

# Mental Health Referral List

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## **Aquia Therapy & Counseling**

305 Hanson Ave, Ste 170  
Fredericksburg, VA 22401  
540.361.4330

**OR**

385 Garrisonville Rd, Ste 113  
Stafford, VA 22554  
540.657.1228  
[www.aquiacounseling.com](http://www.aquiacounseling.com)

## **Behavioral Health Care of Fredericksburg**

312 Progress St, Ste 200  
Fredericksburg, VA 22401  
540.310.0797  
[www.bhfredericksburg.com](http://www.bhfredericksburg.com)

## **Catholic Charities Family Services**

1101 Stafford Avenue  
Fredericksburg VA 22401  
540.371.1124

**OR**

3130 Jefferson Davis Hwy  
Stafford, VA 22554  
540.371.1124

[www.cdda.net/programs\\_fredericksburg.php](http://www.cdda.net/programs_fredericksburg.php)

## **Child and Family Counseling**

13649 Office Place, Ste 102  
Woodbridge, VA 22192  
703.670.5738  
[www.cfcc.info/](http://www.cfcc.info/)

## **Psychological and Life Skills Associates**

601 Jefferson Davis HWY, Ste 101  
Fredericksburg, VA 22401

**OR**

13885 Hedgewood Dr., Ste 245  
Woodbridge, VA 22193  
703.490.0336  
[www.psychlife.net](http://www.psychlife.net)

## **Psychiatric Assessment Services**

2601 Princess Anne St, Ste 101  
Fredericksburg, VA 22401  
540.368.3030

Specializes in children, adolescents, ADHD, behavioral issues, anger management, and eating disorders.

**Lavonne Rodgers, 7+**

**Nadine Lupton, 10+**

**Gary Lupton, 12+**

**Tammy George, 15+**

Psychological testing services, for issues such as ADHD, adjustment problems, learning problems and custody issues. Psychological services to individuals with chronic pain, brain injuries and other physical issues. Accepts most insurance, including Medicaid.

**Roy, Jarnecke, Ph.D., LCP; Debbie Jockin, LCSW  
Katherine Stutzman, Ph.D.**

Specializes in children 4+. Offers counseling, testing/assessments for ADHD, learning disabilities, IQ/ability. As well as care for depression, anxiety, family trauma, adoptions and behavioral issues.

Specializes in children, adolescents, ADHD, depression and anxiety. Counsels and prescribes medication.

**Renee Burdette, MD ; Katherine Harlan, Ph.D.  
James Crist, Ph.D.**

Psychological testing for learning disabilities, ADHD, behavior, depression, anxiety, and other mental health concerns.

Provides psychological testing and therapy for children ages 4+. Does not prescribe any form of medication.

**June Wright-Good, Ph.D.**

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### **RACSB**

600 Jackson St.  
Fredericksburg, VA 22401  
540-373-3223  
<http://www.racsb.state.va.us/>

Counsels children and adolescents.  
Dr. Young  
TK Reese, MD (13+)

### **Stafford Family Counseling**

11 Hope Rd, Ste 213  
540.658.0888  
<http://www.staffordfc.com>

Psychological testing for children of all ages.  
Including ADHD.

### **Mental Health Resources**

412 Chatham Square, Ste 201  
Fredericksburg, VA 22405  
540.899.9826  
[www.mentalhealthresourcespc.com](http://www.mentalhealthresourcespc.com)

Specialty office for ADHD, depression, anxiety, eating disorders, and counseling.  
Dr. Pasternak, Ph.D.; Carl Ackerman, MSW;  
Susan Reeves, PsyD;  
Barbara Deal, MA, MSW, LCSW (12mo-5yr)

### **Virginia Smith, Ph.D, PLLC**

380 Maple Ave West, Ste 303B  
Vienna, VA 22180  
703.938.5234, Option 1

Assessment for learning disabilities, ADHD, emotional and behavior problems in children and teenagers. Also provides parent training.

### **Mindful Health**

4528 Plank Rd.  
Fredericksburg, VA 22401  
540.845.6940  
Mindfulhealthva.com

ADHD/ADD, learning disabilities, gifted, intellectual disability, Autism/Asperger's, school related counseling. Accepts Medicaid.

### **Tucker Psychiatric Clinic**

1000 Boulders Pkwy #202  
N. Chesterfield, VA 23225  
804.320.7881  
Tuckerpsychiatric.com

Treats general psychiatric disorders such as depression, panic disorder, anxiety disorder, bipolar disorder, ADD/ADHD, eating disorders, chronic mental illness, substance abuse and other psychiatric disorders.

### **Aracoma Smith, LCSW, PLLC**

3715 Latimers Knoll Ct. Ste 106  
Fredericksburg, VA 22408  
540.361.1844  
[www.aracomasmith.com](http://www.aracomasmith.com)

Specializes in children age 5 and older & adolescents, ADHD, behavioral issues and behavioral problems.

### **Center for Family Counseling**

307 Lafayette Blvd, Ste 202  
Fredericksburg, VA 22401  
540.361.1556  
[www.centerforfamilycounseling.com](http://www.centerforfamilycounseling.com)

Specializes in individual, teen and family counseling services.

