

Community Provider List- Hampton Roads Area

*****PLEASE NOTE THAT THE OCS DOES NOT ENDORSE ANY OF THE FOLLOWING PROVIDERS. AS SUCH, THIS LIST IS NOT A REFERRAL LIST, BUT ONLY A COMPILED LIST OF LOCAL PROVIDERS, FOR YOUR EASE AND CONVENIENCE*****

If you are currently experiencing a crisis contact:

CNU Office of Counseling Services:

(Open 8am-5pm Monday—Friday)

757-594-7047

Freeman Center – 2nd floor

Above Health and Wellness

1 Avenue of the Arts

Newport News, VA 23606

<http://cnu.edu/counseling/>

Services: Individual, group, crisis, consultation, etc.

CNU Police Department (if on campus)

757-594-7777

12270 Warwick Blvd

Newport News, VA 23606

<http://cnu.edu/police/>

911 – Off campus

Hampton/Newport News CSB 24/7 Crisis Intervention Services

757-788-0011

Riverside Emergency Room

757-594-2000

500 J. Clyde Morris Boulevard

Newport News, VA 23601

Riverside Mental Health & Recovery

Center (Inpatient)

24/7 phone line 757-827-1001

[Riverside Mental Health & Recovery Center](#)

[Home | Riverside Health System |](#)

[Southeastern VA \(riversideonline.com\)](#)

24/7 crisis walk-in services at:

2244 Executive Drive

Hampton, VA 23666

Virginia Family Violence and Sexual Assault Hotline

1-800-838-8238 (available 24 hours)

The Trevor Project Hotline:

Specializing in supporting the LGBTQ community

1-866.488.7386

Text: “Trevor” to 1-202-304-1200

National Suicide Prevention Hotline

1-800-273-TALK (8255)

Text: "START" to 741-741

Samaritans Domestic Violence Crisis Line

757-430-2120

<http://www.samaritanhouseva.org/>

The Center – Sexual Assault Crisis Line

757-236-5260 – Crisis line

757- 599-9844 – Non-crisis line

718 Clyde Morris Blvd.

Newport News, VA 23601

<http://www.visitthecenter.org/>

Services: 24 hour Crisis-Line, counseling, medical accompaniment, legal accompaniment, information and referral, counseling, support groups

Transitions Family Violence Services

757-723-7774 – Crisis line

(757) 722-2261 – Non-crisis line

137 Kings Way

Hampton, VA 23669

<http://www.transitionsfvs.org/>

Services: Shelter, counseling, legal services, outreach

Community Provider List- Hampton Roads Area

Outpatient Provider List:

Newport News, VA

Artisan Counseling

757-503-2819

11713 Jefferson Ave.

Newport News, VA 23606

<https://artisancounseling.com/>

Services: *Individual*

Available Mental Health Services (AMHS)

757-223-7810

732 Thimble Shoals Blvd., Suite 202

Newport News, VA 23606

<https://www.availablemhs.org/>

Services: Individual, Family, Couples, Substance Use, *Comprehensive Assessments*,

Behavioral Medicine Institute (BMI)

757-872-8303

802 Lockwood Ave, Suite B

Newport News, VA 23602

Services: *Cognitive-behavioral therapy, hypnosis, biofeedback, etc.*

Benoit Counseling & Consulting

Dr. Esther Benoit, LPC

757-418-6408

10345 Warwick Blvd.

Newport News, VA 23601

<https://benoitcounseling.com/>

Services: *Individual, relationships, family therapy*

Black Pine Counseling Center

757-595-3455

760 Pilot House Drive, Suite E

Newport News, VA. 23606

<http://www.blackpinecounseling.com>

Services: *Individual, family*

Brittni Peterson, LCSW

Mind & Beyond Counseling Services, LLC

757298-7052

admin@mindandbeyondcounseling.com

www.mindandbeyondcounseling.com

Catholic Charities of Eastern Virginia

757-875-0060

12829 Jefferson Ave., Suite 101

Newport News, VA 23608

<http://www.cceva.org/need-help/mental-health-counselors/>

Community Provider List- Hampton Roads Area

Services: *Individual, couples, families, group, grief & loss support group, body image support group*

CCFS (Center for Child and Family Services) (Free mental health services)

