

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 an 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>)*
 - ❖ *Go to “Plan Benefits”*
 - ❖ *Click “Medical Benefits Summary” for 2020-2021*

Services	In-Network	Out-of-Network
All dollar amounts and percentages are what you, as a plan member, would pay.		
Maternity (Maternity delivery includes prenatal and post-delivery care)		
Hospital services (Delivery)	20% after deductible	40% after deductible
Professional services (Delivery)	20% after deductible	40% after deductible
Transplants		
Hospital services	20% after deductible	40% after deductible
Professional services	20% after deductible	40% after deductible
Infertility Services		
Primary care provider and/or specialist	20% after deductible	40% after deductible
Hospital services	20% after deductible	40% after deductible
Inpatient and outpatient professional services	20% after deductible	40% after deductible
Mental Health and Substance Use Services		
Office visits	20% after deductible	40% after deductible
Inpatient/outpatient	20% after deductible	40% after deductible

BLUE OPTIONS® benefit highlights

Services	In-Network	Out-of-Network
All dollar amounts and percentages are what you, as a plan member, would pay.		
Lifetime Maximum, Deductibles, Coinsurance Maximums and Plan Maximums The following deductibles and coinsurance maximums also apply to Mental Health and Substance Use services below.		
Lifetime Benefit Maximum	Unlimited	Unlimited
Deductibles		
Individual (per benefit period)	\$400	\$800
Family (per benefit period)	\$1,200	\$2,400
Out-of-pocket limits		
Individual (per benefit period)	\$2,000	\$4,000
Family (per benefit period)	\$6,000	\$12,000
Physician Office Services (See "Outpatient Clinic Services" for outpatient clinic or hospital-based services.)		
Office Visits Includes office surgery, consultation, X-ray and lab, and benefit period maximum of 4 office visits for the assessment of obesity in- and out-of-network. See "Inpatient and Outpatient Services."	Campus Health Services: No charge Primary Care Provider and/or Specialist: 20% after deductible	Campus Health Services: Not applicable Primary Care Provider and/or Specialist: 40% after deductible

*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

The screenshot shows the Psychology Today website interface. At the top, there is a blue navigation bar with the Psychology Today logo and menu items: "Find a Therapist", "Get Help", "Magazine", and "Today". A search icon and "us" are also present. Below the navigation bar is a large banner featuring a woman in a white dress jumping joyfully against a pink background. The banner includes the text "Get Motivated!" and two article links: "Can't Get Moving? It Comes From the Inside" and "How to Direct Yourself: The Mystery of Motivation".

Below the banner is a "Find a Therapist" section with a search bar and a "Verified by Psychology Today" badge. A dropdown menu is open, showing options for "Therapists" and "Psychiatrists". To the right of the search bar is a "Professionals" section with a "Sign Up and Get Listed" button and a "Login" link.

The main content area is divided into three columns. The left column is titled "News" and features a list of articles, including "When W..." (1 hour) and "Why Fights With Your Spouse Are Making Your Teenager Anxious" (2 hours). The middle column is titled "Today's Essential Reads" and features a featured article titled "How We Learn to Be Afraid" by Vanessa LoBue Ph.D., dated October 12, 2020, in "The Baby Scientist". The article includes a small image of a ghost mask and a brief description: "Why do some of us go out to celebrate a holiday built on fear while others just stay shuddered at home? Here's the science of how we (and our children) learn to be afraid." The right column is titled "Most Popular" and features three article thumbnails: "The 3-Letter Words Child Psychologists Love", "Key Traits of Master Manipulators", and "Doas and Cats: Their".

