Mental Wellness
Hosted by the M&I Peer Mentor Network (PMN)
Presented by Lacey Lopez & Taylor Tibbs

November 5th, 2020
Seeking Professional Assistance

If you are struggling to manage your mental wellness on your own, then you may want to seek out professional help

Common Misconceptions about Therapy

❖ Being in therapy is something to be ashamed of
  ❖ There is no shame in seeking professional help when you are struggling

❖ I have friends to talk to, why do I need therapy?
  ❖ A therapist is a unbiased professional with no agenda other than to help and advocate for you

❖ If I can’t make myself feel better, how can a complete stranger?
  ❖ Therapists are trained professionals whose goal is to shift self-defeating patterns and be your advocate

❖ Therapy is a luxury, not a necessity.
  ❖ Therapy helps you work through issues so your life can be more manageable (payment options are available and therapy is covered under your graduate student insurance)

Adapted from @thejourneytoiam
**How to Seek Professional Assistance**

**Understand Your Health Care Coverage**

- **Blue Cross/Blue Shield (Student Blue RA/TA) Coverage for UNC Graduate Students**
  
  - All Plan Benefits can be found here ([http://studentbluenc.com/#/uncch-ta/welcome](http://studentbluenc.com/#/uncch-ta/welcome))
  
  - Go to “Plan Benefits”
  
  - Click “Medical Benefits Summary” for 2020-2021

*Many providers offer “sliding scales” or income-based billing; you can also talk to BBSP, CAPS or other UNC-affiliated organizations about help with payment if this is a limiting factor to seeking support*
How to Seek Professional Assistance

1. Find an In-Network Health Care Professional
   - UNC CAPS (https://caps.unc.edu/services/referral-coordination)
   - BCBS Find-a-doctor (https://www.bcbs.com/find-a-doctor)
   - UNC Find-a-doctor (https://findadoc.unchealthcare.org/)
   - Psychology Today (https://www.psychologytoday.com/us?tr=Hdr_Brand)
How to Seek Professional Assistance
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How to Seek Professional Assistance

BlueCross and BlueShield Therapists in Chapel Hill, NC

ISACounseling, LLC
Drug & Alcohol Counselor, LCAS, MS, MDiv, SoD. Verified
If you're struggling with relationships, worry that you or someone you care about may have a problem with alcohol or other drugs or trauma issues; if someone you love is struggling with these - I can help. With unconditional acceptance, I listen... and together we sort out what's
(919) 267-3026
Chapel Hill, NC 27517

Meredith Willis
Licensed Clinical Mental Health Counselor, MS, LCAC. Verified
You did it! Taking the first step to come to therapy should not be minimized. We will work together from start to finish, to uncover the best version of yourself. The foundation of my work is client-centered and trauma-focused, which concentrates on establishing trust and
(984) 364-8722
Chapel Hill, NC 27514
How to Seek Professional Assistance

BlueCross and BlueShield Therapists in Chapel Hill, NC

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How to Seek Professional Assistance
# How to Seek Professional Assistance

## BlueCross and BlueShield Therapists in Chapel Hill, NC

### Types of Therapy

<table>
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<tr>
<th>Description</th>
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<td>Acceptance and Commitment (ACT)</td>
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<td>Attachment-based</td>
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<td>Christian Counseling</td>
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<td>Cognitive Behavioral (CBT)</td>
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<td>DBT/DBTCT</td>
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<td>DMDR</td>
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<td>Emotionally Focused</td>
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<td>Family / Marital</td>
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<td>Family systems (IFS)</td>
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<td>Mindfulness-Based MBCT</td>
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<td>Play Therapy</td>
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### Meredith Willis

- **Position:** Licensed Clinical Mental Health Counselor, MS, LCAMHC
- **Contact:** (984) 364-8722
- **Specialties:**
  - You did it. Taking the first step to come to therapy should not be minimized. We will work together from start to finish, to uncover the best version of yourself. The foundation of my work is client-centered and trauma-focused, which concentrates on establishing trust and creating a safe environment.

- **Locations:**
  - Chapel Hill, NC 27517
  - Chapel Hill, NC 27514

- **Verified**

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[Psychology Today](https://www.psychologytoday.com)

[BlueCross and BlueShield](https://www.bluecrossblueshield.com)

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BlueCross and BlueShield Therapists in Chapel Hill, NC

Meredith Willis
Licensed Clinical Mental Health Counselor, MS, LCMHC

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How to Seek Professional Assistance

Leslie Stevens
Counselor, MEd, LCMHC

About Network

[Image]

Due to COVID-19 all new client intakes and sessions will be held via telehealth. Please call for more information.

Millions of people are living with debilitating stress, depression and anxiety. Additionally, perfectionism is on the rise across generations. Many people are dissatisfied with living a life that lacks congruency and authenticity, trying to fit the mold of outside expectations. As a result, they feel stuck in patterns of thinking and being that either cause stress, depression, and anxiety or stem from stress, depression, and anxiety. As a clinician who works with people from all different ethnicities and backgrounds, I know how pervasive these problems are. I want people to know that there is hope and I can help.

