

Off-Campus Referral Network for Counseling Services

Disclaimer: ODU, including the Monarchs THRIVE campaign, does not endorse or recommend any particular provider. This list is for informational purposes only to provide you with some idea of what mental health resources are available in the region. Contacting/selecting providers is the responsibility of the student, as is any cost associated with the treatment. We do encourage you to contact your insurance provider to determine what your benefits include. Additionally, please confirm contact information provided on this list with the provider to determine if any information has changed since this list was updated and to discuss availability.

Agency Name and Detailed Location	City	Distance from ODU Campus	Contact Information	Website	Providers	Providers (continued)	Conditions Served	Conditions Served (continued)	Therapeutic Options	Therapeutic Options (continued)	Specialty Populations	Insurance Accepted (continued)	Accepted	How to Schedule an Appointment
CHESAPEAKE OFFICES														
Chesapeake Integrated Behavioral Healthcare (Community Services Board) 224 Great Bridge Blvd. Chesapeake, VA 23320	Chesapeake	13 miles; 22 minutes	Phone: (757) 547-9334 (this number is also available to use for 24 hour emergency and crisis intervention)	https://www.wicwvfc.org https://www.chesapeake.net/online/Boards/Commissions/Institution/IntegratedBehavioralHealthcare.htm	Not specified		<ul style="list-style-type: none"> Mental health services Intellectual disabilities Substance abuse Prevention services Anger management HIV education and free testing 		<ul style="list-style-type: none"> Variety of individual and group therapy options Peer-led support groups 			Accepts most major insurances		Call to schedule an appointment.
Patricia King-Jones, MD. 816 Greenbrier Circle #209 Chesapeake, VA 23320	Chesapeake	16 miles; 22 minutes	Phone: (757) 436-2444	None	• Dr. Patricia King, MD.		<ul style="list-style-type: none"> Attention-Deficit Hyperactivity Disorder (ADHD)/Attention-Deficit Disorder (ADD) Anxiety Major depressive disorder Adjustment disorder Post-Traumatic Stress Disorder (PTSD) Bipolar disorder Psychosis Schizophrenia/Schizoaffective disorder 		<ul style="list-style-type: none"> Risk factor screenings Psychotherapy Group therapy Wellness support Psychophysiological therapy (Including Biofeedback) Psychiatric evaluation 			Accepts most commercial insurances		Call to schedule an appointment.
Genesis Counseling Center Chesapeake location: 2005 Old Greenbrier Rd Suite 106, Chesapeake, VA 23320 Hampton location: 2202 Executive Drive, Hampton, VA 23666	Chesapeake; Hampton	Chesapeake : 11 miles; 26 minutes; Hampton : 20 miles; 30 minutes	Chesapeake location: Phone: (757) 965-5886 Hampton location: Phone: (757) 827-7707	http://genesis.org	<p>Chesapeake</p> <ul style="list-style-type: none"> Blair Farrar, LPC Capri Tophoven, LPC Cynthia Kokoris, PsyD, LCP, ABPP Cynthia Tidwell, LCSW Karis Holder, LPC Keith Lowry, LPC Laura Hermiz, LPC, LMFT Lynn Parker, LPC <p>Hampton</p> <ul style="list-style-type: none"> Alyssa Moss, LPC, CATP Andreas Bienert, PhD, LPC, CSAC, NCC Barbara Ward, LCSW Bianca Waechter, LPC, CSAC Brenna Grant Squires, PsyD, LCP Brent Griffin, LPC, LSATP 	<p>Hampton (continued)</p> <ul style="list-style-type: none"> Courtney Bennet, ATR, LPC Erik Manjiver, LCSW Jennifer Muro, LCSW, RPT Jerry Park, LPC Kirsten Burt, LMFT Lynnette Fogg, LPC Michelle Miller, LCSW Milena Weisenborn, LPC Morgan Nicholas, PsyD, LCP Noelle Lowry, PhD, LCP, LPC Shelby DeBause, LMFT Sherri Spain, PhD, LCP Trina Young Greer, PsyD, LCP, LPC, LMFT Vickie Lane, LPC Candance Lassiter, PsyD, LCP 	<ul style="list-style-type: none"> Addiction/Substance Use Anger Management Asperger's/ Autism Spectrum Disorders Eating Disorders Bipolar Disorder Personality Disorders Burnout Behavioral Issues Chronic Pain Trauma Relationships/ Couples Depression Anxiety Grief/Loss Military Related Issues Obsessive Compulsive Disorder (OCD) PTSD Self-Harm/Suicidal Ideation 		<ul style="list-style-type: none"> Individual Therapy Marriage Therapy Family Therapy Group Therapy Online/Telehealth Therapy 	Faith-based Services; Military Affiliated Population		Call or go online to use an online inquiry form or live chatting (M-F, 9AM-5PM) to schedule an appointment.		