(757) 838-1960

739 Thimble Shoals Blvd, Suite 400

Newport News, VA 23666

<https://kidsandfamilies.com/>

Choices Therapeutic Services LLC

Lecia Fuller-Martin, LLC

757-401-6210

11830 Canon Blvd., Suite C

Newport News VA 23606

<https://lecia-fuller-martin.clientsecure.me/>

Services: *Individual, couples, families*

Clinical Associates of Tidewater

757-877-7700

12695 McManus Blvd., Bldg. 8

Newport News VA 23602

www.catnn.com

Services: *Individual, couples, families, groups, psychological testing (no psychiatry)*

Coastal Medical & Psychiatric Services, Inc.

757-310-6900

825 Diligence Dr. Ste 100

Newport News, Virginia 23606

<https://cmprsva.com/>

Services: *Medication Management, Therapy*

Colonial Psychiatric Associates

757-873-1958

708 Mobjack Place

Newport News, VA 23606

<https://www.colonialpsychiatricnewportnews.com/>

Services: *Psychiatry, individual, couples, family, testing/assessment, etc.*

Commonwealth Catholic Charities

757-247-3600

740 Thimble Shoals Blvd., Suite F

Newport News, VA 23606

<https://www.cccofva.org/>

Services: *Individual, homeless, immigration, disability, food, housing & financial counseling*

Connected Counseling Services

757-753-8401

Community Provider List- Hampton Roads Area

101 Nat Turner Blvd.

Newport News, VA 23606

<https://www.connectedcounseling.services/>

Services: *Individual, couples, family therapy; children through adults*

Fly Family Therapy & Neurotherapy

757-873-8566

732 Thimble Shoals Blvd., Suite 203

Newport News, VA 23606

<http://flytherapy.com/>

Services: *Individual, couples, family therapy, neurofeedback*

Global Counseling Services

757-323-1292

393 Denbigh Blvd., Suite A

Newport News, VA 23608

<https://www.globalcounselingservices.com/>

Services: *Individual, Christian Counseling, Family, Couples, etc.*

Gray Rock Counseling

757-276-3225

825 Diligence Drive, Suite 226

Newport News, VA 23606

<https://grayrockcounseling.com/>

Services: *Individual, couples*

Greenbrook Newport News TMS Therapy Treatment Center

1-866-932-7379

825 Diligence Drive, Suite 226

Newport News, VA 23606

<https://www.greenbrooktms.com/virginia-centers/newport-news>

Services: *TMS Therapy, Nasal Esketamine*

LifeStance Health Therapist & Psychiatrists

855-806-3885

580 City Center Blvd., Suite 5

Newport News, VA 23602

<https://lifestance.com/location/state/virginia/>

Services: *Individual*

Michelle Lange, Psy.D.

Licensed Clinical Psychologist

757-598-1692 (Call or text)

www.relation.us

National Counseling Group (NCG)

757-240-5595

610 Thimble Shoals Blvd., Suite 303b

Newport News, VA 23606

Community Provider List- Hampton Roads Area

<https://www.ncgcommunity.com/>

Services: Individual

Oyster Point Counseling Center

757-969-6848

1 Old Oyster Point Road, Suite 250

Newport News, VA 23602

<https://www.oysterpointcounselingcenter.com/>

Services: Individual, Couples, Family

Paramount Counseling Inc.

757-599-0800

105 Nat Turner Blvd.

Newport News, VA 23606

<https://paramountcounselinginc.com/>

Services: Individual, Group

Peninsula Pastoral Counseling Center

757-873-2273

707 Gum Rock Ct.

Newport News, VA 23606

<http://www.peninsulapastoral.org/>

Services: *Individual/couples/family counseling for children through adults*

Peninsula Psychotherapy Center

757- 223-1909

11835 Canon Blvd. Suite B-102

Newport News, VA 23606

Services: *Licensed clinical psychologist*

Peninsula Therapy Center

757- 873-3353

739 Thimble Shoals Blvd., Suite 1011E

Newport News, VA 23606

Services: Therapy

Phoenix Counseling

757-379-8652

703 Thimble Shoals Blvd, St. C-6

Newport News, VA 23606

<http://www.phoenixcounselingva.com/index.html>

Services: specializes in art therapy

Pointe Wellness Center

757-596-7938

1030 Loftis Blvd. Suite 101

Newport News, VA 23606

<http://www.pointewellness.com/>

Services: *Individual and group counseling, all-ages*

Community Provider List- Hampton Roads Area

Renewing Minds Counseling Center

757-509-5007

11835 Canon Blvd.

Newport News, VA 23606

Services: *Individual and group counseling, all-ages*

Rock Landing Psychological Group, PLC

757-873-1736

11825 Rock Landing Dr. / The James Bldg.

Newport News VA 23606

www.rocklandingtherapy.com

Services: *Psychiatry, Individual, couples, and family counseling for children through adults,*

