

## Community Provider List- Hampton Roads Area

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**\*\*\*PLEASE NOTE THAT THE OCS DOES NOT ENDORSE ANY OF THE FOLLOWING PROVIDERS. AS SUCH, THIS LIST IS NOT A REFERRAL LIST, BUT ONLY A COMPILED LIST OF LOCAL PROVIDERS, FOR YOUR EASE AND CONVENIENCE\*\*\***

**If you are currently experiencing a crisis contact:**

**CNU Office of Counseling Services:** (Open 8AM-5PM)  
757-594-7047

Freeman Center – 2<sup>nd</sup> floor – Above Health and Wellness

1 Avenue of the Arts

Newport News, VA 23606

<http://cnu.edu/counseling/>

Services: Individual, group, crisis, consultation, etc.

**CNU Police Department (if on campus)**

757-594-7777

12270 Warwick Blvd

Newport News, VA 23606

<http://cnu.edu/police/>

**911** – Off campus

**Hampton/Newport News CSB 24/7 Crisis Intervention Services**

757-788-0011

**Riverside Emergency Room**

757-594-2000

500 J. Clyde Morris Boulevard

Newport News, VA 23601

**Riverside Behavioral Health**

24/7 phone line 757-827-3119

ONLY INPATIENT, no longer provides outpatient care

24/7 crisis walk-in services at:

2244 Executive Drive

Hampton, VA 23666

**The Trevor Project Hotline:**

Specializing in supporting the LGBTQ community

1-866.488.7386

Text: "Trevor" to 1-202-304-1200

**National Suicide Prevention Hotline**

1-800-273-TALK (8255)

Text: "START" to 741-741

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Samaritans Domestic Violence Crisis Line**

757-430-2120

<http://www.samaritanhouseva.org/>

**The Center – Sexual Assault Crisis Line**

757-236-5260 – Crisis line

757- 599-9844 – Non-crisis line

718 Clyde Morris Blvd.

Newport News, VA 23601

<http://www.visitthecenter.org/>

Services: 24 hour Crisis-Line, counseling, medical accompaniment, legal accompaniment, information and referral, counseling, support groups

**Transitions Family Violence Services**

757-723-7774 – Crisis line

(757) 722-2261 – Non-crisis line

137 Kings Way

Hampton, VA 23669

<http://www.transitionsfvs.org/>

Services: Shelter, counseling, legal services, outreach

## Community Provider List- Hampton Roads Area

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### **AVALON Center for Women and Children**

757-258-5022

<http://www.avaloncenter.org/>

Services: Supports survivors of domestic violence and sexual assault

### **Virginia Family Violence and Sexual Assault Hotline**

1-800-838-8238 (available 24 hours)

### **Outpatient Provider List:**

#### **Newport News, VA**

#### **Jenn Abrams, LPC, ATR-BC**

(specializes in art therapy)

Pheonix Counseling

703 Thimble Shoals Blvd, St. C-6

Newport News, VA 23606

#### **Behavioral Medicine Institute**

757-872-8303

12700 McManus Blvd

Newport News, VA

[behavioralmedicineinstitute.com](http://behavioralmedicineinstitute.com)

Services: *Cognitive-behavioral therapy, hypnosis, biofeedback, etc.*

#### **Black Pine Counseling Center**

757-595-3455

727 J Clyde Morris Blvd., Suite A

Newport News, VA. 23601

[www.blackpinecounseling.com](http://www.blackpinecounseling.com)

Services: *Individual, family*

#### **Catholic Charities of Eastern Virginia**

757-875-0060

12829 Jefferson Ave., Suite 101

Newport News, VA 23608

<http://www.cceva.org/need-help/mental-health-counselors/>

Services: *Individual, couples, families, group counseling, grief and loss support group, body image support group*

#### **Clinical Associates of Tidewater**

757-877-7700

12695 McManus Blvd., Bldg. 8

Newport News VA 23602

[www.catnn.com](http://www.catnn.com)

Services: *Individual, couples, families, groups, psychological testing (no psychiatry)*

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### **Coastal Medical & Psychiatric Services, Inc.**