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Churchland Psychological Center <i>Churchland/Western Branch Area of Chesapeake :</i> 3101 American Legion Road, Suite 21B Chesapeake, VA 23321 <i>Norfolk :</i> 1709 Colley Ave, Suite 310 Norfolk, VA 23517	Chesapeake; Norfolk	8.8 miles; 17 minutes 1.7 miles; 7 minutes	Phone: (757) 483-3404	http://www.cpsa.net	<ul style="list-style-type: none"> • Michael Weissman, PhD • Barbara Forbes, LPC • Jody Alperin, PsyD, LCP • Thomas Scott, MSW, LCSW • Sara Litt, LCSW • Catherine Smithson, LCSW • Susan Asprey, LCSW, CSAC • Frank Gripka, PhD • Muriel Ricker, LMFT • Paul Dell, PhD, ABPP • Denise Keeley, LCSW • Michael Sullivan, PhD • Raleigh Phillips, PhD • Lindsey Pace, LCSW 		<ul style="list-style-type: none"> • Depression • Anxiety • Substance Abuse • Overspending Behaviors • Codependency • Grief/Loss • Trauma Survivors • LGBTQIA+ needs • Personality Disorders • Phobias • Life Transitions • Burnout • Relationships 		<ul style="list-style-type: none"> • Individual Therapy • Family/Marital Therapy • Psychological Assessment 		LGBTQIA+ Community	Accepts most major insurance carriers, and file insurance claims for each patient	Call or go online to schedule an appointment using a new patient request form.
HAMPTON OFFICES													
Hampton/Newport News Community Services Board 300 Medical Drive Hampton, Virginia 23666	Hampton	19 miles; 29 minutes	Phone: (757) 788-0300 Crisis Hotline: (757) 788-0011	http://www.hnscb.org/index.html	Not specified		<ul style="list-style-type: none"> • Suicidal ideations • Anxiety and Mood disorders • ADD/ADHD • Depression • Eating disorders • Addiction/Substance use • Trauma 		<ul style="list-style-type: none"> • Developmental services • Comprehensive outpatient services • Crisis Services • Substance abuse services 			Accepts most major insurance plans, Medicaid, Medicare and Tricare.	Call to schedule an appointment.