How to Seek Professional Assistance

The screenshot displays the Psychology Today website interface. At the top, a blue navigation bar contains the site logo, a search bar, and menu items for "Find a Therapist", "Get Help", "Magazine", and "Today". The main content area features a large pink banner with a woman in a white dress, overlaid with the text "Get Motivated!" and two article teasers: "Can't Get Moving? It Comes From the Inside" and "How to Direct Yourself: The Mystery of Motivation". Below the banner, a "Find a Therapist" section is active, showing a search for "Chapel Hill" with a dropdown menu listing "Chapel Hill, North Carolina", "Chapel Hill, Tennessee", and "Chapel Hill Village, Indianapolis, IN". To the right of the search bar is a "Professionals" section with a "Sign Up and Get Listed" button. On the left, a "News" section lists articles such as "When Women Use Psychology to..." and "Why Fights With Your Spouse Are Making Your Teenager Anxious". On the right, a "Most Popular" section features articles like "The 3-Letter Words Child Psychologists Love" and "Key Traits of Master Manipulators".

How to Seek Professional Assistance

Psychology Today Therapists City, Zip or Name US Log In Sign Up and Get Listed

Therapists Teletherapy Psychiatrists Treatment Centers Support Groups

Home > North Carolina > Orange County > Chapel Hill


BlueCross and BlueShield Therapists in Chapel Hill, NC

Issues Insurance Gender Types of Therapy Age Community Price Video Intro Clear All Filters

Insurance

<input type="checkbox"/> APS Healthcare	<input type="checkbox"/> American Behavioral	<input type="checkbox"/> Behavioral Health Systems	<input checked="" type="checkbox"/> BlueCross and BlueShield
<input type="checkbox"/> Aetna	<input type="checkbox"/> Anthem	<input type="checkbox"/> Blue Care Network	<input type="checkbox"/> CareFirst
<input type="checkbox"/> Alliance	<input type="checkbox"/> Beacon	<input type="checkbox"/> Blue Cross	<input type="checkbox"/> Cigna
<input type="checkbox"/> Ambetter	<input type="checkbox"/> Beech Street	<input type="checkbox"/> Blue Shield	<input type="checkbox"/> UnitedHealthcare

[Show More Insurances](#)




ISACounseling, LLC
Drug & Alcohol Counselor, LCAS, MEd, MDiv, SpD Verified

(919) 267-3026

[View](#) [Email](#)

Chapel Hill, NC 27517

[BlueCross and BlueShield](#)



Meredith Willis
Licensed Clinical Mental Health Counselor, MS, LCMHC Verified

(984) 364-8722

[View](#) [Email](#)

Chapel Hill, NC 27514



How to Seek Professional Assistance

The screenshot shows the Psychology Today website interface. At the top, there is a blue navigation bar with the Psychology Today logo, a search bar for therapists, and links for US, Log In, and Sign Up and Get Listed. Below the navigation bar, the breadcrumb trail reads: Home > North Carolina > Orange County > Chapel Hill. The main heading is "BlueCross and BlueShield Therapists in Chapel Hill, NC". Below the heading, there are several filter buttons: Issues, Insurance (selected), Gender, Types of Therapy, Age, Community, Price, Video Intros, and Clear All Filters. A modal window titled "Issues" is open, displaying a grid of 40 checkboxes for various mental health issues. The issues listed are: ADHD, Codependency, Learning Disabilities, Self-Harming, Addiction, Coping Skills, Life Coaching, Sex Therapy, Adoption, Depression, Life Transitions, Sexual Abuse, Alcohol Use, Developmental Disorders, Marital and Premarital, Sexual Addiction, Alzheimer's, Divorce, Medical Detox, Sleep or Insomnia, Anger Management, Domestic Abuse, Medication Management, Spirituality, Antisocial Personality, Domestic Violence, Men's Issues, Sports Performance, Anxiety, Drug Abuse, Narcissistic Personality, Stress, Asperger's Syndrome, Dual Diagnosis, Obesity, Substance Use, Autism, Eating Disorders, Obsessive-Compulsive (OCD), Suicidal Ideation, Behavioral Issues, Emotional Disturbance, Oppositional Defiance, Teen Violence, Bipolar Disorder, Family Conflict, Parenting, Testing and Evaluation, Borderline Personality, Gambling, Peer Relationships, Transgender, Career Counseling, Grief, Pregnancy, Prenatal, Postpartum, Trauma and PTSD, Child or Adolescent, Hoarding, Racial Identity, Traumatic Brain Injury, Chronic Illness, Infertility, and Video Game Addiction. A "BlueCross and BlueShield" button is visible at the bottom of the modal window.


