

Counseling Services Information

This is a brief listing of mental health resources including counseling and/or psychiatric providers in the area. No specific recommendation is being made for any particular service or provider. Please contact the actual provider for detailed information regarding their services. The information listed below is only a brief listing of services. Also, please note that you can contact your insurance company for providers who accept your insurance. In addition, your primary care physician may also provide you with potential providers or give you a referral. If there is a life threatening emergency, dial 911.

Associates in Counseling & Family Therapy Jackie Pollard, LPC 107 W. Ellerslie Avenue Colonial Heights, VA 23834 (804) 520-1655 ▪ Offers services to children, adolescents, and adults. ▪ Offers individual, couples, and family therapy ▪ Childhood assessment and treatment, psychological testing, medication management services ▪ Bilingual	Blackstone Counseling & Behavioral Health 920 S. Main St Unit 1 Blackstone VA 23824 434-264-3209 www.blackstonebehavioralhealth.com ▪ Individual, Family, and Couples Therapy ▪ School Concerns, Relationship Concerns, Anxiety, Depression, Self-Harm/Suicidal Ideation, Trauma, Sexual Acting Out, ADHD, Autism Eating Disorders, Grief and Loss, etc.
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Building Bridges Therapeutic & Consulting Services Kia Simpkins, LPC 11923 Centre Street Suite A Chester, VA 23831 (804) 454-0306 www.buildingbridgestes.com ▪ Offers Individual, Couples, and Family Therapy	Calm Waters Counseling 2025 E. Main St. Suite 216 Richmond, VA 23223 804-644-0774 www.calmwaterscounselingva.com ▪ Multiple providers ▪ Offers counseling services to adults, children and families ▪ Psychiatry and Medication Management Services ▪ Telehealth Services Available
Center for Counseling & Psychological Svcs. Dr. James Correll 320-A Charles Dimmock Parkway Colonial Heights, VA 23834 (804) 520-5485 ▪ Offers services to ages 6 and above ▪ Psychological testing	Center for Urgent Counseling Donald Farr, MSW, MSW, LCSW, CSOTP 211 N. 5th Avenue Hopewell, VA 23860 (804) 536-1543 ▪ Offers services to children, adolescents, and adults including: ▪ Anger Management, sex offender treatment, domestic violence, and family counseling
Central Virginia Preferred Providers 2421 Westwood Ave, Suite F, Richmond, VA 23230 (804) 265-4745 www.cvppservices.com ▪ Multiple Providers ▪ Offers Counseling services to Adults, Children, Families, and Group ▪ Psychiatry and Medication Management Services ▪ Telehealth Services Available	Dinwiddie Medical Center Shannon Rakes, LCSW 13855 Courthouse Road Dinwiddie, VA 23841 804-469-3731 ▪ Individual, family, and group therapy to children, adolescents, and adults

Dominion Behavioral Healthcare Courthouse Road Office 703 N. Courthouse Road, Suite 101 Richmond, VA 23236 (804) 794-4482 Harbour Pointe Office 5931 Harbour park Drive Midlothian VA 23112 (804) 639-1136 ▪ Multiple Locations & Clinicians ▪ Serves children ages 2 and above ▪ Offers psychological testing, forensic testing, medication management, substance abuse treatment, anger management, domestic violence, & eating disorders. ▪ Offers individual, couples, family, and marriage therapy. ▪ Tele-health Services also offered ▪	Family Connections Counseling & Evaluation Services Penny Sprecher, Ph.D. 12801 Iron Bridge Road 400 Chester VA 23831 (804) 768-0295 ▪ Provides counseling services ▪ Psychological testing
Footsteps Christian Counseling Center Mount Pleasant Baptist Church 3110 Greenwood Avenue Colonial Heights, VA 23834 (804)715-3215 www.footstepscounseling.com ▪ Locations in Colonial Heights, Chesterfield and Midlothian ▪ Provides professional mental health services and Christian counseling to children, adolescents, and couples. ▪ Multiple providers and locations ▪ Depression, Anxiety, Grief & Loss, Addiction, Parenting, Marriage and Family Life, Divorce, Blended families, and Physical/Sexual Abuse	Good Neighbor Behavioral Health 7001 Jahnke Road Richmond VA 23225 (855) 355-7001 www.goodneighbor.care ▪ Offers individual therapy ▪ Mental health skill building ▪ Intensive In-Home ▪ Psychiatry Tele-health Services available
Greenberg and Associates 320B Charles H Dimmock Parkway Colonial Heights, VA 23834 (804) 520-6868 ▪ Offers therapy to children, adolescents, and adults	Insight Physicians 804 Moorefield Park Drive, Suite 108 North Chesterfield, VA 23236 (804) 323-8282 www.insightphysicianspc.com