I believe that the process of counseling should be a collaborative effort between client and clinician. Each client and each life path is unique; therefore we work together to create a therapeutic plan for you. We will work together to help you cope with the stressors in your life.

My faith plays a substantial role in my life. If requested, I can provide Christian influenced counseling. I work with people of all faiths and religions. I respect the beliefs of each individual. I provide a safe, non-judgmental space to explore issues pertinent to the client.

Location
605 West Main Street
Suite 101
Carborro, NC 27510
(804) 506-3648

Offers video and phone sessions

Specialties
- Anxiety
- Depression
- Self Esteem

Issues
- Adjustment and Life Transition Stressors
- Anger Management
- Child or Adolescent
- Chronic Illness
- Coping Skills
- Emotional Disturbance
- Family Conflict
- Grief
- Life Coaching
- Life Transitions
- Peer Relationships
- Perfectionism
- Racial Identity
- Relationship Issues
- School Issues
- Spirituality
- Stress
- Women's Issues
How to Seek Professional Assistance

1. **Find an In-Network Health Care Professional**
   - UNC CAPS ([https://caps.unc.edu/services/referral-coordination](https://caps.unc.edu/services/referral-coordination))
   - BCBS Find-a-doctor ([https://www.bcbs.com/find-a-doctor](https://www.bcbs.com/find-a-doctor))
   - UNC Find-a-doctor ([https://findadoc.unchealthcare.org/](https://findadoc.unchealthcare.org/))

2. **Reach out**
   - Contact provider’s office via email or phone
   - Confirm insurance, fill out new-patient paperwork, book appointment

3. **Hold yourself accountable**
   - Give yourself a deadline
   - Tell a friend/family member/partner of your plans and have them check in on you

*Please be aware that everyone’s personal timeline is different. Some individuals may find their perfect therapist immediately, while others may make multiple calls or appointments before finding the right fit. There is no “minimum” or “maximum” length of time to getting the help you need. Just keep advocating for yourself until you find the best fit for you!*
Finding Safe Spaces for Virtual Meetings

- Negotiate with your roommates to have a secure confidential space
- Have sessions from your car or outside in a private area
- Ask people (e.g. friends or family) if they have private spaces available
- Rent a private office space from CAPS
First Appointment

- Questions go both ways
  - The provider will want to get to know you and understand what you need help with and in turn, you can also get to know them
  - Questions to consider asking your provider...
    - What issues do they have experience handling?
    - Do they feel comfortable and equipped to talk about the issues you are facing?
    - What does a typical session look like with them?
    - What methods do they use (CBT, meditation, etc.)?

- It may take a few sessions before you feel completely comfortable with your provider (while professional, it is still a relationship which requires trust)

- It is okay if you decide your provider isn’t the right fit for you – but don’t give up trying if you still need help!
  - With your new experience, consider things you did and didn’t like, then investigate other providers that better fit your needs
Additional Resources

**Emergencies and Crisis Situations**

- **EMERGENCIES** – dial 911
- **National Suicide Prevention Lifeline** – call 800-273-8255 (TALK)
  - [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
- **Veteran's Crisis Line** – call 800-273-8255 and press 1
- **Crisis Text Line (Mental Health)** – text 741741
- **Disaster Distress Helpline (Pandemic)** – call 800-985-5990
- **Chapel Hill Domestic Violence Hotline** – call 919-929-7122
- **Hopeline NC (Crisis/suicide prevention)** – call or text 919-231-4525 or 877-235-4525
  - [https://compassctr.org/](https://compassctr.org/)
- **Your Life Your Voice (teen crisis hotline)** – call 800-448-3000 / text VOICE to 20121
- **The Trevor Project (crisis for LGBTQ youth)** – call 866-488-7386 / text START to 678-678
- **Trans Lifeline (hotline for transgender persons)** – call 877-565-8860

**Mobile Crisis Services**

- **Alliance Health** (Durham, Wake, Cumberland, & Johnston Counties) – call 800-510-9132
- **Cardinal Innovations** (Orange, Chatham, Alamance, & others) – call 800-939-5911
- **Sandhills** (Lee, Harnett, & others) – call 800-256-2452

**Other**

- **Talkspace**: [https://lp.talkspace.com/try](https://lp.talkspace.com/try)
- **BetterHelp**: [https://www.betterhelp.com/](https://www.betterhelp.com/)
- **UNC and SOM COVID-19 Consolidated**: [https://www.med.unc.edu/intranet/covid-19/](https://www.med.unc.edu/intranet/covid-19/)
- **UNC Health Coronavirus/COVID-19 Resources**: [https://www.unchealthcare.org/coronavirus/](https://www.unchealthcare.org/coronavirus/)