Genesis Counseling Center <i>Chesapeake location:</i> 2005 Old Greenbrier Rd Suite 106, Chesapeake, VA 23320 <i>Hampton location:</i> 2202 Executive Drive, Hampton, VA 23666	Hampton; Chesapeake	<i>Chesapeake :</i> 11 miles; 26 minutes <i>Hampton :</i> 20 miles; 30 minutes	<i>Chesapeake location:</i> Phone: (757) 965-5886 <i>Hampton location:</i> Phone: (757) 827-7707	http://genesiscounseling.com	<i>Chesapeake</i> <ul style="list-style-type: none"> • Blair Farrar, LPC • Capri Tophoven, LPC • Cynthia Kokoris, PsyD, LCP, ABPP • Cynthia Tidwell, LCSW • Karis Holder, LPC • Keith Lowry, LPC • Laura Hermitz, LPC, LMFT • Lynn Parker, LPC <i>Hampton</i> <ul style="list-style-type: none"> • Alyssa Moss, LPC, CATP • Andreas Bimler, PhD, LPC, CSAC, NCC • Barbara Ward, LCSW • Bianca Waechter, LPC, CSAC • Brenna Grant Squires, PsyD, LCP • Brent Griffin, LPC, LSATP 	<i>Hampton (continued)</i> <ul style="list-style-type: none"> • Courtney Bennett, ATR, LPC • Erik Manjver, LCSW • Jennifer Muro, LCSW, RPT • Jerry Park, LPC • Kirsten Burt, LMFT • Lynnette Fogg, LPC • Michelle Miller, LCSW • Milena Weisenborn, LPC • Morgan Nicholas, PsyD, LCP • Noelle Lowry, PhD, LCP, LPC • Shelby DeBause, LMFT • Sherri Spain, PhD, LCP • Trina Young Greer, PsyD, LCP, LPC, LMFT • Vickie Lane, LPC • Candance Lassiter, PsyD, LCP 	<ul style="list-style-type: none"> • Addiction/Substance Use • Anger Management • Asperger's/Autism Spectrum Disorders • Eating Disorders • Bipolar Disorder • Personality Disorders • Burnout • Behavioral Issues • Chronic Pain • Trauma • Relationships/ Couples • Depression • Anxiety • Grief/Loss • Military Related Issues • Obsessive Compulsive Disorder (OCD) • PTSD • Self-Harm/Suicidal Ideation 		<ul style="list-style-type: none"> • Individual Therapy • Marriage Therapy • Family Therapy • Group Therapy • Online/Telehealth Therapy 		Faith-based Services; Military Affiliated Population		Call or go online to use an online inquiry form or live chatting (M-F, 9AM-5PM) to schedule an appointment.
Quality of Life Counseling Center <i>Hampton Location:</i> 2019 Cunningham Dr., Suite 404 Hampton, VA 23666 <i>Virginia Beach Location:</i> 5602 Virginia Beach Blvd., Suite 203 Virginia Beach VA, 23462	Hampton; Virginia Beach	19 miles; 26 minutes 9.5 miles; 22 minutes	<i>Hampton Location:</i> Phone: (757) 998-2100 Email: qlcc@qualitylifeccc.com <i>Virginia Beach Location:</i> Phone: (757) 756-4292 Email: qlcc@qualitylifeccc.com	http://www.qualitylifeccc.com	Not specified		<ul style="list-style-type: none"> • Substance use • Suicidal ideations • Anxiety • Depression • Mood disorders • Anger management • Parenting • Mental health crises 		<ul style="list-style-type: none"> • Intensive In-Home • Mental Health Skills Building • Therapeutic Day Treatment • Mentoring • Cognitive Skills Training • Life Skills Coaching • Anger Management • Substance Use • Vocational Training 			<ul style="list-style-type: none"> • Aetna • Anthem (All EAP plans accepted) • Beacon Health • Cigna • Tri-Care • Magellan • Optima • Optum • United Behavioral 	Call, email qlcc@qualitylifeccc.com, or use online inquiry form to schedule an appointment.

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The Mahogany Project, LLC 2021 Cunningham Drive, Suite 216 Hampton, VA 23666	Hampton	19 miles; 25 minutes	Phone: (757) 347-5904	https://www.psychologytoday.com/locations/providers/the-mahogany-project-llc-hampton-va/151380	Sharde' O'Rourke, LPC, LMFT, LSATP, CCTP		<ul style="list-style-type: none"> •ADHD •Addiction •Alcohol Use •Anger Management •Anxiety •Autism •Behavioral Issues •Child or Adolescent •Chronic Relapse •Codependency •Coping Skills •Depression •Divorce •Drug Abuse •Family Conflict •Infidelity •Life Transitions •Marital and Premarital •Parenting 	<ul style="list-style-type: none"> •Peer Relationships •School Issues •Self Esteem •Self-Harming •Stress •Substance Use •Transgender •Transgender •Trauma and PTSD •VASAP •Women's Issues •Impulse Control Disorders •Mood Disorders •Psychosis 	<ul style="list-style-type: none"> •Emotionally Focused •Experiential Therapy •Family / Marital •Gottman Method •Mindfulness-Based (MBCT) •Multicultural •Narrative •Narrative Therapy •Person-Centered •Play Therapy •Strength-Based •Systems •Trauma Focused •Individuals •Couples •Family 	LGBTQIA+ Community; African American Community	<ul style="list-style-type: none"> •Anthem •Blue Cross •Blue Shield •Blue Cross and Blue Shield •Cigna •EAP •Medicaid •Optima •Tricare 	Call (757) 347-5904 to schedule an appointment.		
