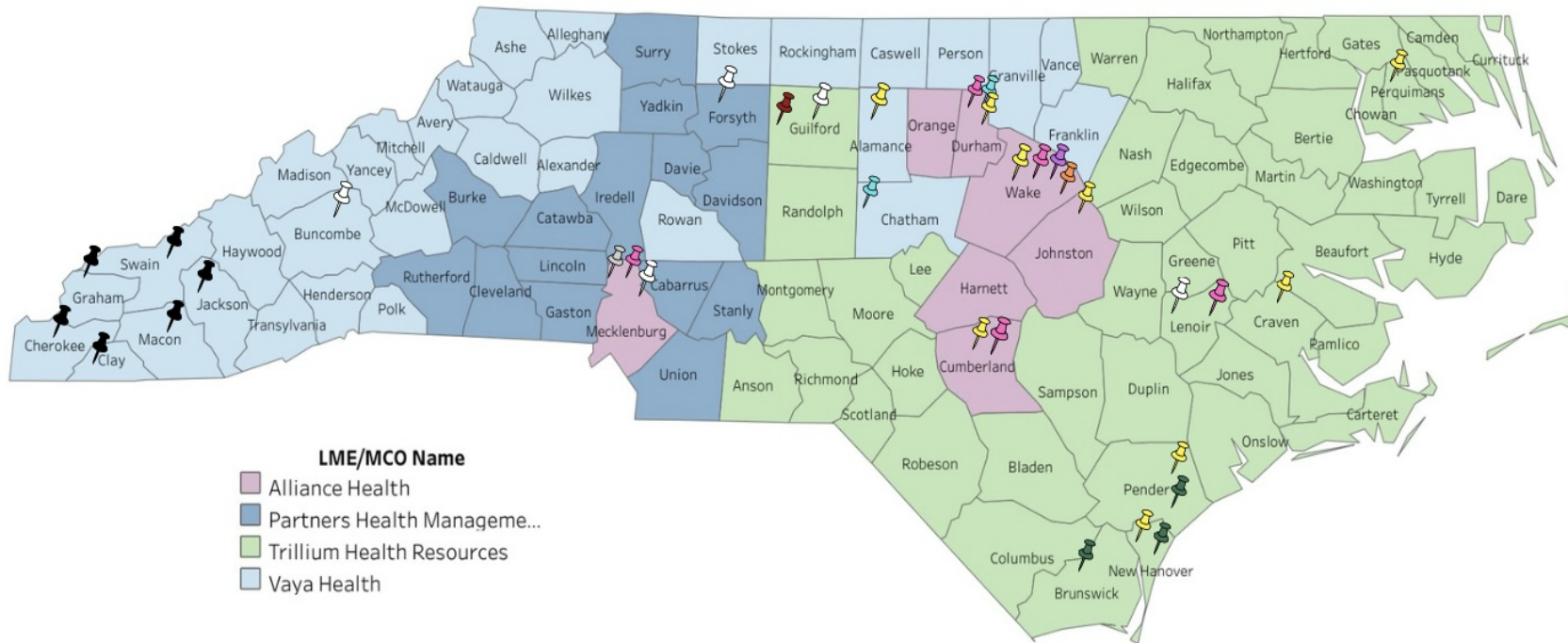


Resources for Mental Health

Below is a list of organizations and resources available to support Latine mental health in North Carolina with a phone number, location, website, and payment information. For more information, you can reach out to the organizations listed.



