



# ALL SOULS COUNSELING CENTER

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MISSION:  
*"All Souls  
Counseling Center is  
a nonprofit  
organization  
providing quality  
mental health  
counseling to those in  
need in Western  
North Carolina."*

All Souls Counseling Center became a registered 501(c)(3) independent, non-profit organization that **provides counseling and psychiatric services to uninsured and under-insured residents of WNC** in 2000. Founded by two therapists who wanted to respond to the dire community need for quality outpatient mental health services, the Counseling Center developed a safety-net of holistic mental health care for people in need. The dedicated Board of Directors recruited well-qualified clinicians who volunteer two-thirds of the actual per session cost. This donated care totals over \$5.3 million dollars benefitting more than 12,000 people since 2000.

**The Counseling Center Provides:** Weekly outpatient counseling with sliding scale fees based on income for people who are un- or under-insured (i.e., have high deductibles or high co-pays for mental health services.) Services are provided by a diverse group of more than 20 therapists with over 160 years of combined training and experience. Counseling sessions for individuals of any age, couples, family and limited group therapy take place in a non-bureaucratic and confidential setting at our 35 Arlington Street office on the bus route in Asheville. One short phone call (five minutes or less) is all it takes to access counseling for people who are un- or under-insured. Issues addressed include:

- Depression, Anxiety
- Employee Assistance
- Stress Management
- Addiction recovery, including gambling treatment
- Trauma/PTSD
- Relationship Problems
- Grief
- Life transitions
- Parenting issues, including post partum depression
- Bilingual English/Spanish counseling
- Couples
- LGBTQ needs
- Psychiatric medication management for established patients, including prescription assistance applications for those who cannot afford medications

Our clinical staff also provides collaboration with, and referrals to, community healthcare professionals.

STRENGTHENING COMMUNITY THROUGH MENTAL WELLNESS

35 Arlington Street - Asheville NC 28801 - 828.259.3369 - [allsouls counselingcenter.org](http://allsouls counselingcenter.org)