Defining Purpose Counseling & Consulting 2106 Aluminum Ave Suite B Hampton, VA 22661	Hampton	20 miles; 26 minutes	Phone: (757) 964-6159 Email: info@definingpurpose.org	https://www.definingpurpose.org	Brian Jones, MA, LPC		<ul style="list-style-type: none"> •ADHD •Adoption •Anger Management •Behavioral Issues •Coping Skills •Depression •Divorce •Domestic Abuse •Domestic Violence •Intellectual Disability •Peer Relationships •Relationship Issues •School Issues •Self Esteem •Stress •Substance Use •Transgender •Trauma and PTSD •Traumatic Brain Injury •Life Transitions •Anxiety •Men's Issues 	<ul style="list-style-type: none"> •Individual •Group •Couples •Cognitive Behavioral Therapy (CBT) •Dialectical Behavior Therapy (DBT) •Motivational Interviewing •Person-Centered Therapy •Solution Focused Brief Therapy (SFBT) 	LGBTQIA+ Community; African American Community	<ul style="list-style-type: none"> •Aetna •Anthem •Blue Cross and Blue Shield •Cigna •Magellan •Medicaid •Optima •Optum •UnitedHealthcare 	Call or complete online inquiry form (https://www.definingpurpose.org/contact) to schedule an appointment.			
NORFOLK OFFICES														
Bradley and Thompson, INC. 6330 North Center Dr. Building 13 Suite 100 Norfolk, VA 23502	Norfolk	10 miles; 21 minutes	Phone: (540) 989-1703	https://bradleyandthompson.com/mental-health/	•Bradley, LPC •Thompson, LPC		<ul style="list-style-type: none"> •Substance Abuse •Behavioral Problems •ADHD •Depression •Anxiety •Abuse •Bipolar Disorder •PTSD •Parenting Issues •Anger Management •Depression •Eating Disorders •Self-Harm 	<ul style="list-style-type: none"> •Individual Therapy •Group Therapy •Play Therapy 		<ul style="list-style-type: none"> •Medicaid •Private Insurance •Self-Payment 	Call to schedule an appointment.			

Center for Advanced Psychological Services (CAPS) 819 West 21st Street, Suite 101 Norfolk, VA 23517	Norfolk	1.5 miles; 6 minutes	admin@capshome.com Telephone: 757-925-0222	https://www.capshome.com	<ul style="list-style-type: none"> Alana Hollings, PsyD, CSOTP Avery Morrison, LPC 	<ul style="list-style-type: none"> Mood Disorders Chronic Mental Illness Eating Disorders Trauma and Abuse Home and Job Stress Obsessive Compulsive Disorder (OCD) Pornography Addiction Relationship/Marital Stress Schizophrenia/Schizoaffective Disorders Suicidal Ideations and/or self-harm Sexual Misconduct 		<ul style="list-style-type: none"> Competency to Stand Trial Evaluations Independent Forensic Custody Evaluations Mental Status at the Time of the Offense/Insanity Evaluations Parenting Capacity Evaluations Psychological Evaluations (With or Without Mitigating Factors) Psychosexual Evaluations 		<ul style="list-style-type: none"> Cigna United Healthcare Medicare Value Options Optum United Behavioral Health 	Call to schedule an appointment.
