

Leading Women in Business - Raleigh



Photo: Catherine Nguyen Photography

“Our mission is to be a place where anyone from any walk of life can find a therapist to meet their needs,” says Sarah Coates.

To the outsider looking in, this mission might have seemed a bit too idealistic when Sarah first opened her mental health practice thirteen years ago. But today, One-Eighty has become one of the largest mental health practices throughout the entire area. With more than six locations and over 70 therapists, it’s clear that Sarah and her team at One-Eighty don’t just talk about their mission. They live it out loud.

“Mental health doesn’t discriminate, and when you need therapy, you want to be able to find someone who really gets you.”



Photo: Susan Gouge with Peylan Photography

Recognized as the Business of the Year in 2017 and named Entrepreneur of the Year in 2018, Sarah is quick to give her team all the credit for her success.

“Our therapists are so diverse in beliefs and backgrounds, and we’re really passionate about squashing the stigma surrounding mental health treatment,” she says. “We offer spiritually integrated therapy, and each week, I host the *Turning Your Life Around* podcast and invite therapists from the practice to share their own insights. But the best part of our work is that we have helped more than 10,000 people over the last few years, and we know that our work is truly helping people and families turn their lives around.”

