

Local Centers:

- [L&B Counseling](#)
- [Charlotte Therapy Center \(Matthews\)](#)
- [Southeast Psych](#)
- [Dilworth Rehab Facility](#)

Faith-based and local:

- [Presbyterian Psychological Services](#) (formerly Good Samaritan, PCUSA-related)
- [Sanctuary Counseling Group](#)
- [Barnabas Center](#) (More evangelical)

Works with youth:

- [Ann Church](#) at [Charlotte Wellness Collaborative](#) -
- [Teencounseling.com](#) – Discuss your teen’s issue or situation with a therapist, then connect your teen and therapist through the app. Counseling is confidential but the therapist will alert you if an intervention is required.

Suggested Counselor List:

- Candice Bazemore: 704-365-7777 ext. 308
- Paula Cherry: 704-364-4333 ext. 104
- Robin Fine: 704-364-4333 ext. 116
- Leah Marone: 704-641-4375
- Anne Payne: 704-869-2284
- Warren Steinmuller: 704-376-7654 (family therapy)
- Kathryn Sain: 704-763-1430
- Ryan Wishart: 704-816-0667

More online help:

- [TalkSpace](#) | [Betterhelp](#) – Online counseling that accepts most health insurance plans
- [Psychology Today: Therapist Finder](#) – An extensive database of counselors in Charlotte with photos, profiles, and specialties.

- [E-Counseling Directory](#) – A database of counselors offering teletherapy and online counseling.