

Resource Guide

Outpatient Services

Archstone Counseling and Treatment

804-288-1788

1007 Peachtree Blvd.

Richmond, VA 23226

<https://www.archstonecounseling.com>

Archstone Counseling offers services to families and youth ages 6-18. Archstone offers trauma techniques including Eye Movement Desensitization and Reprocessing therapy (EMDR) and Low Energy Neurofeedback System (LENS). Archstone accepts private payment, Medicaid, Medicare, and most major insurance providers.

ChildSavers

804-644-9590

200 North 22nd Street

Richmond, VA 23223

<https://childsavers.org>

ChildSavers offers services to children, adolescents, and families including play therapy, talk therapy, assessment and treatment planning, art therapy, family therapy, and psychiatric services. ChildSavers offers treatment regardless of an ability to pay. They accept Medicaid and most private insurances, and in the case of no insurance, will work with the family to create an appropriate fee.

Commonwealth Catholic Charities

804-285-5900

1601 Rolling Hills Drive

Richmond, VA 23229

<https://www.ccofva.org>

Commonwealth Catholic Charities offers individual and family counseling, as well as play therapy for children. Services are available in both English and Spanish. Commonwealth Catholic Charities provides various payment options and accepts most major insurance providers.

Commonwealth Counseling

804-728-2138

Locations in Hanover, Midlothian, Glen Allen, and Richmond

<https://www.commonwealthcounseling.com>

Commonwealth Counseling provides evaluation and treatment services for children and adolescents. Interventions may include family, cognitive, behavioral, education, and biological treatments.

Counseling Alliance of Virginia (CAVA), LLC

804-346-5165

8527 Mayland Drive
Suite 101
Richmond, Virginia 23294
<https://www.cavahelps.com>

Cava offers individual and family counseling. Intensive in-home services are also offered for children under the age of 18 who are at risk of being removed from the home or community, transitioning back into the community from an out of home placement, exhibiting significant difficulties in daily life due to emotional, mental or behavioral conditions, or are not helped by less intensive services such as out-patient counseling or therapy. Cava accepts private insurance, Medicaid/Famis, CSA, and private payment.

Discovery Counseling & Consulting

804-591-0002

Courthouse Commons Office Park
4118 E. Parham Rd. Suite A
Richmond, VA 23228
<https://www.vadcc.com/therapy/therapy-children-adolescents/>

Discovery Counseling & Consulting offers therapeutic services to children, adolescents, and families. Services include dialectic behavior therapy, prolonged exposure therapy, mindfulness-based cognitive therapy, and yoga therapy. Discover Counseling & Consulting accepts most major insurances, Medicare, and private payment.

Dominion Behavioral Health

804-270-1124

6501 Mechanicsville Turnpike, Suite 100
Mechanicsville, VA 23111
<https://dbhrichmond.com>

Dominion Behavioral Health offers services including psychiatric evaluations and treatment, EMDR, CBT, DBT, and therapy for children, adolescents, and families.

Family Focus Inc.

804-261-2090

2727 Enterprise Parkway
Suite 202
Henrico, VA 23294
<https://www.familyfocusinc.com>

Family Focus provides services including Functional Family Therapy, intensive in-home for children ages 4-18, and outpatient therapy for children, adolescents, and families. Family Focus accepts Medicaid, Department of Juvenile Justice and Comprehensive Services Act funding, as well as most major insurance plans.

Full Circle Grief Center**804-912-2947**

10611 Patterson Avenue, Suite 201
Richmond, VA 23238
<http://www.fullcirclegc.org>

Full Circle Grief Center offers 8-week support groups for children and adults grieving the loss of a loved one. Groups are offered at no cost to participants

Good Neighbor Mental Health and Developmental Disability Services**804-912-2947**

7001 Jahnke Road
Richmond, VA 23225
<https://www.goodneighbor.care>

Good Neighbor offers therapeutic and psychiatric services for children, adolescents, and adults, as well as intensive in-home services, intensive care coordination, and therapeutic monitoring. Good Neighbor accepts most major insurances, Medicaid, Medicare, and private payment.

Heart and Mind Therapy Services**804-307-2801**

2301 Hilliard Rd #8,
Henrico, VA 23228
<https://www.heartmindrva.com>

Heart and Mind Therapy Services offers groups and workshops related to self-regulation, adoption, and parent-child relationships. Heart and Mind Therapy Services accepts Anthem, Cigna, Aetna insurance, as well as private payment.

