yours.



Your Prescription
Your Responsibility



BE AWARE. DON'T SHARE.

LOCK YOUR *meds*

lockyourmeds.org/nc



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services

Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, Opioid STR/Cures (Grant #1H79T1080257) and SPF-RX (Grant #1U79SP022087).



Free medication lockboxes are available thanks to the
Mitchell Yancey Prevention and Recovery Coalition.

Request your free lockbox by contacting info@pathwnc.org.