

MENTAL HEALTH NEEDS

Resource Guide

cool spring
BAPTIST CHURCH

Community Service Boards

Mental Health, Substance Abuse and Psychiatric Emergencies

Hanover County CSB 804-365-4222
CRISIS INTERVENTION 804-365-4200

Henrico County Social Services 804-727-8500
CRISIS INTERVENTION 804-727-8484

City of Richmond Social Services 804-819-4000
CRISIS INTERVENTION 804-819-4100

Chesterfield County Social Services 804-768-7203
CRISIS INTERVENTION 804-748-6356

King William CSB 804-639-9982

Suicide Hotlines and Assistance

Suicide Prevention Hotline 1-800-272-TALK
Text "NAMI" to 741741
(suicidal thoughts)

Crisis

National Youth Crisis Hotline 1-800-442-4673
National Parent Hotline 1-855-427-2736
Self-Harm Hotline 1-800-366-8288
The Trevor Project 1-866-488-7386
Text "HOME" to 741741
(if in crisis)

Veteran Crisis Hotline

Because you and your service always matters 1-800-273-8255
Text "CHAT" to 838255

Abuse Hotlines for child or adult abuse, neglect or exploitation

Virginia Adult Protective Services 1-888-83ADULT
Virginia Child Protective Services 1-800-552-7096
Virginia Domestic Violence 1-800-838-VADV

1-866-488-7386

Inpatient Psychiatric Treatment for Mental Health Emergencies

Bon-Secours St. Mary's Hospital Unit

Enter through emergency room at St. Mary's
5801 Bremono Road
Richmond, VA 23226
804-285-2011

Parham Doctors Psychiatric Unit-

7700 East Parham Road
Richmond, VA 23294
804-747-5600

Tucker Psychiatric Hospital

Enter through emergency room
at Chippenham Hospital
7101 Jahnke Road
Richmond, VA 23225
804-483-0000

The Farley Center

(Addiction Treatment)
5477 Mooretown Road
Williamsburg, VA 23188
757-941-6400

Poplar Springs Psychiatric Hospital

350 Poplar Drive
Petersburg, VA 23805
1-866-526-2229

VCU Health System Psychiatric Unit

Enter through VCU ER
1250 East Marshall Street
Richmond, VA 23219
804-828-9000

Riverside Behavioral Health

2244 Executive Drive
Hampton, VA 23666
757-827-1001

Additional Alcoholism & Substance Abuse Resources

Richmond Behavioral Health Authority
Chesterfield County
Hanover County
Henrico County
Substance Abuse and Addiction
Recovery Alliance

804-819-4000
804-748-6356
804-365-4222
804-261-8185
804 762-4445

Inpatient Substance Abuse Resources

Middle Peninsula IOP	757-333-3671
IOP Tuckers Program	804-323-8846
Harrison House (28-day inpatient)	703-256-6901
Caron Foundation (28-day inpatient)	604-743-6163
McShinn Foundation	804-249-1845
Snowden Inpatient SA Treatment	540-741-1512
Poplar Springs Hospital	1-866-526-2229
Williamsburg Place Farley Center	1-757-941-6400

Outpatient Substance Abuse Resources

Family Center for Counseling and Recovery	804-354-1996
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Local Psychiatric Medicine Practices

Bon Secours Psychiatry

8220 Meadowbridge Road
Suite 313
Mechanicsville, VA 23116
804-325-8882

Neuropsychiatric & Counseling Associates

9020 Stoney Point Pkwy
Richmond, VA 23235
804-282-5236

Tucker Psychiatry

1000 Boulders Pkwy
Richmond, VA 23235
804-320-7881

Inpatient and Outpatient Psychiatric and Therapy Services for Children and Adolescents

Virginia Treatment Center for Children	804-828-3129
Poplar Springs Adolescent Treatment	804-733-6874
REACH Child Crisis Service (RBHA)	804-819-8755
3700 Festival Park Plaza, D Chester, VA 23831	

Cameron Gallagher Mental Health Resource Center 804-828-2467
(located at the Virginia Treatment Center)

Therapy and counseling (Christian based or standard)

Christian Counseling Associates

12000 Wyndham Lake Dr., Suite B
Glen Allen, VA 23059
804-592-2793

Dominion Behavioral Health Care

(Children and Adults)
Mechanicsville Turnpike
804-270-1124

Hanover Counseling Associates

(Children Only)
804-789-1224

Lighthouse Counseling

(Children Only)
804-789-1335

Village Family Psychiatry

(Children and Adults)
804-285-8500

Support Groups

NAMI (National Alliance of Mental Illness)

