

# MENTAL HEALTH RESOURCES

## ECU Students

### **The Center for Counseling and Student Development**

Address: 316 Wright Building, East Carolina University, Greenville, NC 27858-4353

Office phone: (252) 328-6661

Description: Provides individual and group counseling to enrolled ECU students on issues such as: personal and emotional development, social skills, study skills, and career and academic exploration. Assessment as well as consultation and referral are also provided.

Hours: 8:00 am - 5:00 pm, Monday – Friday. After hours on-Call Counselor reached by contacting the ECU Police Department at 328-6150. If you are away from the Greenville area, please call 911.

Cost: None

### **Mental Health Services**

Address: Student Health Building, East Carolina University, Greenville, NC

Phone: (252) 328-6795

Description: Provides therapy and medication to enrolled ECU students who have severe or diagnosable problems. Also provides crisis intervention, short-term therapy and stabilization.

Hours: Monday, Tuesday, Thursday, 8:00 am – 7:00 pm;  
Wednesday, 9:00 am – 7:00 pm; Friday, 8:00 am – 5:00 pm

Cost: Varies

## Beaufort County

### **Beaufort County Hospital**

Address: 628 East 12th Street, Washington, NC 27889-3498

Phone: (252) 975-4416

Toll Free: 1-800-425-6266

Description: The Hospital strives to provide for the emotional as well as the physical well-being of its patients. Our staff of experienced psychiatrists, nurses, social workers and therapists work together to meet the health needs of patients. BCH Behavioral Health Center accepts most major health insurance plans and Medicare/Medicaid.

Hours: 24 Hours

Cost: Accepts most major health insurance plans and Medicare/Medicaid.

### **Options to Domestic Violence & Sexual Assault, Inc.**

Address: PO Box 1387, Washington, NC 27889

Office phone: (252) 946-3219

Crisis line: (877) 723-8390

*This information was provided by the service providers, their websites or local listing information. East Carolina University is not responsible for the quality of the providers' services or for the accuracy of the information. Alternate service providers should be compared to determine the one that best meet your needs.*

Description: Domestic violence and sexual assault agency that provides crisis counseling, advocacy, shelter, 24-hour crisis line, legal and medical accompaniment, resource materials, support groups, and safe house.

Hours: 24-hour crisis line and shelter; 8:00-5:00 office hours

Cost: Free

### **Waterside Therapy Associates, LLC**

Address: 409 West Main Street, Suite 200, Washington, NC 27889

Phone: (252) 948-0444

Description: Individual, couples and family therapy, Victims of Abuse, Relationship Issues, Women's Issues, Post Traumatic Stress Disorder, Anxiety/Depression

Hours: Some evenings and Saturdays by appointment

Cost: Accepts MedCost, Blue Cross/Blue Shield of NC, Mental Health Network, Tricare, ACS Benefits

### **Tideland Mental Health Center**

Address: 1308 Highland Drive, Washington, NC 27889

Phone: (252) 946-8061

Emergency: 1-800-682-0767 (Or evenings, weekends, and holidays)

Description: Residents of Beaufort, Hyde, Martin, Tyrrell and Washington counties

Hours: Monday through Friday 8:30 am to 5:00 pm

Cost: Sliding scale

## **Craven County**

### **Neuse Center for MH/DD/SAS**

Address: PO Box 1636, New Bern, NC 28536

Phone: (252) 672-7544

Crisis phone: 1-877-996-3873.

Description: public agency providing for the local management of behavioral healthcare. Based in New Bern, North Carolina, Neuse Center provides a wide range of customized behavioral healthcare solutions to citizens of Craven, Jones, and Pamlico

Hours: Monday through Friday 8:30 am to 5 pm, 24 Hour Crisis Line

### **Coastal Women's Shelter, Inc.**

Address: PO Box 13081, New Bern, NC 28561

Office phone: (252) 638-4509

Crisis phone: (252) 638-5995

Contact: Mary Ann DeRossett

Email: cwsdirector@always-online.com; cws@always-online.com

Description: Emergency shelter houses up to 14 women of domestic violence. (Not a shelter for the homeless). Services include housing referrals, accompaniment to court, and support groups. Support groups with a therapist are held in all three counties

Hours: 24 hour crisis line and shelter.