<https://www.ncdhhs.gov/providers/lme-mco-directory>

Name	County	Phone	Insurance required?	Website
Vecinos	Represented by black pins.	828-293-2274	No. Vecinos is free and accepts clients without insurance.	https://vecinos.org/programs-services
Partners Health	Represented by a dark blue background color.	877-864-1454	No. Partners Health accepts clients with or without insurance including Medicaid.	www.partnersbhm.org
Camino	Represented by gray pins.	704-596-5606 Option 2	Case by case. For more information, call 704-596-5606 option 2	https://www.caminohealthcenter.com/contigo
Sunrise Amanecer	Represented by red pins.	336-676-4078	Yes. Sunrise Amanecer accepts Blue Cross Blue Shield, Cigna, or Aetna.	https://sunriseamanecerservices.org/contact
Trillium Health	Represented by a green background color.	866-998-2597	No. Trillium Health accepts clients with or without insurance including Medicaid.	www.trilliumhealthresources.org
El Futuro	Represented by blue pins.	919-688-7010	No. El Futuro accepts clients without insurance, or with insurance including Medicaid or Medicare.	https://elfuturo-nc.org/
Alliance Health	Represented by a pink background color.	800-510-9132	No. Alliance Health accepts clients with or without insurance including Medicaid.	www.alliancehealthplan.org
Catholic Charities Raleigh	Represented by yellow pins.	984-900-3426	Sessions cost \$35 for individuals/families without insurance or with limited incomes	https://www.catholiccharitiesraleigh.org/counseling
Catholic Charities Charlotte	Represented by white pins.	704-370-3426	Sessions cost \$35 for individuals/families without insurance or with limited incomes	https://ccdoc.org/counseling
El Pueblo, Strong Minds	Represented by purple pins.	919-835-1525 ext.106	No. El Pueblo's Strong Minds accepts people with or without insurance.	www.elpueblo.com

Three Oaks Behavioral Health & Wellness: clinica bilingue	Represented by orange pins.	919-514-3566	Yes, insurance required.	www.threeoaksbehavioralhealth.com/
Carolina Outreach	Represented by pink pins.	844-866-1166	Carolina Outreach accepts insurance, including Medicaid.	https://www.carolinaoutreach.com/
Clinica Latina: Coastal Horizons	Represented by green pins.	910-769-1201	Yes. Insurance is required, including Medicaid	https://coastalhorizons.org/services/substance-use-mental-health/clinica-latina
Consulate Counseling Info	Available across the state.	919-615-3653	No. This program is free for people from Mexico regardless of their immigration status.	https://consulmex.sre.gob.mx/raleigh/index.php/comunidades/salud
Meaningful Lives Counseling & Wellness Services	Only virtual services.	336-539-1726	No. Meaningful Lives Counseling accepts clients with or without insurance, including Medicaid.	https://www.meaningfulives.com/#services
Azvedo Family Psychology	Only virtual services	919-624-9561	Case by case. For more information, call 919-624-9561.	https://www.azvedofamilypsychology.com/
Open Path Psychotherapy Collective	Available in person or virtually	Must visit the website	\$30 - \$60: sessions for individuals, \$30 - \$80: sessions for couples/families	https://www.openpathcollective.org

NOTE: The agencies listed above are not endorsed by El Futuro or NCPAL. It is not a complete list of services available in North Carolina. It is a list of EXAMPLES of services available as of **April 2024**. Please check the websites for the most up-to-date information.

Other tools:

- Mental health tool kit- <https://nlbha.org/resources/mental-health-toolkit/>
- Search for a Spanish speaking therapist- using the Psychology Today website, search for “Spanish speaking therapists near me” for an updated list of providers <https://www.psychologytoday.com/us/therapists/spanish/north-carolina>
- NC has 39 Federally Qualified Health Centers (FQHC) that offer medical, dental, pharmacy, and mental health services on a sliding scale to make them accessible. The NC Community Health Center Association helps people apply for health insurance and to locate the closest center. Call 919-655-0398 or complete a bilingual form on their website. You can find the closest center using this link: <https://www.ncchca.org/health-centers/find-a-health-center>
- FAST video classes and workbooks in English & Spanish <https://www.seattlechildrens.org/healthcare-professionals/community-providers/fast/parents-caregivers/>
- Single Session Self Directed Interventions for teens and parents in English and Spanish https://us01.z.antigena.com/l/xk-tyQws_oIRKDBbCCjes55zLxYOOKO7flxZF5U2Xp_X9PQtE9RkKNR9E6ADrm1re5kV2CJUn4OkRAWfFww2_M8ue_iTAyOp1TxhslixGKMa1Jj725oS_G_Is_IeYPiB7JSMsk7-lvu7g98xmgifdLLv26abNDmSVQ3gPMUGYQCIUQSVQDtEOeZp4fPU~KVL1jQx
- Free mental health drop-in sessions for first generation immigrant youth in English or Spanish [Teen Drop In Registration - Formstack](#)

