



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.

Janie Coon, LCSW

Safe Horizon Counseling

Location: Telehealth

Insurance: Aetna (Including State Health Plan), OON benefits.

Janie lives with T1D herself and specializes in supporting teens and adults with T1D. Trained in EMDR (Trauma Therapy).

Matone Counseling & Testing

Location: Telehealth, Charlotte & Asheville

Insurance: Most major plans

Provides compassionate care to the community by empowering great clinicians to provide diverse services. Child and Adolescent Counseling, Family Counseling.

Sun Counseling & Wellness

Location: Telehealth & Charlotte

Insurance: Private Pay

Amanda Capriato, LCSW-A. Sees ages 2-18,

Lindsey McKeon, MA, CEDRD, LDN. Registered dietitian

Juliet Kuehnle, LCMHCS. Ages 14+ (EMDR)

Jackie Greco, LCMHC. Ages 16+ (EMDR)

Austin Raines, MA, LCMHCA. Male provider, works with teens, young adults and parents.

Chronic Health Counseling

Location: Telehealth and Concord

Insurance:

Medicare/BCBS/UHC/Optum/Cigna/Aetna/Medcost/Tricare

Provide mental health therapy for individuals, families, and caregivers who are affected by chronic medical conditions and associated concerns

Natalie Huston, LCMHC

Restoring Journeys

Location: Telehealth

Insurance: Private Pay/ Out of Network

Amy Dunn, LCMHC-A

Amy Dunn Counseling

Location: Telehealth

Insurance: Private Pay/ Out of Network

Supports parents raising kids with chronic illness.

Bre Crisp, LCSW

Cornerstone Counseling

Location: Telehealth

Insurance: BCNS, Aetna, UHC, CBHA.

Medical Trauma & Pain, Chronic Illness

Resilient Mind Counseling,

Location: Telehealth & Asheville

Insurance: BCBS, Medcost, Aetna, United

Kerri Pastor, LCSW

Psychology Today Profile

Location: Telehealth

Insurance: Private Pay \$110

Specializes in supporting children with chronic illness.

Southlake Counseling

Location: Telehealth & Charlotte

Insurance: BCBS, Aetna, UHC, Medcost, Carolina Behavioral Health Alliance

Board Certified DBT (Dialectical Behavioral Therapy) Center.

Clinicians: Kimberly Krueger, Hannah Pegram, Mary McCrystal, Amber Jarvis.

Lauren Barker, LCMHC

Modern Era Counseling

Location: Telehealth

Insurance: BCBS, Aetna, Cigna

Karmen Robinson, LCSW-A

Location: Telehealth & CLT

Insurance: BCBS, CBHA, Aetna

Jocelyn Chrisley, PhD

Sweeney Psych

Location: Telehealth & CLT

Insurance: BCBS and Aetna

Dr. Katie Mclean, PhD

Ironwood Psychological Services

Location: Durham and Telehealth

Insurance: Private Pay

Medical Illness, Anxiety, Trauma



FINDING THE RIGHT SUPPORT FOR YOU

Finding the right therapist is one of the strongest predictors of positive outcomes in counseling. You should feel empowered to ask questions, explore your options, and choose someone who aligns with your family's values, lifestyle, and goals.

Kids and teens with Type 1 diabetes face a unique set of daily challenges that shape their emotional well-being, relationships, and family life. Having support from a licensed professional who understands these complexities can make a meaningful difference. Take your time, trust your instincts, and make sure the fit feels right for your child and your family.

Below are questions and suggestions to help you find the best therapeutic fit for your loved one.

About Experience & Fit

- Do you have experience working with children/teens who live with chronic medical conditions, especially Type 1 diabetes?
- How do you support kids who struggle with anxiety, burnout, or frustration related to their diabetes care?
- What is your approach to involving parents or caregivers in therapy?
- Do you have experience working with parents/caregivers who have a child living with a chronic medical condition?
- What can my child expect in the first session?

About Therapy Style

- What therapeutic approaches do you use with children/teens? (e.g., CBT, play therapy, family systems)
- How do you help a child and the family build confidence or independence in managing diabetes-related tasks?
- How do you handle situations where a child is resistant to talking or participating?
- What communication do we have about your therapy sessions?

About Logistics

- What is your availability? Do you offer after-school or virtual appointments?
- Do you take our insurance or offer a sliding scale?
- How long are sessions, and how often do you typically meet with clients?

CRISIS HOTLINES AND SUPPORT LINES

- National Suicide and Crisis Lifeline: Call or text 988 for free, confidential, and immediate help.
 - TTY users can use their preferred relay service or dial 711 then 988.
- Teen Line: 9 PM-12 AM (EST) for support from trained teen listeners.
 - Call 800-852-8336
 - Text "TEEN" to 839863
- Trevor Lifeline: (24/7) for LGBTQ youth support.
 - Call 866-488-7386
 - Text 678-678
- NAMI NC Help Line: M-F, 8:30 AM-5 PM (EST) for North Carolina residents.
 - Call 800-451-9682
 - Text 919-999-6527