



Julie Forehand, LCMHCS, NCC

Julia earned a BA in Psychology and MS in Counselor Education from East Carolina University. Julia was a school counselor for 10 years in three different counties in North Carolina. She is still a Licensed School Counselor through the Department of Public Instruction in North Carolina. When Julia and her husband moved to Hampstead, NC she took a job at the Local Managed Care Organization as an Adult Care Coordinator working with adults with metal health and intellectual/developmental disabilities. Julia has been in the mental health field for about 16 years and has served all ages and populations. Julia is currently a Licensed Clinical Mental Health Therapist Supervisor (LCMHCS) and National Certified Counselor (NCC) at Coastal Ridge Health Services and enjoys working with the patients and other professionals to ensure the best quality of care is given.