

## 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 22<sup>nd</sup> 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.cccofva.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 18<sup>th</sup> birthday, or the end of 12<sup>th</sup> 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](mailto: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 Bremo 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.....804-727-8484

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

## BOOKS FOR GRIEF & LOSS

### 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 William Styron

*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 The Dougy Center