Cost: Free

## Edgecombe County

### **Edgecombe-Nash MH/DD/SA**

Address: 500 Nash Medical Arts Mall, Rocky Mount, NC 27801  
Phone: (252) 937-8141  
Hours: Monday through Friday 8:00 am to 5:00 pm; On call 24 hours for emergencies  
Cost: Sliding Scale

### **My Sister's House**

Address: PO Box 7665, Rocky Mount, NC 27804-0665  
Office phone: (252) 462-0366  
Crisis line: (252) 459-3094  
Crisis (free): 1-888-465-9507  
Fax: (252) 462-0555  
Description: The agency serves Nash and Edgecombe counties and provides domestic violence and sexual assault assistance, 24-hour crisis hotline, temporary shelter, 14 support groups, children programs, a Latino program, abuse in later life program, volunteer program and safe pets program.  
Hours: 24-hour crisis line and shelter; 8:30-5:00 office hours.  
Cost: Free

## Greene County

### **Mental Health Association, Wilson County/Wilson**

Address: PO Box 652, Wilson, NC 27894  
Phone: (252) 243-2773  
Description: Provides a full range of counseling, diagnostic, and treatment services - Special programs are designed for children, adults, and families - On staff licensed a  
Hours: Monday through Thursday 9 am-1 pm  
Cost: None

### **Wilson-Greene Mental Health, Developmental Disabilities and Substance Abuse Services**

Address: 227 Kingold Boulevard, Suite C, Snow Hill, NC 28580  
Phone: (252) 399- 8021  
Toll Free: 1-888-399-8021  
Counselor: 1-888-893-8640  
Office closes: June 29, 2007 calls can be directed to Edgecome-Nash office at (252)937-8141  
Description: Ensures a full range of counseling, diagnostic and treatment services, and referral to special programs designed for children, adults and families.  
Hours: 8:00 am to 5:00 pm

Cost: Fees are determined by the actual services received. Fees are adjusted by income and number of dependents unless otherwise legally established. We do accept all major health insurances, Medicaid and Medicare.

## **Lenoir County**

### **Eastpointe Community Services**

Address: 2901 North Herritage Street, Kinston, NC 28501

Phone: (252) 523-3262

Questions: 1-800-513-4002

Services: 1-800-913-6109

TTY service: 1-800-819-5112

Description: Management of comprehensive community services for mental health, developmental disabilities, and substance abuse to the citizens of Duplin, Lenoir, Sampson and Wayne counties

Hours: Monday through Friday, 8:00 am to 5:00 pm, Crisis/Emergency services available after 5:00.

Cost: Sliding Scale

## **Martin County**

### **Options to Domestic Violence and Sexual Assault, Inc.**

Address: Williamston, NC 27892

Phone: (252) 792-7169

Toll Free: 1-877-723-8390

Advocate: Lucy Horton

Description: Domestic violence and sexual assault agency that provides crisis counseling, advocacy, shelter, 24-hour crisis line, legal and medical accompaniment, resource materials, support groups, and safe house.

Hours: 24-hour crisis line and shelter; office hours 8:00 am to 5:00 pm.

Cost: Free

### **Tideland MH Center**

Address: 1308 Highland Drive, Washington, NC 27889

Phone: (252) 946-8061

Emergency: 1-800-682-0767 (emergency services, evenings, weekends or holidays)

Description: Residents of Beaufort, Hyde, Martin, Tyrrell and Washington counties

Hours: Monday through Friday 8:30 am-5:00 pm

Cost: Sliding scale

### **Haven Counseling Service; CareNet Counseling East**

Address: PO Box 522, Robersonville, NC 27871

Description: Depression, Anxiety, Family Counseling, Couples, Women's Issues Physical and Sexual Abuse, Divorce and Separation.

Hours: By Appointment--day, evening or weekends

Cost: Accepts MedCost, Medicaid, Blue Cross/Blue Shield of NC, Magellan, Mental Health Network, Tricare, Untied Behavioral Health/UHC

## Pitt County

### **Family Violence Program, Inc. of Pitt County**

Address: 823 S. Evans Street, Greenville, NC 27834

Phone: (252) 758-4400

Crisis/Shelter: (252) 752-3811

Fax: (252) 752-4197

Email: familyviolence@pittfvp.org

Description: This organization assists battered women and their children with SAFE Shelter. They also provide counseling for victims and children, parenting classes, court services, education and life skills training, a battered women's support group, Displaced Homemaker Program, Hispanic Outreach, an elder abuse program, a parenting after separation class, and abuser treatment program.

