



Erica Cheek
LCSWA

About Erica Cheek .

Erica Cheek is a Licensed Clinical Social Worker Associate. She earned her Bachelor of Social Work with a Minor in Psychology from Appalachian State University before continuing to receive her Master of Social Work, also at App State.

Erica's professional journey includes internships within the school system, where she provided counseling to children in grades K-8, and with Randolph Health, where she helped uninsured individuals access critical medical resources. After completing her graduate studies, she worked as a Nephrology Social Worker in Outpatient Dialysis, providing short-term counseling, adjustment support, motivational interviewing, and psychoeducation to patients undergoing treatment.

She offers both in-person and telehealth appointments, tailoring her approach to meet each client's unique needs. She utilizes a variety of therapeutic techniques to support individuals in navigating life's many challenges and achieving their personal goals.

Outside of work, she enjoys spending time with her partner and her dog, spending time with friends, and visiting with family.