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I need my head examined. (self.asheville)

submitted 19 hours ago by mincky

Does anyone have a recommendation for a decent therapist? I've gotten a few names from my health care provider, but am taking suggestions from anyone who's had first-hand experience with someone locally. It's for me individually, not couple or family counseling. I'd prefer someone who takes insurance, now that mental health is covered the same as physical health. Thanks in advance!

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[-] **Letha0al** 2 points 17 hours ago

I've been seeing Amparo Penny for about a year now. Best thing I've ever done for myself. Plus, she's located right next to Biscuit Head, if you need a bite heading in.

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