

Rappahannock Area Mental Health Resources

Supportive Services

Mental Health America of Fredericksburg

540-371-2704

HelpLine – Free, confidential referral and information on mental health practitioners, treatment services, community resources and educational literature; available weekdays.

Provider Listing – A listing of licensed mental health practitioners in the private sector and mental health agencies with quarterly updates is **available online at www.mhafred.org**.

Senior Visitors – Program provides trained volunteers to visit seniors who are isolated and lonely.

Support Groups – Free non-therapeutic, professionally facilitated groups including Mental Wellness, Live Life/Love Life Teen Support, and Survivors of Suicide Loss (for those who have lost a loved one to suicide).

Suicide Prevention – “Signs of Suicide” – suicide prevention education for local teens.

www.mhafred.org

Mental Health America of Virginia Warm Line

886-400-MHAV (6428)

Friendly, compassionate, non-judgmental peer-run support service for individuals residing in Virginia who just need to talk or need a referral to mental health resources. (M - F 9am – 5pm)

www.mhav.org

National Alliance on Mental Illness- Rappahannock

540-724-6393

Monthly Meetings – Free education programs and support groups for family members and individuals with mental illness.

Family-to-Family – Free 12-week course providing education and support for family members, led by trained family members.

In Our Own Voice – Free 60-90-minute presentation by individuals telling their stories of recovery, interspersed with video; available upon request; incorporated as part of Family-to-Family curriculum.

Peer-to-Peer – Free 10-week course for individuals with mental illness, taught by individuals with mental illness, providing education and support.

www.nami.org

Virginia 2-1-1

Dial 2-1-1

Free, confidential referral and information on health services, financial assistance, housing, senior services, childcare and more!

www.211.org

Virginia Veteran and Family Support

540-840-3003 (Central Region)
540-471-4804 (Stafford, North Region)

(formerly the Virginia Wounded Warrior Program)

VVFS provides peer and family support and care coordination services to Virginia veterans and their families with a special emphasis on those affected by stress related conditions or traumatic brain injuries resulting from military service.

www.dvs.virginia.gov/virginia-veteran-and-family-support-2

In case of a Mental Health Emergency:

Rappahannock Area Community Services Board 24-hour Emergency Services

Fredericksburg, Spotsylvania, & Stafford Counties	540-373-6876
Caroline County	804-633-4148
King George County	540-775-5064
Snowden at Fredericksburg / Mary Washington Hospital	800-362-5005
Spotsylvania Regional Medical Center	540-498-4000
Suicide Lifeline	800-273-TALK (8255)

Rappahannock Area Mental Health Resources

Service Providers

- Community Health Center of the Rappahannock Region** 540-735-0560
Caroline Family Practice 804-632-1030
Staff includes a MD and clinical psychologist; dental, health and counseling services. www.cvhsinc.org
- Compass Counseling Services** NOVA: 703-496-7804 or Fredericksburg: 540-339-3640
Intensive in-home, therapeutic day treatment, mental health support services, Autism behavioral support, outpatient services, psychological testing, play therapy. www.compassnova.com
- Dominion Day Services** 540-371-8750
Mental Health support services. www.dominionyouthservices.com
- Empowerhouse** 540-373-9373
Supporting survivors of domestic violence to move beyond victimization to healing and empowerment. Crisis intervention, 24-hour hotline, shelter, free support groups. www.empowerhouseva.org
- Family Preservation Services (Pathways)** 540-710-6085
Comprehensive service planning for people receiving government assistance. www.pathways.com
- Family Solutions** 877-582-6363
Crisis intervention, mental health support services, intensive family services. www.familysolution.net
- Fredericksburg Counseling Services** 540-373-6876
Free mental health clinic provides counseling for uninsured, low-income individuals and families.
INFO – online listing of community support groups. www.fcsagency.org
- Intercept** 804-440-3700
Mental health support services, intensive in-home counseling, therapeutic day treatment. www.intercepthealth.com
- Lloyd F. Moss Free Clinic** 540-741-1061
Psychiatric evaluation with medication management and therapy support for persons eligible for services at the Moss Free Clinic. www.mossfreeclinic.org
- National Counseling Group** 540-446-0007
Outpatient, intensive in-home, mental health support, therapeutic day treatment, co-parenting, mental health and substance abuse outpatient, substance abuse education, in-home counseling, psychological evaluations, parenting competency evaluations, drug testing. www.ncgcommunity.com
- Pinnacle Treatment Centers** 540-735-9350
Services for individuals with chemical dependency and their families: assessment & intervention; intensive outpatient programs; ambulatory detoxification; alternative therapies; family intervention.
- Rappahannock Area Community Services Board – Administrative Offices and Fredericksburg Clinic** 540-373-3223
Mental health, intellectual disability, substance abuse, prevention and early intervention services, outpatient services, psychiatric care, medication management, individual and group therapy, case management (all ages), emergency services, crisis stabilization, specialized services for women, day support, residential. www.rappahannockareacsb.org
- Rappahannock Council Against Sexual Assault** 540-371-6771 office / 540-371-1666 hotline
Sexual abuse & rape crisis services - 24-hour crisis support; free support groups for children, teens, women and men; free case management/legal advocacy; trauma-informed counseling; art therapy; long-term counseling available. www.rcasa.org
- Snowden at Fredericksburg** 540-741-3900 or 800-362-5005
Free assessments and referrals; intensive outpatient treatment for adults with substance abuse; mental health day treatment for adolescents and adults; inpatient services.
A department of Mary Washington Healthcare. www.snowdenmentalhealth.com
- Spotsylvania Regional Medical Center Behavioral Health Services** 540-498-4000
Free assessments and referrals; inpatient services, partial hospitalization program. www.spotsrmc.com

You are not alone! Help is available.