How to Seek Professional Assistance

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Home > North Carolina > Orange County > Chapel Hill

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Gender

- Show Me Women
- Show Me Men
- Show Me Non-Binary


M CSW Verified
Social Worker with over ten years of experience with depression, anxiety, low self-esteem, I believe I can help you. My approach is client-centered, conversational and insight-

(919) 944-8270

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BlueCross and BlueShield


**ISACounseling, LLC**
Drug & Alcohol Counselor, LCAS, MEd, MDiv, SpD Verified
If you're struggling with relationships; worry that you or someone you care about may have a problem with alcohol or other drug use; 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

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BlueCross and BlueShield

**Meredith Willis**
Licensed Clinical Mental Health Counselor, MS, LCMHC 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

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BlueCross and BlueShield

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Types of Therapy

<input type="checkbox"/> Acceptance and Commitment (ACT)	<input type="checkbox"/> Dialectical (DBT)	<input type="checkbox"/> Hypnotherapy	<input type="checkbox"/> Psychoanalytic
<input type="checkbox"/> Attachment-based	<input type="checkbox"/> EMDR	<input type="checkbox"/> Internal Family Systems (IFS)	<input type="checkbox"/> Psychodynamic
<input type="checkbox"/> Christian Counseling	<input type="checkbox"/> Emotionally Focused	<input type="checkbox"/> Mindfulness-Based (MBCT)	<input type="checkbox"/> Somatic
<input type="checkbox"/> Cognitive Behavioral (CBT)	<input type="checkbox"/> Family / Marital	<input type="checkbox"/> Play Therapy	<input type="checkbox"/> Trauma Focused

[Show More Types of Therapy](#)




Drug & Alcohol Counselor, LCAS, MEd, MDiv, SpD Verified

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Community

Ethnicity Served	Sexuality	Language	Faith
<input type="checkbox"/> African-American	<input type="checkbox"/> Gay	<input type="checkbox"/> Spanish	<input type="checkbox"/> Christian
<input type="checkbox"/> Hispanic and Latino	<input type="checkbox"/> Lesbian	<input type="checkbox"/> French	<input type="checkbox"/> Jewish
<input type="checkbox"/> Asian	<input type="checkbox"/> Bisexual	<input type="checkbox"/> Hebrew	<input type="checkbox"/> Buddhist
<input type="checkbox"/> Native American		<input type="checkbox"/> ASL	<input type="checkbox"/> LDS
<input type="checkbox"/> Pacific Islander		Show More Languages	Show More Faiths
<input type="checkbox"/> Other Racial or Ethnic Background			

[Show Fewer Ethnicities](#)

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[BlueCross and BlueShield](#)

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 Chapel Hill, NC 27514

How to Seek Professional Assistance




Leslie Stevens


Counselor, MEd, LCMHC


 (804) 506-3648

About Network

 Verified by Psychology Today

Email Me

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

 Send to Friend


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
Carrboro, NC 27510
(804) 506-3648

 Offers video and phone sessions

Email Me

Show Map

Nearby Areas

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>)
- ❖ 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)

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/>
- **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/>
- **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>
- **BetterHelp:** <https://www.betterhelp.com/>
- **UNC Toolkit:**
<https://www.unchealthcare.org/wellbeing/toolkit/toolkit-overview/mental-healthemotional-support-resources-for-co-workers-and-prov/>
- **UNC and SOM COVID-19 Consolidated:**
<https://www.med.unc.edu/intranet/covid-19/>
- **UNC Health Coronavirus/COVID-19 Resources:**
<https://www.unchealthcare.org/coronavirus/>