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Community Psychological Resources 919 W 21st Street, Suite B Norfolk, VA 23517	Norfolk	1.4 miles; 6 minutes	(757) 622-6794	https://www.cpr-ps.com/our-clinicians	<ul style="list-style-type: none"> Marcia Samuels, PsyD. Christine Work, LPC LMFT Babs Prewett, LPC, LMFT Mark Long, Ed.D. Roberta Mohler, LCSW Cara Mathews, LCSW Lisa Finkel Leon, PsyD. Sheila McElmurry, LCSW Rudy Escobar, LPC Layla Gray, LPC Janelle L. Mason, Ph.D. 	<ul style="list-style-type: none"> Tesha Thornton, LPC Adelia Gregoire, PsyD. Louis Miller, PsyD. Lynne Dell'Acqua, LCSW Karen Woodhouse, MSW, ACSW, LCSW Jessica Richards, LPC Jennifer Aguado, LPC, CSAC 	<ul style="list-style-type: none"> Mood Disorders Sexual/Gender Identity Chronic Illness Caregiver related support Child abuse and/or neglect Domestic Violence Adoption related issues Trauma Parenting Family related issues Relationship/Marriage and divorce related issues Work-related issues Behavioral and Learning problems Stress Management Anger Management 		<ul style="list-style-type: none"> Individual Therapy Play Therapy Family Therapy Couples Therapy 		accepts wider range of insurances		Send an email to cpr@cpsr.hrcexamail.com with your name, phone number, referral info (if any), and best day/time to reach you or call to schedule an appointment.	
Compass Youth and Family Services 7460 Central Business Park Drive Norfolk, VA 23513	Norfolk	5.7 miles; 18 minutes	Phone: (757) 644-6391	https://compassyaf.com/service/outpatient-therapy/	Not specified		<ul style="list-style-type: none"> Stress Anxiety Depression Family Conflicts Behavioral Issues 		<ul style="list-style-type: none"> Cognitive Behavioral Therapy Solution-Focused Therapy Structural Family Therapy Play Therapy Art Therapy 			<ul style="list-style-type: none"> Aetna Anthem BCBS Cigna Medicaid Optima Tricare Virginia Premier 	Call or go online to schedule an appointment.	
Eden Counseling & Consulting 6330 Newtown Rd Suite 300 Norfolk, VA 23502	Norfolk	10 miles; 20 minutes	Phone: (757) 466-3336	http://www.edencc.com http://www.edencc.com	<ul style="list-style-type: none"> Paul VanValin, PhD Becky VanValin, MSW Frederick Barry, LPC Judy Black, LCP Michael Brown, LPC Christopher Doriani, LCSW Bonnie Erb, LPC Megan Fenton, MA Sabrina Fitzpatrick, LCSW Amy Hepner, LPC Robert Lamielle, LCP Michael Morgan, LPC Jill Nardin, LPC Diane Neighbarger, LCSW Robert Paull, LCSW 		<ul style="list-style-type: none"> Abuse and Trauma Recovery Anger Management Anxiety Attachment Disorders Attention-Deficit Disorder (ADD) and Attention-Deficit Hyperactivity Disorder (ADHD) Depression Emotional, Behavioral, and Learning Problems Military Family related issues Relationship Issues Spiritual Issues Women's Issues 		<ul style="list-style-type: none"> Individual Therapy Teletherapy Psychological Evaluation Crisis Intervention Therapy Trauma Informed Care Therapy Victim Focused Abuse Recovery Therapy Play Therapy 		Faith-based Services; Military Affiliated Population	<ul style="list-style-type: none"> Aetna Anthem BCBS Cigna Medicaid Optima Tricare 	Use Online inquiry form (http://www.edencc.com/contact.php) or call to schedule an appointment.	