Henrico County Adolescent Services**804-727-8515**

10299 Woodman Road
Glen Allen, VA 23060
<https://henrico.us/services/adolescent-services/>

Henrico County Adolescent Services serves youth ages 14 through their 18th birthday, or the end of 12th grade. Services include comprehensive evaluation, individual and family therapy, case management services, outpatient substance abuse program, outreach program. Financial screenings are conducted at the first session to evaluate a family's financial status and determine payment options.

Henrico County Child and Family Services Program**804-727-8515**

10299 Woodman Road
Glen Allen, VA 23060
<https://henrico.us/services/child-family-services/>

The Child and Family Services Program works with children between the ages of 3 and 13 who are experiencing emotional and behavioral problems. Services include case management services, intensive Care Coordination services, crisis Intervention services, and services to youth

in Henrico Detention Center. Financial screenings are conducted at the first session to evaluate a family's financial status and determine payment options.

Henrico County Emergency Services

804-727-8500

In an emergency, call: 804-727-8484

10299 Woodman Road

Glen Allen, VA 23060

<https://henrico.us/mhds/persons-in-crisis/>

The Emergency Services Program provides an effective, rapid response to critical situations 24-hours a day, 7 days a week. Services are directed toward adults, children, and adolescents who are experiencing severe, acute symptoms of mental illness or emotional disorder, including those with a risk of suicide, risk of danger to others, and emergencies related to alcohol or drug abuse or addiction.

Types of situations requiring immediate intervention include acute suicidal situations, violent behavior, significant depression or anxiety, alcohol or drug-related emergencies, and acute mental illness.

Outpatient emergency services include telephone crisis intervention, face-to-face crisis intervention for individuals, couples, and families, and pre-screening for hospitalization.

Henrico Thriveworks Counseling

804-205-3408

12093-95 Gayton Rd

Henrico, VA 23238

<https://thriveworks.com/short-pump-counseling/henrico-teen-counseling/>

Henrico Thriveworks Counseling offers counseling services designed specifically for teens. Services include Cognitive Behavioral Therapy (CBT), problem-solving therapy, interpersonal skills development, group therapy with other teens that are experiencing similar challenges and feelings, and family therapy involving parents and siblings. Thriveworks accepts most major insurances, as well as private payment options

Jewish Family Services

804-282-5644

6718 Patterson Avenue

Richmond, VA 23226

<https://www.jfsrichmond.org>

Jewish Family Services provides individual and family counseling services. The child-focused services utilize a variety of methods to address emotional, learning, and behavioral issues, including play therapy, dialectic behavior therapy, and cognitive behavior therapy. Jewish Family Services accepts all major insurance providers, Medicaid, Medicare, and private payment.

Launchpad Counseling

804-665-4681

2009 Libbie Ave, Suite 101

Richmond, VA

<https://launchpadcounseling.com>

Launchpad Counseling provides therapeutic services to children and families. Launchpad accepts some insurances, HSA and FSA cards, and private payment.

Milestone Counseling Services

877-627-2139

2205 Perl Road

Richmond, VA 23230

<http://www.mstonecounseling.com/service/health-services-veterans/>

Milestone Counseling Services offers individual and group intensive outpatient services for young adults 17 and older with Axis 1 mental disorders. Milestone accepts Medicaid, most major insurance providers, and private payment.

Richmond Creative Counseling

804-592-6311

1900 Byrd Ave

Richmond, VA 23230

<https://www.richmondcreativecounseling.com/index.html>

Richmond Creative Counseling provides services to children and families. Services include play therapy, art therapy, EMDR, and psychiatric evaluations. Richmond Creative Counseling accepts most major insurances and private payments. Some practitioners offer reduced fees.

Side By Side

804-644-4800

2311 Westwood Ave.

Richmond, VA 23230

<http://www.sidebysideva.org>

Side By Side offers support groups for LGBTQ+ youth ages 11-13, and 14-20. Services are offered at no cost.

Virginia Treatment Center for Children

804-828-3129

1308 Sherwood Avenue

Richmond, VA 23220

Virginia Treatment Center for Children provides family-centered care and psychiatric services for children and adolescents. They provide short-term crisis stabilization, as well as inpatient and outpatient services.