Thriveworks Counseling & Psychiatry Newport News

757-418-8127

1030 Loftis Blvd. Suite 102

Newport News, VA 23606

<https://thriveworks.com/newport-news-counseling/>

Services: *Individual, Relationships, Psychiatry*

TPMG Behavioral Health

757-595-3900

11818 Rock Landing Drive, Suite 101

Newport News, VA 23606

<http://www.mytpmg.com/specialties-services/behavioral-health-and-counseling/chessen-behavioral-health/>

Services: *Psychiatry, Counseling*

Vallee Counseling

757-743-2366

826 J. Clyde Morris Blvd.

Newport News, VA 23601

<https://www.valleecounseling.org/>

Services: *Individual counseling, can provide Christian counseling if wanted*

Hampton, VA

Brittany Roberts, LPC

757-504-0695

<https://www.myhavenchristiancounseling.com/about>

brittany@myhavenchristiancounseling.com

Genesis Counseling Center

757-827-7707

2202 Executive Drive, Ste. C

Hampton, VA 23666

www.genescounselingcenter.com

Services: *Psychiatry, Individual, couples, and family counseling for children through adults*

Community Provider List- Hampton Roads Area

Hampton Mental Health Associates, Inc

757-826-7516

2112 Hartford Road

Hampton, VA 23666

<https://www.hamptonmentalhealth.com/>

Services: *Psychiatry, individual, family, and couples counseling for children through adults*

Hampton/ Newport News Community Services Board

757-788-0600

300 Medical Drive

Hampton, VA 23666

<http://www.hnnccb.org/>

Services: *Psychiatry, individual, emergency services, case management, reduced fee counseling services*

Yorktown, VA

Associates of York

757-865-1843

205 Hampton Highway

Yorktown, VA 23693

Services: *Individual counseling, psychiatric services*

Genesis Counseling Center

757-598-2244

4034 George Washington Memorial Hwy

Yorktown, VA 23692

<http://www.genescounselingcenter.com/index.php>

Services: *Psychiatry, Individual, family, couples, neurofeedback, group, psychological testing*

Hampton Roads Counseling Center

757-877-9140

6515 George Washington Memorial Hwy, Ste. 100

Yorktown VA 23692

<https://hamptonroadscounselinginc.com/>

Services: *Psychiatry*, individual, couples, and family counseling for children through adults*

**Need to be in therapy there to have psychiatry services*

Tidewater Music Therapy, LLC

804-366-4276—Danielle Cavazos

757-679-9023—Megan Buhmann

757-255-8866—Nicole Harney

4030 George Washington Memorial Highway, Suite C

Yorktown, VA 23692

www.tidewatermusictherapy.com

Services: *Individual, group*

Community Provider List- Hampton Roads Area

Transcend Counseling

757-570-1677

8918 George Washington Mem. Hwy
Yorktown, VA 23693

<http://transcendcounseling.com/>

Services: *Individual, family, couples, substance Use, Court Ordered Treatment, Mental Health Assessments*

Williamsburg, VA

Assessment & Counseling of Williamsburg, PLC

757-941-8182

1309 Jamestown Rd. Ste. 201
Williamsburg, VA 23185

<https://acwmbg.com/index.html>

CCFS (free mental health services)