Cool Spring Baptist Church

9283 Atlee Station Road
Mechanicsville, VA 23116
804-746-0800
Peer Group and Family Group meet
2nd and 4th Monday (6:30 PM)

AA and Al-Anon

Cool Spring Baptist Church
9283 Atlee Station Road
Mechanicsville, VA 23116
804-746-0800
Every Tuesday (7:30 PM)

Commonwealth Counseling Associates

(Children and Adults)
9202 Center Oak Ct
Mechanicsville, VA 23116
804-730-0432

Gaertner Psychiatric

(Children and Adults)
804-269-4916

Insight Physicians

(Children and Adults)
804-288-1881

Ole Town Counseling

7489 Right Flank Rd,
Mechanicsville, VA 23116
804-398-8401

NA and Nar-Anon

Cool Spring Baptist Church
9283 Atlee Station Road
Mechanicsville, VA 23116
804-746-0800
Every Thursday (7:30 PM)

Parents of Children with Mental Health Needs

Cameron Gallagher
Mental Health Resource Center
Wednesdays (4:00 PM)
Call 804-828-2467 to register

Local Therapists and Counselors

Angela Bach, LPC (children/adults)	804-495-3948
Phyllis Berg, Ph.D.	804-285-4121
Lisa Berman, Ph.D.	804-282-9100
Teresa Buczek Ph.D.	804-794-5928
Jennifer Diehl, LCSW (adolescents/adults)	804-647-9802
Wendy Hall, LCSW (children/adults)	804-420-2955
Yvonne Fall, LPC (older adolescents/adults)	804-491-5522
Tammy Kirby, LPC	804-730-9660
Monica Klisz, LPC (adults)	804-366-4330
Lancie Mazza, LCSW (marriage/family)	804-543-0375
Katlin Sisler, LPC (children/adults)	804-255-9081
Lee Thornton, Ph.D.	804-264-0966
Laura Wert, Ph.D.	804-264-0966

Mental Health Nurse Practitioner

Kimberly Farley, DPN, PMHNPBC	804-944-3088
9157 Atlee Road, Suite A	
Mechanicsville, VA 23116	

Child and Adolescent Psychology

Gayle Quick Ph.D.	804-270-1124
David Dwyer, Ph.D.	804-751-8644
Steven Butniik, Ph.D.	804-282-9989
Leslie Montgomery Ph.D.	804-288-8823

Pediatric Neurologist

Dr. Ronald David	(804) 673-9600
2114 Dabney Rd., Suite E	
Richmond, VA 23230	

Child and Adolescent Psychiatry

David Gould, M.D.	804-320-7881
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Grief Therapists

Pamela Schalow Ph.D.	804-615-2222
Lisa Berman, Ph.D.	804-282-9100
Grief Resource Center	804-360-2884

Medical Psychologists for Persons with Chronic Health Problems, Pain, SCI, Amputation and Disabilities

Sheltering Arms

Medical Psychology Department

804-764-5201

Neuropsychiatry for Persons with Brain Injuries/Neurological problems

Neuropsychiatric & Counseling Associates

804-282-5236

Gregory O'Shanick, MD

804-272-0114

David Ross, MD

804-594-7046

Anger Management Groups and Therapists

Frank Manners LCSW

804-673-4578

Catholic Charities

804-385-5900

Connie Brown LCSW

804-355-6341

Pamela Schalow, Ph.D.

804-615-2222

Marriage and Family Therapists

Nancy Whitehurst, LCSW

804-359-8224

Donna Swabee Ph.D.

804-730-0432

Eric Oritt, Ph.D.

804-264-0966

Karen O'Shansky LCSW

804-282-4627

Barbara Morgan, Ph.D.

804-520-4166

Assistance with finances, housing etc.

Commonwealth Catholic Charities

804-285-5900

Barbara McEntire Housing Assistance

804-545-5931

Center for Independent Living

804-353-6503

Children or Adults with Developmental Delays/Disabilities

ARC of Hanover

804-798-2400

Children and Adults with Autism

Autism Society – Central Virginia

804-257-0192

A photograph of a church congregation is shown, with a diagonal overlay of green and blue colors. The text 'cool spring' is written in a white, lowercase, sans-serif font, and 'BAPTIST CHURCH' is written in a smaller, white, uppercase, sans-serif font below it.

cool spring
BAPTIST CHURCH