Hours: 8:00 am to 5:00 pm office hours. Crisis/Shelter Line answered 24 hours per day.

Cost: Most programs are free. The parenting after separation class costs \$30. The abuser treatment program costs \$50 for intake and \$20 per session.

### **Family Therapy Clinic**

Address: East Carolina University, 610 N. 10<sup>th</sup> Street, Greenville, NC

Phone: (252) 328-4236

Description: Provides therapy for families, couples and individuals on a sliding fee scale. Clients do not need to be ECU students. Therapists are 2<sup>nd</sup> year master's degree students in the marriage and family therapy program. Accredited by the American Association for Marriage and Family Therapy.

Hours: By appointment

Cost: Fees charged on a sliding scale

### **Advanced Center for Psychotherapy**

Address: 223 F Commerce Street, Greenville, NC 27858

Phone: (252) 355-1884

Description: Areas of Interest: Relationship/Marriage/Divorce Issues, Anxiety/Depression, Post Traumatic Stress Disorder, Parenting, Adolescent/Young Adult, Grief/Loss, Stress.

Hours: Monday thru Friday by appointment

Cost: Accepts Medicare, Mental Health Network, Tricare and Value Options

### **Elaine Franzetti**

Address: 2101 E. 5<sup>th</sup> Street, Greenville, NC 27858

Phone: (252) 355-3990

Description: Individuals, couples and family in areas of: Infertility, anxiety/depression, Abuse/Post Traumatic Stress Disorder, Relationships, Adoption, Gay and Lesbian issues, Grief and loss, HIV/AIDS, Stress and female related issues

Hours: Day and evening hours, by appointment only

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Cost: Accepts Aetna, Medicaid, Blue Cross/Blue Shield of NC, Magellan, Tricare, United Health Network

**Personalized Therapy, Inc.**

Address: 925-B Conference Drive, Greenville, NC 27858

Phone: (252) 353-4968

Description: Mood Disorders, Individual and Family Therapy, Abuse/Post Traumatic Stress Disorder, Family Issues, Stress Management, Anxiety Disorders, Family Issues

Hours: Monday –Friday, 9:00 – 5:00 and by appointment

Cost: Accepts Medicaid Blue Cross/Blue Shield of NC

**Eastern Psychiatric and Behavioral Specialists**

Address: 925 Conference Drive, Greenville, NC 27858

Phone: (252) 756-4899

Description: Grief/Loss/Depression, Substance Abuse Issues, Parenting Issues, Anger Management, Conflict Resolution Skills, Relationship/marriage/Divorce, Family Issues, Anxiety/Stress

Hours: Monday through Thursday, 9:00 am to 5:00 pm

Cost: Accepts MedCost, Medicaid (for Children) Blue Cross/ Blue Shield of NC

**Pitt Counseling, PLLC**

Address: 620 Lynndale Court, Suite C, Greenville, NC 27858

Phone: (252) 355-0388

Description: Domestic Violence Issues, Post Traumatic Stress Disorder, Anxiety/Depression, Couples Therapy

Hours: Monday through Friday, 9:00 am to 6:00 pm

Cost: Accepts MedCost, Medicaid, Medicare, Blue Cross/Blue Shield of NC, Cigna, Com Psych, NC Health Choice Tricare, United Behavioral Health/UHC, Value Options

**Laryn Sawyer**

Address: 223 Commerce Street, Suite D, Greenville, NC 27834

Phone: (252) 752-1617

Description: Divorce and Adjustment Issues, Post Traumatic Stress Disorder, Family Violence and Abuse Issues, Relationship Issues, Anxiety/Panic Disorders, Parent-Child Conflict/Family, Depression, Stress

Hours: Monday, Tuesday, Thursday and Friday 10:00 am – 8:00 pm; Wednesday, 12:00 pm – 6:00 pm. Summer hours vary. Saturdays by appointment.

