

## Mental Health Resources

Caroline County Public Schools does not necessarily endorse these resources and recommends conducting your own research

***If your child is in imminent danger and in need of immediate mental health care please take them to one of the following immediately:***

- **Rappahannock Community Services Board** (540) 373-3223  
600 Jackson Street  
Fredericksburg, Virginia 22401
- **Snowden through Mary Washington Hospital Emergency Room** (540) 741-1100  
1001 Sam Perry Blvd (540) 741-3900 (Snowden)  
Fredericksburg, Virginia 22401
- **Tuckers Psychiatric Clinic through Chippenham Emergency Room** (804) 483-3900  
7101 Jahnke Road  
Richmond, Virginia 23225
- **Virginia Treatment Center for Children through VCU Emergency Room** (804) 828 3129  
1000 E. Broad Street  
Richmond, Virginia 23219

### Fredericksburg

Compass Counseling 540-898-1040  
10715 Spotsylvania Ave. Fredericksburg, VA

Fredericksburg Counseling Services 540-373-2320  
305 Hanson Ave., Ste. 140 Fredericksburg, Va

Pathway Counseling Services 540-376-7680  
225 Industrial Circle Fredericksburg, VA

Riverside Counseling 540-373-1200  
404 Chatham Square Office Park Fredericksburg, VA 22405  
www.riversidecounseling.com

Aquia Counseling & Therapy 540-361-4330  
305 Hanson Ave. Fredericksburg, VA 22401  
www.aquiacounseling.com

Behavioral Healthcare of Fredericksburg 540-310-0797  
312 Progress St., Ste. 200 Fredericksburg, VA 22405  
www.bhfredericksburg.com

Simply Counseling, LLC 540-419-0229  
10500 Wakeman Dr., Ste. 240 Fredericksburg, VA 22407  
www.simplycounseling.com

### Richmond continued

Commonwealth Counseling  
www.commonwealthcounseling.com  
Chesterfield Office

- Phone (804) 320.0101, Fax (804) 320.0808

Hanover Office (Main)

- Phone (804) 730.0432, Fax (804) 730.2829

Midlothian Office

- Phone (804) 423.1550, Fax (804) 423.1550

West End Office

- Phone (804) 237.8030, Fax (804) 237.8028

Commonwealth Christian Counseling 804-254-7643  
1805 Monument Ave. Richmond, VA

Hanover- Counseling Services (Ashland) 804-752-7270  
206 East Patrick St, Ashland, VA

The ReFocus Center, Inc. 804-255-9152  
7459 Old Hickory Drive Mechanicsville, Virginia 23111

### In-home Counseling

National Counseling Group 804-497-4676  
5540 Falmouth St. #201 Richmond, VA 23230

## Richmond

Westhampton Family Psychologists- 804-673-0100  
1503 Santa Rosa Road, Suite 105 Richmond, VA 23229  
www.wfphelp.com

Richmond Creative Counseling 804-592-6311  
1900 Byrd Ave, Ste 200 Richmond, VA 23230  
www.richmondcreativecounseling.com

Richmond Counseling Center 804-525-6757  
2002 Bremono Rd, Ste. 204 Richmond, VA 23226  
richmondcounselingcenter.com

## In-home Counseling continued

Visions Family Services 804-732-4281  
408 S. Sycamore St. Petersburg, VA

Family Transitions, Inc.  
2505 Pocoshock Place Richmond, VA 23235

Good Neighbor Counseling 804-520-4555  
7001 Jahnke Rd. Richmond, VA 23225

River City Comprehensive Counseling Services 804-230-0999  
215 N. Market ST. Petersburg, VA 23803

## Helpful Resources

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

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

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>

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.....	804-727-8484
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.....	800-448-4663
Trevor Lifeline.....	866-488-7386
National Crisis Text Line.....	Text HOME to 741741