Virginia Treatment Center for Children accepts most major insurances, Medicaid, and Medicare. Financial assistance programs are also offered.

Helpful Resources

American Association of Suicidology: <https://www.suicidology.org>

American Foundation for Suicide Prevention: <https://afsp.org>

American Foundation for Suicide Prevention Virginia Chapter

Kathe Goller, VA Area Director – kgoller@afsp.org, (540) 447-0113

Be Well VA: <http://bewellva.com>

Cameron K. Gallagher Foundation: <http://www.ckgfoundation.org>

Children’s Hospital of Richmond Grief Resources for Children:

<https://chrichmond.org/Grief-Support.htm>

Comfort Zone Camp: <https://www.comfortzonecamp.org>

Ditch the Label: <https://www.ditchthelabel.org>

Kids Health: <https://kidshealth.org>

Mental Health America Screenings: <https://screening.mentalhealthamerica.net>

National Alliance on Mental Illness Central Virginia: <http://namicva.website>

National Council for Suicide Prevention: <https://www.thencsp.org>

Prescription Drug Take Back locations in Henrico:

- Bon Secours Good Health Pharmacy at Reynolds
 - 6900 Forest Ave. Suite 100, Richmond, VA 23230
- CVS Pharmacy
 - 10901 W. Broad St, Glen Allen, VA 23060
- St. Mary’s Community Pharmacy
 - St. Mary’s Hospital 5901 Bremono Rd. Richmond, VA 23226
- Walgreen Pharmacy
 - 4825 S. Laburnum Ave., Richmond, VA 23231

Society for the Prevention of Teen Suicide: <https://www.sptsusa.org>

Stopbullying.gov: <https://www.stopbullying.gov>

Suicide Awareness Voices of Education: <https://save.org>

Suicide Prevention Resource Center: <https://www.sprc.org>

The Jason Foundation: <http://jasonfoundation.com>

The Jed Foundation: <https://www.jedfoundation.org>

The Trevor Project: <https://www.thetrevorproject.org>

Yellow Ribbon Suicide Prevention Program: <https://yellowribbon.org>

You Matter: <https://youmatter.suicidepreventionlifeline.org>

Crisis Hotlines (24 Hours)

Henrico Emergency

Services.....804-727-8

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National Disaster Distress

Hotline.....800-985-5990

National Hopeline Network, Suicide, & Crisis

Hotline.....800-442-4673

National Suicide Prevention

Lifeline.....800-273-8255

National Youth Crisis

Hotline.....800-448-466

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Trevor

Lifeline.....

.....866-488-7386

National Crisis Text

Line.....Text HOME to

741741

Book List for Suicide Loss & Grief

General:

Dying to Be Free: A Healing Guide for Families after a Suicide by Bev Cobain, Jean Larch

Healing after the Suicide of a Loved One by Ann Smolin & John Guinan

Lay My Burden Down: Suicide and the Mental Health Crisis among African-Americans by Alvin Poussant & Amy Alexander

No Time to Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine

Suicide Survivors' Handbook by Trudy Carlson

Touched by Suicide: Hope and Healing After Loss by Michael F. Myers & Carla Fine

Unfinished Conversation: Healing from Suicide and Loss by Robert Lesoine & Marilynne Chopel

Why Suicide?: Questions and Answers About Suicide, Suicide Prevention, and Coping with the Suicide of Someone you Know by Eric Marcus

Understanding Suicide & Mental Health:

An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison

Darkness Visible: A Memoir of Madness by

Demystifying Psychiatry: A Resource for Patients and Families by Charles Zorumski & Eugene Rubin

No One Saw My Pain: Why Teens Kill Themselves by Andrew Slaby & Lili Frank Garfinkel

November of the Soul: The Enigma of Suicide Paperback by George Howe Colt

The Noonday Demon: An Atlas of Depression by Andrew Solomon

Understanding Depression: What We Know and What You can do About It by J. Raymond DePaulo Jr. & Leslie Alan Horvitz

For Children:

After a Suicide: An Activity Book for Grieving Kids by The Dougy Center

But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors by Barbara Rubel

My Uncle Keith Died by Carol Ann Loehr

Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them by Doreen Cammarata

Understanding Suicide, Supporting Children by