

Local Mental Health Providers

This list is not exhaustive.

Many insurance companies provide lists of covered mental health providers.

Achieving Changes Counseling Services - 2554 Lewisville-Clemmons Rd., Ste. 112, Clemmons

- 336-283-2510 <https://achievingchanges.com>

Atrium Health Wake Forest Baptist MHS - 791 Jonestown Rd., Winston-Salem

- 336-716-4551
<https://www.wakehealth.edu/locations/clinics/m/mhs-jonestown-road>
- Eating disorder treatment and medication management available

Banyan Tree Counseling & Wellness - Two locations of Healy Dr., Winston-Salem

- 336-448-4451 <https://www.banyantreecounseling.com/>

Forsyth Family Counseling - 860 W 5th St., Winston-Salem

- 336-355-8244 <https://www.forsythfamilycounseling.com>

Forsyth Psychiatric Associates - 2554 Lewisville-Clemmons Rd., Ste. 209, Clemmons

- 336-660-6000 <https://www.forsythpa.com/>
- Medication management available

Fostering Minds - 2554 Lewisville-Clemmons Rd., Ste. 303, Clemmons

- 336-223-5060 <https://fosteringminds.com>

Lewisville Family Counseling - Two locations on Shallowford Rd., Lewisville

- 336-945-0137 <https://www.lewisvillefamilycounseling.com>
- Eating disorder treatment and medication management available

Mental Health Association in Forsyth County - 1509 S. Hawthorne Rd., Winston-Salem

- <https://www.mhaforsyth.org/>
- 336-768-3880
- Community connector, resource navigator, & educator for mental health services

Mood Treatment Center - Multiple Winston-Salem locations

- 336-722-7266 <https://www.moodtreatmentcenter.com/winston-salem/>
- Medication management available

The National Alliance on Mental Illness (NAMI) offers free local support groups for adults with mental illness and family members of those living with mental illness.

- The Peer-to-Peer Support Group (those living with mental illness) meets virtually on the third Wednesday of each month.

- The Family Support Group meets virtually on Zoom the first Tuesday of each month beginning at 7:00 pm. Contact Louise
- Contact Louise Whealton at lwhealton@gmail.com or 336-744-0370

The Neil Group - 1399 Ashleybrook Ln, Ste 100, Winston-Salem

- 336-774-2194 <https://tngnc.com>
- Medication management available

Trellis Supportive Care offers free grief counseling - 101 Hospice Ln., Winston-Salem

- 336-768-3972 <https://www.trellissupport.org/services/grief-counseling>

Trinity Center - 640 Holly Ave. Winston-Salem

- 336-752-3999 <https://www.trinitycenterinc.org/>

If you or someone you know is in crisis,

- Call or text **988** anytime to reach the Suicide and Crisis Lifeline

or

- Text HOME to **741741** to reach the Crisis Text Line

or

- Reach crisis counselors with the Trevor Project (services for LGBTQ+ teens and young adults) <https://www.thetrevorproject.org/get-help/>