757-310-6900

825 Dilligence Dr. Ste 206

Newport News, Virginia 23606

Services: *Medication Management, Therapy*

### **Colonial Psychiatric Associates**

757-873-1958

708 Mobjack Place

Newport News, VA 23606

<http://www.colonialpsychiatricnn.com/>

Services: *Psychiatry, individual, couples, family, testing/assessment, etc.*

### **Connected Counseling Services**

757-753-8401

101 Nat Turner Blvd

Newport News, VA 23606

[www.connectedcounselingservices.org](http://www.connectedcounselingservices.org)

Services: *Individual, couples, family therapy; children through adults*

### **Dr. Esther Benoit, LPC**

#### **Counseling & Consulting**

10345 Warwick Blvd.

Newport News, VA 23601

757-418-6408

<https://benoitcounseling.com/>

### **Fly Family Therapy & Neurotherapy**

718 J. Clyde Morris Blvd.

Newport News, VA 23601

(757) 873-8566

### **Gingras Coaching and Consulting**

757-833-7107

710 Denbigh Blvd Suite 6B

Newport News, VA 23608

[www.terrygingrasphd.com/](http://www.terrygingrasphd.com/)

Services: *ADHD specialty, psychological and neuropsychological testing, therapy*

### **Greenbrook TMS Therapy**

825 Diligence Drive, Suite 226

Newport News, VA 23606

1-855-940-4867

[newportnews@greenbrooktms.com](mailto:newportnews@greenbrooktms.com)

## Community Provider List- Hampton Roads Area

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### **Peninsula Pastoral Counseling Center**

757-873-2273

707 Gum Rock Ct.

Newport News, VA 23606

<http://www.peninsulapastoral.org/>

Services: *Individual/couples/family counseling for children through adults*

### **Peninsula Psychotherapy Center**

757- 223-1909

11835 Canon Blvd. Suite B-102

Newport News, VA 23606

Services: *Licensed clinical psychologist*

### **Pointe Wellness**

757-596-7938

703 Thimble Shoals Blvd. Suite A-3

Newport News, VA 23606

<http://www.pointewellness.com/>

Services: *Individual and group counseling, all-ages*

### **Rock Landing Psychological Group**

757-873-1736

11825 Rock Landing Dr. / The James Bldg.

Newport News VA 23606

[www.rocklandingtherapy.com](http://www.rocklandingtherapy.com)

Services: *Psychiatry, Individual, couples, and family counseling for children through adults*

### **Thimble Shoals Counseling & Therapy Center**

757-873-3401

703 Thimble Shoals Blvd. Ste. A-3

Newport New, VA 23606

[www.thimbleshoadscounseling.com](http://www.thimbleshoadscounseling.com)

Services: *Individual and family counseling for children through adults, Part-time Psychiatrist*

### **Tidewater Music Therapy, LLC**

Danielle Cavazos, MAT (804) 366-4276

Megan Buhmann, MT-BC (757) 679-9023

[www.tidewatermusictherapy.com](http://www.tidewatermusictherapy.com)

### **TPMG Behavioral Health**

757-595-3900

11818 Rock Landing Drive

Newport News, VA 23606

<http://www.mytpmg.com/specialties-services/behavioral-health-and-counseling/chessen-behavioral-health/>

# Community Provider List- Hampton Roads Area

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Services: *Psychiatry, Counseling*

## **Hampton, VA**

### **Associated Counselors of Tidewater, Inc.**

757-490-6960

10 Basil Sawyer Dr. Ste. A

Hampton VA 23666

[www.acttherapy.org](http://www.acttherapy.org)

Services: *Individual/couples/family/group therapy, hypnotherapy; ages 2 years to adult*

### **CCFS (Center for Child and Family Services)**

**Free mental health services**

#### **HAMPTON Location**

2021 Cunningham Dr. Suite 400

Hampton, VA 23666

(757) 838-1960

### **Genesis Counseling Center**

757-827-7707

2202 Executive Drive, Ste. C

Hampton, VA 23666

[www.genescounselingcenter.com](http://www.genescounselingcenter.com)

Services: *Psychiatry, Individual, couples, and family counseling for children through adults*

