



Counseling Support List and References

This is a list of mental health care providers who have experience supporting individuals living with chronic illnesses, as well as those caring for someone with a condition like Type 1 diabetes. They are familiar with the unique stress, anxiety, and emotional demands that come with the 24/7 nature of diabetes management.

Please note: **This list is not an endorsement** of any specific provider. It is intended as a starting point to help you explore and find the support that best meets your needs as you navigate life with T1D.

[Ironwood Psychological Services](#), Katie Mclean, Experience with Chronic Illness, Private pay

[Matone Counseling & Testing](#) provides compassionate care to the community by empowering great clinicians to provide diverse services.

[Finding Smiles Coaching](#), Anna Sabino, a certified diabetes care and education specialist with a master's in social work.

[Safe Horizon Counseling](#), Janie Coone, LCSW, telehealth, Aetna (Including State Health Plan), OON benefits. Janie lives with type 1 herself and specializes in supporting teens with T1D.

[Sun Counseling & Wellness](#): **Private Pay**, Multiple providers offering multiple therapy modalities.

[Psychology Today](#) is an excellent resource for finding a mental health provider in your area.

[Chronic Health Counseling](#), Medicare/BCBS/HUC/Optum/Cigna/Aetna/Medcost/Tricare, Concord & telehealth

[Restoring Journeys](#), Natalie Huston, Aetna & Cigna, Telehealth

[Amy Dunn Counseling](#), Amy Dunn, supports parents raising kids with CI, Telehealth.

[Cornerstone Counseling](#), Bre Crisp, Telehealth, BCNS, Aetna, UHC, CBHA

[Resilient Mind Counseling](#), Telehealth & Asheville, BCBS, MedCost, Aetna, United

[Southlake Counseling](#), Kimberly Krueger, & Hannah Pegram & Mary McCrystal & Amber Jarvis, Telehealth & Charlotte Area

[Modern Era Counseling](#), Lauren Barker, Telehealth, BCBS, and Aetna

[Karmen Robinson](#), Telehealth & CLT, BCBS, CBHA, Aetna

[Sweeney Psych](#), Jocelyn Chrisley, Telehealth & CLT, BCBS, and Aetna