EVMS Psychiatry and Behavioral Sciences Hofheimer Hall 825 Fairfax Avenue, Suite 710 Norfolk, VA 23507	Norfolk	2.4 miles; 9 minutes	Phone: (757) 446-5888	https://www.evms.edu/patient-care/spirituality/psychiatry-and-behavioral-science/	<ul style="list-style-type: none"> • Elizabeth Collumb, MD • Stephen Deutsch, MD, PhD, CAPT (ret.), Medical Corps, United States Navy • Richard Hande, PhD • Jessica Mees-Campbell, MD • Serina Neumann, PhD • Nekesha Oliphant, MD • Shirriti Patel, MD 	<ul style="list-style-type: none"> • Stephanie Peglow, DO, MPH, FAPA, FASAM • Justin Petri, MD • Kayla Skinner, PhD • David Spiegel, MD • Maria Urbano, MD • Kayla Skinner, PhD • Nekesha Oliphant, MD 	<ul style="list-style-type: none"> • Abuse/Trauma • Anxiety/Panic/Stress • Attentional issues • Behavioral issues • Learning related issues • Bipolar Disorder • Depression • Eating Disorders • Grief • Neurological issues • Psychosis • Relationship issues 	<ul style="list-style-type: none"> • Individual therapy • Medication evaluation and management • Psychological testing and evaluation • TMS 	<ul style="list-style-type: none"> • Aetna • Anthem BCBS • Cigna • Medicaid • Optima • Tricare 	Call or go online to complete patient intake request form, which will then need to either be faxed to (757) 446-5918 or mailed to Department of Psychiatry & Behavioral Sciences 825 Fairfax Ave, Suite 710 Norfolk, VA 23507.
Family Insight 6330 North Center Drive Suite 200, Building 13 Norfolk, VA 23502	Norfolk	10 miles; 20 minutes	Phone: (757) 233-0003	https://familyinsight.net/location/6330-north-center-drive/	<ul style="list-style-type: none"> • Chris Conley, MA, LPC • Stover, MSW, LCSW • White, MS • Resident Monique Jones, MS, Resident Margaret Kelly, MA, Resident Laurel Ragland, MS, LPC 	<ul style="list-style-type: none"> • Anxiety • Depression • Bipolar Disorder • PTSD • ADHD • Trauma • Abuse and Neglect • Substance Use • Grief/Loss • Adjustment and Attachment Issues • Anger management • Family Issues • Relationships/ Couples 	<ul style="list-style-type: none"> • Individual Therapy • Assessment • Mental Health Skill Building • Tele-Psychiatry Therapy 	<ul style="list-style-type: none"> • Medicaid 	Call to schedule an appointment.	

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Hampton Roads Behavioral Health, P.C. 1500 East Little Creek Rd. Suite #205 Norfolk, VA 23518	Norfolk	6.3 miles; 17 minutes	Phone: (757) 587-4744	http://www.hrhhsc.org/	<ul style="list-style-type: none"> • Emilio Cortes, Psy.D. • Karen Armstrong, Ph.D. • Paula Crooks, L.C.S.W. • Luis Ignacio, M.D. • Betsy Koivisto, M.S.Ed. • Robert Light, M.D. • Sherrill Marshall, PMHNP • Jessica Milligan, PA-C. • Ann Radford, D.O. • Dawn Richardson, M.S.Ed. • Carvell Taylor, L.C.S.W. • Lewis J. Taylor, Ph.D. 	<ul style="list-style-type: none"> • Depression • Panic attacks • Post-Traumatic Stress Disorder • Obsessive Compulsive Disorder • Phobias • Bipolar Disorder • Schizophrenia and other psychotic disorders • Child behavior problems • Learning problems • Substance abuse • Smoking cessation • Weight problems • Sleep problems • Sexual problems • Memory loss • Chronic pain problems • Anger 	<ul style="list-style-type: none"> • Psychological testing • Neurological testing • Psychotherapy • Biofeedback Therapy • Neurofeedback Therapy • Medication management 	<ul style="list-style-type: none"> • Tri-Care • Anthem - PPO and Healthkeepers • Federal Blue Cross • Aetna • United Health Care • Medicare • Value Options • Optima 	Call to schedule an appointment.					

