

CHARLOTTE YOUTH MENTAL HEALTH RESOURCES



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Hotlines

- Suicide & Crisis Line: Call or Text 988
- Crisis Text Line: Text "MHFA" to 741741
- Trevor Project (LGBTQ+): 1-866-488-7386
- National Teen Dating Abuse Helpline: 1-866-331-9474 TTY: 1-866-331-8453
- Greater Charlotte Hope Line: 980.771.4673 (Domestic Violence & Sexual Assault)
- Carolinas Poison Center: 1-800-848-6946
- National Self-Harm Hotline: 1-800-366-8288
- Teen & Young Adult HelpLine: Text "Friend" to 62640 or call 1-800-950-6264
- Substance Use National Helpline: 1-800-662-4357

Crisis Services

- [Amara Wellness](#) (M-F, 8am-5pm)
- [Monarch's SECU Youth Crisis Center](#) (24/7)
- [Sexual Trauma Resource Center](#) (M-F, hours vary)
- [Smith Family Behavioral Health Urgent Care](#) (24/7)
- [Mecklenburg County Mobile CrisisTeam](#): 704-566-3410 (24/7)
- Alliance Behavioral Health Crisis Line: 1-877-223-4717 (For those on medicaid or uninsured)
- If calling 911, ask for the Community Policing Crisis Response Team (7am to Midnight)

Topic Specific Services

- [Teen Connection's Center for Disordered Eating](#)
- [Renfrew Center for Disordered Eating](#)
- [Teen Connection's Center for Youth Gender-Affirming Healthcare](#)
- [Primary Health Care for Teen Parents and Their Children](#)

Therapy

- [Thompson Child and Family Focus](#): School-based therapy (Select schools)
- [Open Path Collective](#): Directory of therapists who offer reduced rates
- [Alexander Youth Network](#): Comprehensive service provider
- [Psychology Today](#): Accessible search engine for local therapists that fit your needs
- [Teen Connection](#): Behavioral Health Services for Teens

CHARLOTTE YOUTH MENTAL HEALTH RESOURCES



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Therapists

- [Amy Gregor](#), LCSW (Private Pay, Ages 13-25, Virtual & In-Person, Self Harm/Suicidal Ideation/Trauma)
- [Kasha Howard](#), LCSW (Insurance/Sliding Scale, Virtual & In-Person, Anger Management/Mood Disorder/Trauma)
- [Christina Taylor](#), LCMHC (Private Pay, Child & Teen, Virtual & In-Person, Anxiety/Self-Esteem)
- [Sara Smead](#) (Child & Teen, Virtual & In-Person, Neurodivergence)
- [Elise Comber](#), LCMHC (Private Pay/Sliding Scale, Teen Girls, Virtual & In-Person, Anxiety/OCD/Trauma/Disordered Eating)
- [Adrian White](#), LCSW (Insurance/Private Pay, Teen Boys, Virtual, Anxiety/Depression/Life Transitions)
- [Noah Granade](#), LCSW (Private Pay, Virtual & In-Person, Sexuality/Gender Identity)

Support Groups

- [Virtual Adolescent Eating Disorder Recovery Support Group](#) (does not require parental consent)
- [Teen Addiction Recovery Support Group](#)
- [Free Teen Drug & Alcohol Support Group](#)
- [Virtual High School Girls Support Group](#)

Online Safety

- [How to Report Suicidal/Self Harm Content on TikTok](#)
- [How to Report Suicidal Content on Facebook](#)
- [How to Report Suicidal/Self-Harm Content on Instagram](#)

Follow on Social Media

- [@Laura.iu](#)
- [@michellcclark](#)
- [@thebraincoach](#)
- [@the_perky_pysch](#)
- [@jazzthornton](#)
- [@childmindinstitute](#)
- [@raisingresilientteens](#)
- [@parentingwithconnection](#)
- [@thegriefspace_](#)
- [@drjulie](#)
- [@drshephard_md](#)
- [@nadiaaddesi](#)

Other

- [NAMI Comprehensive Resource Guide](#)
- [griefKit: Tools for raggedy times](#)
- [American Foundation for Suicide Prevention](#)
- [To Write Love on Her Arms](#)
- Where to get Narcan: [Mecklenburg County Health Department](#) or [these Pharmacies](#)