▪ Psychological Testing and Consultation Services	2006 Bremono Road, Suite 101 Richmond, VA 23226 (804) 288-1881 ▪ Multiple providers & locations ▪ Individual Therapy Services offered to children and adults ▪ Psychiatry and Medication Management Services Available ▪ Telehealth Services Available
Ironbridge Counseling Services 9844 Lori Rd, Suite 100 Chesterfield VA 804-706-1111 www.ironbridgecounseling.com ▪ Individual, couples, family, and group therapy for children, adolescents, and adults. ▪ Offers services for seniors and grandparents caring grandchildren ▪ Offers services for ADHD, Anxiety, Depression, Trauma, LGBT, Grief & Loss, Anger Management, Substance	The James House 1016 Maplewood Avenue Hopewell, VA 23860 (804) 458-2840 ▪ Emergency Shelter ▪ 24 hour crisis hot line Offers services for stalking, domestic abuse, and sexual violence.
Lifestance Health (804) 207-6737 (804) 220-0903 www.lifestance.com ▪ Multiple locations (Chesterfield and Midlothian) ▪ Individual and Family Therapy for children, adolescents and Adults ▪ Medication Management ▪ Psychological Testing	Madeline's House PO Box 563 Farmville, 23901 1-888-819-2926 www.scvpcares.org ▪ Domestic violence shelter Offers services for sexual assault and domestic violence
The Meridian Group of Chesterfield VA 10109 Krause Road, Suite 100 Chesterfield VA 23832 804-751-8644 www.meridianhelp.com	My Spectrum Counseling & Coaching 707 N Courthouse Road North Chesterfield, VA, 23236 Phone: 804-924-2236 Fax: 866-626-4469

▪ Multiple providers ▪ Offers psychological testing ▪ Offers child, family, adolescent, and adult counseling ▪ Anxiety, Depression, Stress, Loss, Self-Esteem, and Trauma ▪ Child & Adolescent educational, behavioral, and emotional issues ▪ Co-parenting ▪ Tele-health services also offered	www.myspectrumcc.com ● Offers Individual, Family & Couples Therapy ● Multiple providers ● Autism, Mental health concerns, substance abuse and additional counseling services
National Counseling Group 16035 Continental Blvd Colonial Heights VA 23834 804-767-3470 www.ncgcommunity.com ▪ Offers counseling services, home based services, intensive in-home services, outpatient counseling services, therapeutic day treatment, therapeutic mentoring and residential diversion services ●	Neuropsychology and Psychological Healthcare Dr. Vivian Begali 9327 Midlothian Turnpike, #1C Richmond, VA 23235 (804) 728-2964 www.drivianbegali.com ▪ Neuropsychological/Psychological Assessment ▪ Provides psychotherapy & hypnotherapy ▪ Serves as an expert witness in court ▪ Immigration services
Neuropsychological Services of VA, Inc. Dr. Edward Peck, III 2010 Bremono Road, Suite 127 Richmond, VA 23226 (804) 285-2555 www.neuropsychservicesofva.com ▪ Neuropsychological Assessments to adolescents, adults, and older adults	Poplar Springs Hospital 350 Poplar Drive Petersburg, VA 23805 1-866-546-2229 (804) 796-2100 www.poplarsprings.com ▪ Offers inpatient and outpatient services to adolescents and adults ▪ Multiple providers ▪ Depression, Stress, Anxiety, Substance Abuse, Crisis Stabilization, Suicidal thoughts, Adolescent & Emotional Problems, Grief and Loss, Post Traumatic Stress, and Sexual,

	Physical, or Emotional Addictions groups, relationship and fitness, art therapy, group therapy, play therapy, educational seminars, & EMDR ▪ Tele-health Services also offered
RVA Psychiatry and Wellness, LLC 2901 Hungary Spring Road, Suite C Henrico, VA 23228 www.rvawell.com 804-203-2855 (Phone) 804-509-0538 (Fax) • Tele-health available • Psychiatric Medication Management • Counseling Services	Replay Counseling Center 530 Southlake BLVD Unit A North Chesterfield, VA 23236 804-379-0400 www.replaycounselingcenter.com ▪ Counseling Services to children, adolescents, and adults ▪ Play Therapy, Grief Counseling, Trauma Therapy, Therapy, Art Mediation, Family Therapy, Behavioral Supportive Services, Parenting Assessment & Parent-Coaching, and Supervised Visitation. ▪ Tele-health services also offered