348 McLaws Circle Suite 1

Williamsburg, VA 23185

<https://kidsandfamilies.com/nn-group-payment-1-1>

(757) 229-7940

Colonial Psychiatric Associates of Williamsburg

757-645-4715

1318 Jamestown Rd., Suite 101

Williamsburg, VA 23185

Services: *Psychiatry, individual, group, family, psychological testing, etc.*

Cynthia Palmaz Therapy

5000 New Point Road; Suite 3201

Williamsburg, VA 23188

(757)-903-2253

<https://www.cynthiapalmaztherapy.com/>

Services: *Individual, Couples, Families, Grief, Addiction & Recovery*

Family Living Institute

757-229-7927

1307 Jamestown Road, Suite 202

Williamsburg, VA 23185

<https://www.familylivinginstitute.com/>

Services: *Psychiatry, individual, couples, families, etc.*

The Farley Center

888-226-4883

5477 Mooretown Road

Williamsburg, VA 23188

<https://farleycenter.com/>

Services: *Psychiatry, individual, couples, families, addiction, etc.*

Community Provider List- Hampton Roads Area

OutKind Counseling

757-952-6767

204 Packets Court

Williamsburg, VA. 23185

<https://outkindcounseling.com/>

Services: *Individual, couples, group, etc.*

Pamela Cappetta, Psychotherapist & Mindfulness Teacher

757-253-5708

491 McLaws Circle, Suite 3A

Williamsburg, VA 23185

<http://drpamm.com/>

Services: *Individual, couples, groups, etc.*

Peninsula Counseling Center of Virginia, LLC

757-655-4104

376 McLaws Circle

Williamsburg, VA 23185

<https://peninsulacounselingcenter.com/>

Services: Individual, Substance Abuse, Anger Management

Thrive Therapy

Cell: 757-912-0050

Office Phone: 757-912-2367

Fax: 757-578-9119

1307 Jamestown Road Suite 201

Williamsburg, VA. 23185

Email: lyanna@bmf.org

Websites: thrivetherapy4life.com or bmf.org

Poquoson, VA

Betty Eastman & Associates

757-868-0072

370 Wythe Creek Road, Suite C

Poquoson, VA

www.bettyeastman.com

Services: *Individuals, groups (possible DBT group), etc.*

Three practitioners, offer Saturday appointments, no psychiatry

Norfolk, VA

Balance Behavioral Health

757-626-3733

1500 E. Little Creek Road; Suite 205

Norfolk, Virginia 23518

<http://www.balancebehavior.com/>

Services: *Psychiatry, individual counseling, etc.*

Community Provider List- Hampton Roads Area

Hampton Roads Behavioral Health

757-587-4744

1500 East Little Creek Road, #205

Norfolk, VA 23518

<http://www.hrbhgroup.com/>

Services: *Psychiatry, Individual, etc.*

The James Barry-Robinson Institute

800-221-1995

443 Kempsville Road

Norfolk, VA 23502

<https://jbrivirginia.org/>

Services: *Outpatient Services.*

Studio for the Healing Arts

757-288-9741

1611-D Colley Avenue

Norfolk, VA 23517

<https://www.studioforthehealingarts.org/>

Services: *Individual, Dream workshops and groups*

Timothy Sanderson, MD

757-695-3107

4101 Granby Street, Suite 203

Norfolk, VA 23504

Services: *Psychiatry*

Virginia Beach, VA

Finney Zimmerman Psychiatric Associates, PLC

(757) 351-6400

324 Louisa Ave.; Suite 125

Virginia Beach, VA 23454

<http://www.psych-therapy.com/>

Services: *Psychiatry, individual, couples, groups, psychological testing, etc.*

Kevin Joyce LPC LLC

757-231-3435

317 Office Square Lane, Ste. 202

Virginia Beach, VA 23462

<https://www.psychologytoday.com/us/therapists/kevin-joyce-virginia-beach-va/479078>

Ocean Psychiatric Group

(757) 802-4500

770 Lynnhaven Pkwy

Virginia Beach, VA 23452

<http://www.oceanpsychiatric.com/>

Services: *Psychiatry, Individual, etc.*

Community Provider List- Hampton Roads Area

Quest Psychological and Counseling Services

757-828-5927

1120 First Colonial Road, Suite 202

Virginia Beach, VA 23454

<https://www.questpsych.org/>

Services: *Individual, couples, and assessment*

Regent Psychological Services Center

757-352-4488

1000 Regent University Dr

Virginia Beach, VA 23464

<http://www.regent.edu/acad/schcou/psc/index.htm>

Services: *Individual, couples, families, assessment*

Tidewater Psychotherapy

(757) 497-3670

240 Business Park Dr,

Virginia Beach, VA 23462

<http://www.tpsvb.com/index-4.html>

Services: *Psychiatry, Individual, substance abuse*

Chesapeake, VA

Chesapeake Integrated Behavioral Healthcare

(757) 547-9334

224 Great Bridge Blvd, Chesapeake, VA 23320

<http://www.cityofchesapeake.net/government/Boards-Commissions/full-listing/integrated-behavioral-healthcare.htm>

