

## Mental Health Referral List

Please call the number listed below to make an appointment with the appropriate Doctor. It is the patient's responsibility to verify insurance participation. If your insurance requires a referral please notify our office by phone or email [contact@ppfred.com](mailto:contact@ppfred.com) to request a referral be processed. Please note that depending your type of insurance it could take up to 48 hours to process for approval. Please give the office as much notification as possible to allow for proper processing time.

### **Aquia Therapy & Counseling**

805 Westwood Office Park  
Fredericksburg, VA 22401

540.361.4330

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

Specializes in adolescents ***15 and older ONLY***, ADHD, behavioral issues, anger management, and eating disorders.

***Accepts ALL major insurance plans. DOES NOT accept Medicaid insurances.***

### **Resilience Counseling & Social Skills Center**

306 Westwood Office Park  
Fredericksburg, VA 22401

540.699.0226

<https://www.resiliencecounseling.care/>

Specializes in children and adolescents. Counseling services, Psychological testing, Psychiatric services, groups and telehealth options.

***Accepts most insurance plans, Some Medicaid plans. Does NOT take Tricare.***

### **Catholic Charities Family Services**

1101 Stafford Ave  
Fredericksburg, VA 22401

540.371.1124

<https://www.cdda.net/>

Specializes in children 4+. Offers Counseling, Testing/Assesments for ADHD, learning disabilities, IQ/ability, Depression, Anxiety, family trauma, adoptions and behavioral issues. Helps families avoid homelessness.

### **Child and Family Counseling**

13649 Office Place, Suite 102  
Woodbridge, VA 22192

703.670.5738

<http://cfcc.info/>

Psychiatric Evaluation and medication management. Psychological testing: Intelligence, Personality and educational. Cognitive Behavioral Therapy. Substance abuse/Addiction assesment and Treatment. Individual and Family Therapy.

***Accepts some Insurances: Anthem BCBS (Federal, VA, Healthkeeper), Cigna. DOES NOT accept Medicaid***

### **Psychological & Life Skills Associates**

601 Emancipation Hwy, Suite 101  
Fredericksburg, VA 22401

540.310.0797

*Has Locations in Woodbridge & Oakton, VA*

<https://psychlife.net/>

Psychological Testing for learning disabilities, ADHD. Behavior, depression, anxiety, and other mental health concerns.

***AGES: 9 years old and older. Takes some insurances and DOES not accept Medicaid insurances.***

**RACSB**

600 Jackson Street  
Fredericksburg, VA 22401  
540.373.3223

<https://rappahannockareacsb.org/>

Child & Adolescent Psychiatrists & medication management, specially trained therapists, Early intervention services, peer support services and case management.

***Accepts most private insurances & Medicaid insurances***

**Insight Psychological Services**

10707 Spotsylvania Ave, Suite 101  
Fredericksburg, VA 22408  
540.658.0888

*Has locations in Stafford and King George*

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

**4 years old and older:** Evaluations for ADHD, Learning Disorders, Austistic Spectrum Disorder, Mood Disorder, Anxiety Disorder, PTSD/Trauma and Substance abuse.  
**12 years old and older:** Individual Therapy Services for Depression, Anxiety, Life stress, Substance abuse, Anger management, Trauma & Abuse history, Parenting concerns, Interpersonal problems/conflict, LGBT - related stressors, Eating Disorders.

**Healthy Minds Therapy**

2201 Charles Street, Suite 105  
Fredericksburg, VA 22401  
540.845.6940

*Has a location in Alexandria, VA*

<https://healthymindstherapy.blog/>

Offers in-person and telehealth services. Anxiety, Behavioral Issues, Bipolar Disorder, OCD, ODD, Psychosis, Self Esteem, Stress, Suicidal Ideation, Trauma and PTSD. Therapy sessions to include Play & Music Therapy. ***Does not do any***

***Evaluations***

***Accepts most private insurance plans and some Medicaid Plans***

**Tucker Psychiatric**

1000 Boulders Pkwy Suite 202  
Richmond, VA 23225  
804.320.7881

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

ADHD (Evaluation and treatment), Depression, Anxiety, Panic Disorder, Bipolar Disorder, Eating Disorder, Substance Abuse. Individual & Family Therapy.