Richmond Neuropsychology Dr. Greenberg 5380 Twin Hickory Road Glen Allen, VA 23059 (804) 833-3567 www.richmondneuropsychology.com ▪ In Person and Telehealth Services available for Children and Adults ▪ Neuropsychological Testing, ADHD & Dyslexia Testing, ADOS Test to Diagnose Autism, & Educ. Testing ▪ Individual and Family Counseling ▪ Provides Pet Loss & Grief Counseling, Covid Psychological Support and Counseling for Professional Burnout	Thriveworks 9846 Lori Road #201 Chesterfield VA 23832 (804) 419-4122 www.thriveworks.com ▪ Multiple Locations and providers ▪ Telehealth and In Person Sessions ▪ Provides Individual, Couples, Family, Child, and Teen Counseling ▪ Psychiatry and Medication Management
Tucker Psychiatric Clinic 1000 Boulders Parkway, Suite 202 Richmond, VA 23225 (804) 320-7881 www.tuckerpsychiatric.com ▪ Offers Individual, Family, and Marital Therapy ▪ Services provided to children, teens, and adults ▪ Multiple Providers ▪ Provides Psychiatric Services for children, teens, and adults	Tucker Psychiatric Pavilion Chippenham Hospital 7101 Jahnke Road Richmond, VA 23225 (804) 483-0050 ▪ Offers inpatient, outpatient, partial hospitalization, and emergency services for children, adolescents, adults, and geriatric patients. ▪ Psychosis, Mood Disorders, Dual Diagnoses, etc.

Virginia South Psychiatric & Family Services 269 Medical Park Blvd. Petersburg, VA 23805 (804) 861-0700 www.vasouth.com Midlothian Office 13901 Coalfield Commons Place, Suite 102 Midlothian, VA 23114 www.vasouth.com (804) 378-0800 (Phone) (804) 378-0900 (Fax) 207 North 4th Avenue Hopewell, VA 23860 (804) 541-0918 ▪ Multiple Providers (Psychiatrists, Psychologists, Clinical Social Workers, and Counselors) ▪ Multiple Locations (Petersburg, Hopewell, & Midlothian) ▪ Offers psychiatric and psychological services to children, adolescents, and adults ▪ ADD/ADHD, PTSD, Anxiety, Child Psychiatry, Depression, Mood, Drug and Alcohol abuse & Psychological Testing ▪	West End Neuropsychology Associates Dr. Jennifer Lumpkin, 3108 N. Parham Road, Suite 100-C Richmond VA 23294 (804) 205-7452 www.westendneuropsychology.com ▪ Services provided to ages 16 and above ▪ Provides counseling services ▪ Neuropsychological Assessment ▪ Psychological & Diagnostic Assessment

Crisis Counseling Resources

District 19 Community Services Board 13900 Courthouse Road, Suite C Dinwiddie, VA 23841 (804) 469-3746 – Dinwiddie Office (804) 862-8008 – Petersburg Office ▪ Provides a wide array of mental health, and substance abuse services to the residents of Colonial Heights, Dinwiddie, Greensville, Prince George, Surry, and Sussex. ▪ Clinics may provide the following services depending upon location: assessment, case management, psychiatric services, medication evaluations, individual, family, and group therapy ▪ Linkage to other D19 Programs and Resources <u>Crisis Assessment Center</u> • (804) 862-8000 • Hours: 7am-10pm – 7 days per week • Same day service for crisis situations • Access to immediate triage, assessment, linkage, and referral <u>Same Day Access</u> • (804) 862-8008 • Hours: Mon-Fri (8:30am-1pm) • Allows individuals to see clinician on the same day that they call for an appointment <u>Crisis Line</u> ▪ 804-862-8000 – 24-Hour Crisis Line	<u>988 Suicide & Crisis Line</u> ▪ Crisis Line – Just Dial 988 ▪ 24 hours per day/7 days per week ▪ Provides free and confidential emotional support to people in suicidal crisis or emotional distress ▪ New shorter phone number (988) is easier to remember than previous 1-800-273-TALK (8255) <u>Children’s Response & Stabilization Team (CReST)</u> 1-833-968-1800 – 24/7 Crisis Referral Line ▪ Services provided to youth ages 5-18 who are experiencing an acute crisis & need help avoiding psychiatric hospitalization ▪ Triage and problem solve crisis, identify treatment needs, link to community providers, and provide community based counseling
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▪ 866-365- 2130 - 24-Hour Toll Free Crisis Line	
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