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### **Compass**

10707 Spotsylvania Ave, Ste 102  
Fredericksburg, VA 22408  
540.339.3640  
[www.compassnova.com](http://www.compassnova.com)

Intensive in-home therapy service that specializes with children ages 4-18 with difficulties at school and/or home, grief or loss, neglect or abuse.

### **Fredericksburg Psychological Services**

1119 Caroline St.  
Fredericksburg, VA 22401  
540.371.2251  
[www.fredpsych.com](http://www.fredpsych.com)

Specializes in children, adolescents, abuse issues, mood and anxiety disorders, psych testing and counseling.

### **Child and Adolescent Psychological Services**

4607 Harrison Rd.  
Fredericksburg, VA 22192  
703.670.5738

Psychological services for children of all ages. ADD/ADHD, writes no prescriptions.

### **Jannon Holmes, LCSW**

540.370.4596

Children 8+ abd adolescent adjustment issues, adoption, anxiety, grief, mood disorders, stress management, trauma, and play therapy.

### **Karen Brown, LCSW**

1320 Central Park Blvd.  
Fredericksburg, VA 22401  
540.785.5759

### **Thrive**

2124 Jefferson Davis Hwy, Ste 103  
Stafford, VA 22554  
540.602.7266  
[www.thrivestafford.com](http://www.thrivestafford.com)

Provides psychological testing and counseling for children and teens including those with earing disorders.

### **Kimberly S. Harris Kennedy, LPC, LLC**

2217 Princess Anne St, Ste 315  
Fredericksburg, 22401  
540.273.6859  
[www.kimberlysharrisllpc.com](http://www.kimberlysharrisllpc.com)

Specializes in counseling for individuals, couples, and families.

### **Mental Health America of Fredericksburg**

2217 Princess Anne St, Ste 104-1  
540.371.2704 or 800.684.MHAF  
<http://mhafred.org>

Free community programs and services.

### **New Hope Psychiatry, PLLC**

3715 Latimers Knoll Ct, Ste 103  
Fredericksburg, VA 22408  
540.357.7101  
[www.newhopepsychiatry.com](http://www.newhopepsychiatry.com)

Specializes in children 7+, adolescents, and ADHD evaluations.

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**Mike Fray, Ph.D.**

2636 Caroline St.  
Fredericksburg, VA 22401  
540-899.7762

Specializes in children and adolescents.

**Kids Helping Kids – through hospice support**

1701 Fall Hill Ave  
Fredericksburg, VA 22401  
540.361.7071

Free of charge service to benefit children who have lost a loved one.

**Liberty Point**

111 Montgomery Ave.  
Staunton, VA 22401  
800.796.7941 or 540.213.0450  
[www.libertypointstaunton.com](http://www.libertypointstaunton.com)

Treatment center for children ages 13-17 with Axis I psychiatric diagnosis, and unmanageable behavioral symptoms which interfere with functioning.

**VCU Medical Center**

804.828.3129 or 804.828.2000  
Toll Free: 800.232.0901

Medical Psychiatry Services for children and adolescents.

**Vibrant Life Nutrition**

540.847.7706  
[www.LVNutrition.com](http://www.LVNutrition.com)

Specializes in eating disorder and overweight management for children.

**Kelley Raetzch, RD.**

**Virginia Treatment Center for Children**

515 North 10<sup>th</sup> St. PO Box 980489  
Richmond, VA 23298  
804.828.3129

Inpatient and Outpatient care for family and individual therapy. Also offers specialty clinics for mood and developmental disorders.

**Susan Pillsbury, M.D.**

5875 Bremono Rd. #700  
Richmond, VA 23226  
804-673-9600

Pediatrician that is a certified ADOS examiner and also works with learning disabilities.

**Dr. Manish Soni**

West End  
Richmond, VA  
804-270-1124

Depression, social-anxiety, intense worries, attention/focus problems, adjustment problems and other mood problems, psychiatric assessment, medication management, as well as individual therapy.

**Pediatric Partners for Attention & Learning**

15 Upton Ln.  
Stafford, VA 22554  
540-628-4145  
[www.pp4al.com](http://www.pp4al.com)

Clinic that specializes in Autism, Attention Deficit, and learning disabilities.

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**Lisa Fleming, LPC, LLC**

2217 Princess Anne St, Ste b10  
Fredericksburg, VA 22401  
540-907-2066  
[LFlemingLPC@hipaamail.us](mailto:LFlemingLPC@hipaamail.us)

Licensed professional counselor who works with adolescents (14+), adults, and couples that may be presenting with a variety of different challenges such as mood disorders, grief and loss, anxiety, ADHD, and other circumstances.

**Resilience Counseling & Social Skills Center**

306 Westwood Office Park  
Fredericksburg, VA 22401  
540-699-0226  
[Resiliencecounseling.care](http://Resiliencecounseling.care)

Counseling services, psychological testing, psychiatric services, groups and telehealth.  
***\*Does accept some Medicaid insurance plans.***  
***\*Does NOT take Tricare plans***

10.23.2023