Cost: Accepts MedCost, Beacon/Atlantic Integrated, Ann Clark and Associates, University Health Systems, Medicare, Blue Cross/Blue Shield of NC, Medicaid (ages 3-21), NC health Choice, Tricare, United Behavioral Health/UHC, Value Options, APS

**Maggie Yankov**

Address: 223 E Commerce Street, Greenville, NC 27858

Phone: (252) 756-3433

Description: Post Traumatic Stress Disorder, Anxiety/Depression, Relationship/Marriage/Divorce, Stress, Sexual/Physical Abuse, Offender Treatment and Anger Management, Adult female sexual abuse survivors

Hours: Monday through Thursday 10:00 am – 6:00 pm

Cost: Accepts Aetna, Beacon/Atlantic Integrated Health, Blue Cross/Blue Shield of NC, Cigna, Com Psych, Magellan, MedCost, Medicaid, Mental Health Network, NC Health Choice, Tricare, United Behavioral Health/UHC, Value Options, Ceridium EAP, Military One Source

**Mental Health Association in Pitt County**

Address: 1407 Evans Street, Greenville, NC

Phone: (252) 752-7448

Description: A not-for-profit organization that provides support, education, and advocacy by increasing public awareness of mental health issues, and seeking solutions for persons affected by mental illness. The above is a temporary location.

**Pitt County Mental Health Center**

Address: 203 Government Circle, Greenville, NC 27834-7706

Phone: (252) 902-2100

Toll Free: 1-888-791-1667

**Pitt County Memorial Hospital**

Address: 2100 Stantonsburg Road, Greenville, NC

Phone: (252) 816-4490

Description: PCMH provides a psychiatric unit as well as mental health services to patients at the hospital. Rehabilitation services are on an outpatient basis. Substance abuse counseling as well as case management is also provided.

Hours: Monday through Friday 8:00 to 5:00; Telephone answered 24/7/365

Cost: Sliding fee scale

**REAL Crisis Intervention, INC.**

Address: 600 E. 11<sup>th</sup> Street, Greenville, NC 27858

Phone: (252) 758-HELP

Website: [www.realcrisis.org](http://www.realcrisis.org)

Email: [realcrisis@earthlink.net](mailto:realcrisis@earthlink.net)

Description: A comprehensive, non-profit organization designed to accommodate the need in Pitt County for free, confidential, supportive counseling; information and referral services; and the facilitation and coordination of generalized assistance programs instituted by other agencies. Provides 24-hour assistance through a HELP-line, walk-in center and off-site crisis teams in areas such as: depression, substance abuse, suicide, pregnancy, work-related issues, financial pressures, school, rape/sexual assault, grief, domestic violence, runaways, disabilities, sexuality, marriage issues, etc.

Hours: 24 Hours  
Cost: Free

**Restart, Inc**

Address: 1530 Evans Street, Greenville, NC 27834  
Phone: (252) 355-4725

Description: Provides diagnostic assessments, as well as child and adult therapy for individuals, families and group sessions.

Hours: 8:00 am to 5:00 pm  
Cost: Accept Medicaid and Health Choice

**ECU TEDI Bear Team (children’s advocacy center)**

Address: 755 Johns Hopkins Drive, Greenville, NC 27834  
Phone: (252) 758-1200

Description: Serves children that have been physically and sexually abused and/or neglected as well as non-offending family members. Provides “nurturance” parenting programs and educational outreach. A team of physicians, nurse practitioner, social worker and therapist work to provide medical exams, counseling and referrals.

Hours: Monday through Friday, 8:00 am to 5:00 pm

**Washington County**

**Options to Domestic Violence & Sexual Assault, Inc.**

Address: PO Box 1387, Washington, NC 27889  
Office phone: (252) 793-9514  
Crisis Line: (877)723-8390  
Contact: Ann Hastings  
Email: jolynn.options@cox.net; ann@options.nccoxmail.com

Description: Domestic violence and sexual assault agency that provides crisis counseling, advocacy, shelter, 24-hour crisis line, legal and medical accompaniment, resource materials, support groups, and safe house.

Hours: 24-hour crisis line and shelter; 8:00-5:00 office hours  
Cost: Free

**Wilson County**

**Wesley Shelter**

Address: PO Box 1426, Wilson, NC 27894  
Office phone: (252) 291-2344  
Hotline: (252) 237-5156  
Email: executivedirector@wesleyshelter.org  
Website: www.wesleyshelter.org

Description: This agency provides shelter, counseling, and support to victims and survivors of domestic violence, sexual assault or homelessness and guidance and mentoring for adolescent parents.

Cost: Free

Hours: 24-hour hotline and shelter; office hours 8:00 am to 5:00 pm.