### **Hampton Mental Health Associates, Inc**

757-826-7516

2208 Executive Drive, Suites A-E

Hampton, VA

[hamptonmentalhealth.com](http://hamptonmentalhealth.com)

Services: *Psychiatry, individual, family, and couples counseling for children through adults*

### **Hampton/ Newport News Community Services Board**

757-788-0600

600 Medical Drive

Hampton, VA 23666

<http://www.hnncsb.org/>

Services: *Psychiatry, individual, emergency services, case management, reduced fee counseling services*

### **Mahogany Projek, LLC**

757-347-5904

4410 E Claiborne Square #334

Hampton, VA 23666

Services: *Individual counseling, LGBT support group, tele-health services (Skype sessions)*

# Community Provider List- Hampton Roads Area

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## Yorktown, VA

### **Associates of York**

757-865-1843  
205 Hampton Highway  
Yorktown, VA 23693

### **Brent Vallee, LPC – Vallee Counseling**

757-743-2366  
101 Village Avenue  
Yorktown, VA 23693  
[ValleeCounseling@gmail.com](mailto:ValleeCounseling@gmail.com)  
Services: *Individual counseling, can provide Christian counseling if wanted*

### **Genesis Counseling Center**

757-598-2244  
4034 George Washington Memorial Hwy  
Yorktown, VA 23692  
<http://www.genescounselingcenter.com/index.php>  
Services: *Psychiatry, Individual, family, couples, neurofeedback, group, psychological testing*

### **Hampton Roads Counseling Center**

757-877-9140  
6515 George Washington Memorial Hwy, Ste. 100  
Yorktown VA 23692  
<http://hamptonroadscounseling.com/>  
Services: *Psychiatry\*, individual, couples, and family counseling for children through adults*  
*\*Need to be in therapy there to have psychiatry services*

### **Transcend Counseling**

757-570-1677 - Beth Riehle-Biscan, LPC  
3526 George Washington Mem. Hwy  
Yorktown, VA 23693  
<http://www.transcendcounseling.com>  
[beth@transcendcounseling.com](mailto:beth@transcendcounseling.com)

## Williamsburg, VA

### **Blue Sky Center for Counseling and Consultation**

757-745-9607 – Dr. Sara Scott, LPC  
757-603-3788 – Dr. Johnston M. Brendel, LPC, LMFT  
213 North Boundary Street  
Williamsburg, VA 23185  
<http://www.blueskycounseling.net/>  
Services: *Individual, couples, family, substance abuse, etc.*

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### **CCFS (free mental health services)**

#### **WILLIAMSBURG Location**

348 McLaws Circle Suite 1  
Williamsburg, VA 23185  
(757) 229-7940

### **Colonial Psychiatric Associates of Williamsburg**

757-561-2066

1318 Jamestown Rd.

Williamsburg, VA 23185

<http://www.colonialpsychiatricassociates.com/home.html>

Services: *Psychiatry, individual, group, family, psychological testing, etc.*

### **Family Living Institute**

757-229-7927

1318 Jamestown Road

Williamsburg, VA 23185

<http://www.familylivinginstitute.com/home.nxg>

Services: *Psychiatry, individual, couples, families, etc.*

### **OutKind Counseling – Shawn Patrick McNulty, LPC**

757-952-6767

1769 Jamestown Road

Building 1, Suite 101

Williamsburg, VA. 23185

[www.outkindcounseling.com](http://www.outkindcounseling.com)

Services: *Individual, couples, group, etc.*

### **Pamela Cappetta, Ed.D, LPC, LMFT, NCC**

757-253-5708

491 McLaws Circle, Suite 3A

Williamsburg, VA 23185

<http://drpamm.com/>

Services: *Individual, couples, groups, etc.*

### **Cynthia Palmaz, LPC, LMFT, LSATP**

5000 New Point Road

Suite 3202

Williamsburg, VA 23188

(757)-903-2253

<https://www.cynthiapalmaztherapy.com/>

### **Randy Walton, Ph.D**

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757-229-9286

481 McLaws Circle Suite 1

Williamsburg, VA 23185

[http://www.williamsburgpsychologist.com/Psychotherapy\\_Homepage.html](http://www.williamsburgpsychologist.com/Psychotherapy_Homepage.html)