Lafayette Psychiatric Services 160 Kingsley Lane Suite 204 Norfolk, VA, 23505	Norfolk	3.2 miles; 11 minutes	Phone: (757) 489-4700 Email: info@lafayettepsychiatricervices.com	https://www.lafayettepsychiatricervices.com	•Dr. Huma Hyder, MD •James Paul Callis, MS, PA-C •Chika Ogbolu, FNP		•Suicidal ideations •Anxiety and mood disorders •ADD/ADHD •Autism •Depression •Bipolar disorder •Eating disorders •Addiction/Substance use •Learning disabilities		•Individual Therapy •Telehealth Therapy			Accepts major insurance plans (do not accept Virginia Premier)	Call to schedule an appointment.
LGBT Life Center 248 W 24th St, Norfolk, VA 23517	Norfolk	2 miles; 5 minutes	Phone: (757) 640-0929	https://lgbtlife.org/wellness/men-at-health/	•Cory Gerwe, PhD		•HIV Related Issues •LGBTQ Related Issues •Relationship Conflicts •Domestic Violence •Discrimination •Anxiety •Depression •Life Transitions •Personality Disorders		•Individual Therapy •Couples Therapy •Family Therapy •Online/Telehealth Therapy		LGBTQIA+ Community	•Anthem •Cigna •Optum aka United health care •Magellan •Magellan Complete Care •Tricare •Aetna better health •Aetna commercial	Call or email info@lgbtlife.org to schedule an appointment.
McNeill Therapy and Testing Services 6330 Newtown Road Suite 525 Norfolk, Virginia 23502	Norfolk	10 miles; 20 minutes	Phone: (757) 300-0311	https://www.godddh.com/vcare/humanists/jeninne-mcneill-20160828	•Dr. Jeninne McNeill, PhD		•Academic Concerns •Life Transitions •Mood Disorders •Depression •Relationship •Adjustment Disorders •Identity Issues •Multicultural Concerns •Spirituality •Stress •Suicidal Ideation and Behavior	•Women's Issues •Young Adult Issues •Psychosis •Religious Issues •Schizophrenia •Self-Care •Self-Esteem •Spirituality	•Individual Therapy •Psychological Evaluation		•Aetna •Anthem •Beacon •Cigna •Humana •Magellan •Medicaid •Medicare •Optima •Optum •Tricare •United Behavioral Health	Use online inquiry form (https://www.godddh.com/vcare/humanists/jeninne-mcneill-20160828) or call to schedule an appointment.	

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Norfolk Community Services Board 3755 E Virginia Beach Boulevard Norfolk, VA 23510	Norfolk	6 miles; 18 minutes	Phone: 757-823-1312	https://www.norfolk.gov/1808/Mental-Health-Services	Not specified		•Stress Management •Coping Skills •Boundaries and Ethical Decision Making •Anger Management •Social Skill Development •Symptom Management •Health Management •Peer Support		•Assessment of Symptoms & Needs •Psycho-pharmacological treatment, medication administration, and monitoring •Case Management •Supportive counseling •Skills training in activities of daily living, social skills, and interpersonal relationships •Collaboration with families, providers, and other involved parties in the	•Assistance with maintaining physical health •Work-related services to help find and maintain employment; support for resuming education •Substance abuse treatment •Peer counseling and recovery training •Direct support and advocacy to help individuals access community resources •Mobile crisis assessment and intervention; collaboration with			Call to schedule an appointment.