***Accepts Most private insurance plans.***

**Aracoma Smith, LCSW, PLLC**

3715 Latimers Knoll Court, Suite 103  
Fredericksburg, VA 22408  
540.361.1844

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

Specializes in Children 5 years old and older and Adolescents. Depression, Anxiety, Relationship issues, ADHD, Grief, School issues and Divorce. ***Does NOT work with eating disorders***

***Accepts most private insurance plans to include:  
Tricare PRIME and Standard.***

***DOES NOT take Medicaid plans or Cigna.***

**Center for Family Counseling**

1000 Boulders Pkwy Suite 202  
Richmond, VA 23225  
804.320.7881

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

Specializes in Children & Adolescents. Offers Individual and Family Counseling.

***Some Counselors will accept insurance plans while others are private pay only.***

**Compass**

10715 Spotsylvania Ave  
Fredericksburg, VA 22408  
540.339.3640

***\*\*See website for ALL location options\*\****

<https://compassva.com/>

Depression, Anxiety, Stress, Family Conflicts & Behavioral challenges; Individual/Family Therapy. ABA Therapy, Therapeutic Day Treatment, Therapeutic Mentoring, Intensive In-Home services, Mental Health Skill Building services, Parenting Support services.

**Jannon Holmes, LCSW**

613 Caroline Street, Suite 101  
Fredericksburg, VA 22401  
540.287.0557

ADD/ADHD, Adjustment issues, Adolescent issues, Anger Management, Anxiety, Autism Spectrum, Behavioral Health, Bereavement/Grief, Bipolar Disorder, Depression, Mood Disorders, OCD, Panic Attack Disorders, LGBTQ. Cognitive Behavior & Play Therapy.

***Does not take Insurance; Private pay only***

**Mental Health America of Fburg**

150 Olde Greenwich Drive, Suite 102  
Fredericksburg, VA 22408  
540.371.2704 or 1800.684.MHAF

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

Free Community programs and services. Support groups for Youth and Adults. Grief support groups for those who lost a loved one to Suicide. Support groups for Parents/Caregivers of Children with a Mental Health Diagnosis.

**Liberty Point**

1110 Montgomery Ave  
Stuanton, VA 24401  
540.213.0450 or 1800.496.7941

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

Specializes in the needs of 12 -17 year old males who are experiencing complex emotional, behavioral and educational difficulties. Specifically designed for young men with psychiatric disorders & co-occurring intellectual disabilities. Also specializes in young men who are diagnosed with Autism Spectrum Disorder.

***Accepts private insurance, Medicaid insurances and is a Tricare approved Facility.***

<p><b>Virginia Treatment Center for Children</b>  1308 Sherwood Ave  Richmond, VA 23220  Outpatient Appointments: 804.828.3137  General info: 804.828.3129</p>	<p>Located in Childrens Hospital of Richmond at VCU. Offers Psychiatry and Psychology services for children and adolescents. Outpatient and inpatient services.</p> <p><b><i>Accepts private and medicaid insurances</i></b></p>
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<p><b>Dr. Manish Soni @ Virginia Care Partners</b>  2305 North Parham Road, Suite 3  Richmond, VA 23229  804.270.1124  <a href="https://virginiacarepartners.com/">https://virginiacarepartners.com/</a></p>	<p>An HCAva Affilliate. Offers psychiatry services for children and adults such as Depression, social anxiety, intense worries, attention/focus problems, adjustment problems and other mood problems. Provides psych assessment, medication treatment and individual therapy.</p>
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<p><b>Lisa Fleming, LPC, LLC</b>  2217 Princess Anne Street 207-1A  Fredericksburg, VA 22401  540.266.1371</p>	<p>Specializes in Adolescents and Adults experiencing Mood Disorders/Depression, anxiety, adjustment to life changes, grief/loss. Offers Cognitive Behavioral Therapy, Solution Focused Therapy, Reality Therapy and Motivational interviewing. Offers in-person sessions and telehealth sessions.</p> <p><b><i>Takes some private insurances. Does not take medicaid insruances.</i></b></p>
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<p><b>North Star Therapy, PLLC</b>  3516 Plank Road, Suite 6C  Fredericksburg, VA 22407  540.388.2891  <a href="http://www.northstartherapy.org">www.northstartherapy.org</a></p>	<p>Psychological testing (ADHD and Autism evals) for children 8 years and older, and offers counseling services.</p> <p><b><i>Accepts: Anthem, Aetna and Cigna insurance plans. Does NOT take Medicaid plans</i></b></p>
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