Services: *Individuals, families, couples – Ages 6 and up, hypnotherapy*

### **Poquoson, VA**

#### **Betty Eastman, LCSW and Associates**

757-868-0072

360 Wythe Creek Road, Suite C

Poquoson, VA

[www.bettyeastman.com](http://www.bettyeastman.com)

Services: *Individuals, groups (possible DBT group), etc.*

*Three practitioners, offer Saturday appointments, no psychiatry*

### **Norfolk, VA**

#### **Balance Behavioral Health**

757-626-3733

930 Redgate Avenue

Norfolk, Virginia 23507

<http://www.balancebehavior.com/>

Services: *Psychiatry, individual counseling, etc.*

*Accepts most major insurance plans*

#### **Finney Zimmerman Psychiatric Associates, PLC**

(757) 466-0700

6320 N. Center Drive, Suite 203

Norfolk, VA 23502

<http://www.psych-therapy.com/>

Services: *Psychiatry, individual, couples, groups, psychological testing, etc.*

#### **Hampton Roads Behavioral Health**

757-587-4744

1500 East Little Creek Road, #205

Norfolk, VA 23518

<http://www.hrbhgroup.com/>

Services: *Psychiatry, Individual, etc.*

#### **Riverpoint Psychiatric Associates**

757-489-4700

110 Kingsley Lane, Suite 401

Norfolk, Virginia 23505

<http://www.riverpointpsychiatric.com/index.html>

Services: *Psychiatry, individual, couples, family, psychological evaluations, etc.*



## Community Provider List- Hampton Roads Area

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### **Studio for the Healing Arts**

757-625-0792

1611-D Colley Avenue

Norfolk, VA 23517

<http://www.studioforthehealingarts.org/index.html>

Services: *Individual, Dream workshops and groups*

### **Timothy Sanderson, MD**

757-695-3107

4101 Granby Street, Suite 203

Norfolk, VA 23504

Services: *Psychiatry*

### **Virginia Beach, VA**

#### **Kevin Joyce LPC LLC**

317 Office Square Lane

Virginia Beach, VA 23462

757-532-8850

[kevinjoyce@bluecypresscounseling.com](mailto:kevinjoyce@bluecypresscounseling.com)

#### **Ocean Psychiatric Group**

(757) 802-4500

770 Lynnhaven Pkwy

Virginia Beach, VA 23452

<http://www.oceanpsychiatric.com/>

Services: *Psychiatry, Individual, etc.*

#### **Quest Psychological and Counseling Services**

757-828-5927

1120 First Colonial Road, Suite 202

Virginia Beach, VA 23454

<https://www.questpsych.org/>

Services: *Individual, couples, and assessment*

#### **Regent Psychological Services Center**

757-352-4488

1000 Regent University Dr

Virginia Beach, VA 23464

<http://www.regent.edu/acad/schcou/psc/index.htm>

Services: *Individual, couples, families, assessment*

#### **Tidewater Psychotherapy**

(757) 497-3670

240 Business Park Dr,

Virginia Beach, VA 23462

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<http://www.tpsvb.com/index-4.html>

*Services: Psychiatry, Individual, substance abuse*

### **Chesapeake, VA**

#### **Chesapeake Integrated Behavioral Healthcare**

224 Great Bridge Blvd, Chesapeake, VA 23320

(757) 547-9334

<http://www.cityofchesapeake.net/government/Boards-Commissions/full-listing/integrated-behavioral-healthcare.htm>

*Services: Individual and Group Therapy*

### **Teletherapy**

#### **Rebecca Newkirk**

<https://www.rebeccanewkirklcsw.com/>

rebeccanewkirkLCSW@Itherapymail.com

(888) 242-9345

*Services: Online and phone therapy in Virginia, Washington DC, and New Mexico*

### **Northern VA**

#### **Chloe Koutsos**

Licensed Professional Counselor, NCC, LPC

McLean, VA 22101

[\(571\) 200-8148](tel:5712008148)

Virtual & in-person therapy

<https://www.psychologytoday.com/us/therapists/chloe-koutsos-mclean-va/710538>