Services: *Individual and Group Therapy*

Gabby Oblena, LPS, CCTP, NCC

Pronouns: she/her/hers

PH: 804-215-6563 (Text ONLY)

Email: gab.oblena@ccognitiveclarity.com

Richmond, VA

Archstone Counseling & Treatment

804-288-1788

1007 Peachtree Blvd

Richmond, VA 23226

<https://www.archstonecounseling.com/>

Services: *Individual, Substance Abuse Counseling, PTSD*

Calming Wind Counseling Service

804-416-5052

903 Forest Hill Ave, Suite 2A

North Chesterfield, VA 23236

Community Provider List- Hampton Roads Area

<https://www.calmingwindcounseling.com/>

Services: Individual, Couples Therapy, Family Therapy, Online Groups, Telehealth

Chesterfield Mental Health Services

804-748-1227

6801 Lucy Corr Blvd

Chesterfield, VA 23832

<https://www.chesterfield.gov/878/Mental-Health-Support-Services>

Services: Individual, no insurance/no sliding scale

CrossOver Healthcare Ministry

804-622-0803

8600 Quioccasin Road

Richmond, VA 23229

<https://www.crossoverministry.org/>

Services: Individual

Discovery Counseling and Consulting

804-622-0803

Courthouse Commons Office Park

4118 E. Parham Rd.

Richmond, VA 23228

<https://www.vadcc.com/>

Services: Individual, Couples Therapy, Mindfulness, Eating Disorder

Dominion Behavioral Healthcare of Chesterfield

804-794-4482

703 N. Courthouse Road, Suite 101

Richmond, VA 23236

<https://www.dbhhelp.com/>

Services: Individual

Ellie Mental Health

804-575-0402

100 Concourse Blvd, Unit 111

Glenn Allen, VA 23059

<https://elliementalhealth.com/locations/glen-allen-short-pump-va/>

Services: Individual, Couples, Grief, Family, Trauma-Informed Therapy

Greenbrook TMS Neurohealth Center

855-940-4867

100 Eastshore Dr. Ste. 110

Glenn Allen, VA 23059

<https://www.greenbrooktms.com/virginia-centers/glen-allen>

Services: Individual, TMS Therapy

Therapeutic Counseling and Consulting (2 Locations)

804-322-9955

*8814 Fargo Road, Suite 125

Richmond, VA 23229

*6802 Paragon Place, Suite 525

Community Provider List- Hampton Roads Area

Richmond, VA 23230

<https://www.therapeuticcounseling.org/>

Services: *Individual, Testing*

Zoe Therapy Services

804-303-9622

Telehealth Only

4191 Innslake Drive #221

Glen Allen, VA 23060

<https://zoerva.com/>

Services: Comprehensive therapy services

Northern VA

Abigail O’Leary, LMFT (She/Her)

703-735-9234

Licensed Marriage & Family Therapist (Virginia)

License #0717002413

[Check out my personal website!](#)

Chloe Koutsos

Licensed Professional Counselor, NCC, LPC

McLean, VA 22101

[\(571\) 200-8148](tel:5712008148)

Virtual & in-person therapy

<https://www.psychologytoday.com/us/therapists/chloe-koutsos-mclean-va/710538>

Godielli Mental Health

1455 Old Bridge Road, Suite 204 Woodbridge, VA 22192

<https://godaellimentalhealth.com/>

<tel:7038700738>

Kara Karr, LPC

540-421-3281 or kkarrlpc@gmail.com

<https://www.psychologytoday.com/us/therapists/kara-michelle-karr-arlington-va/354776>

McLean Psychotherapy & Psychiatry

[\(703\) 401-5394](tel:7034015394)

6731 Curran Street

McLean, VA 22101

www.mcleanpsychotherapy.com