<p>Peninsula Therapy Center, PLLC 1216 Granby Street, Suite 213 Norfolk, VA 23510</p>	Norfolk	2.6 miles; 10 minutes	<p>ptcplc@ptcplc.com Phone: 757.963.6303 Fax: 757.963.6074</p>	<p>http://www.ptcplc.com</p>	<ul style="list-style-type: none"> • Greg Mahan, LCSW • Alicia Hurdle, LPC • Teresa Van Norstrand, PhD, LPC • Matthew Portner, LPC • Karis Holder, LPC • Rebecca Bridges, LPC • Denise Johnson, LPC • Gal Castonguay, LPC • Frederica Jones, LPC • Steven Murno, LPC • Blair Smith, LPC 		<ul style="list-style-type: none"> • Substance use • Sexual and relationship related issues • ADD/ADHD • Mood disorders • Autism • Anger management • Adjustment disorders • Trauma • Depression • Anxiety • Self-esteem issues 		<ul style="list-style-type: none"> • Initial Assessments and Treatment Planning • Ongoing evaluation and monitoring • 24-hour crisis intervention • Sex-offense specific individual and group therapy • Anger Management • Individual Therapy • Family Therapy • Couples/Marital Therapy 		<ul style="list-style-type: none"> • Accepts most insurances including Tricare and Medicaid 	<p>Call to schedule an appointment.</p>
<p>Sisti Counseling Services, LLC 325 E. Bayview Blvd Ste 207 Norfolk, VA 23503</p>	Norfolk	3 miles; 17 minute	<p>Phone: (757) 230-5280 Email: corinne@sisticonselling.com</p>	<p>https://www.sisticonselling.com</p>	<ul style="list-style-type: none"> • Corrine Sisti, LPC 		<ul style="list-style-type: none"> • Addiction • Anxiety • Depression • Grief • Relationships • Trauma 		<ul style="list-style-type: none"> • Individual • Couple • Group Recovery • Video Conferencing 		<ul style="list-style-type: none"> • None 	<p>Not currently taking new clients according to website (7/8/20). Call to check availability.</p>
<p>Summit Counseling Services 821 W 21st St #209, Norfolk VA, 23517/957 West 21st St. STE L, Norfolk VA 23517</p>	Norfolk	1.5 miles; 6 minutes	<p>laura@summitcounseling.com servicesnorfolk.com 757-280-1777</p>	<p>https://www.summitcounseling.com/norfolk</p>	<ul style="list-style-type: none"> • Laura Maloney, LPC • Stephanie Gagnon, LCSW • Melissa Avant, LPC • Tuesday Johnson, LPC-R • Susan Garnett, LPC-R • Eleanor Lampell, ATR-LPC 		<ul style="list-style-type: none"> • Depression • Anxiety • Mood Disorders • Relationship Issues • Women's Issues • Life Transitions • Adjustment Disorders • Work Stressors • LGBTQ Needs • Grief/Loss • Eating Disorders 		<ul style="list-style-type: none"> • Individual Therapy • Family Therapy • Couples/Marital Therapy • Art Therapy • Verbal Counseling • Online Therapy 	<ul style="list-style-type: none"> • LGBTQIA+ Community 	<ul style="list-style-type: none"> • Aetna • Anthem (All EAP plans accepted) • Beacon Health • Cigna • Tri-Care • Magellan • Optima • Optum • United Behavioral Health • Value Options 	<p>Use online inquiry form (https://www.therapyportal.com/p/summitcounseling23510/appointments/availability) or call about scheduling an appointment.</p>
<p>The Psychotherapy Center 327 West 21st Street Norfolk, VA 23517</p>	Norfolk	2 miles; 8 minutes	<p>Phone: 757-622-9852</p>	<p>https://www.therapeuticcenter.com</p>	<ul style="list-style-type: none"> • Laura Forman, PsyD, FAPA, ABPP • Susan Stokes, LCSW • Danny Holland, PhD, LPC, NCC, ACS • Eileen Osgood, LCSW • Sarah Deaver, PhD, LPC • Phillip Riddick, LCSW • Tim Taylor, LCSW 		<ul style="list-style-type: none"> • Women's issues • Eating disorders • Depression • Anxiety • Relationship difficulties • Self-esteem • ADD/ADHD • Panic disorders • Life transitions • PTSD • OCD • LGBT related issues • Grief/Loss 		<ul style="list-style-type: none"> • Individual Therapy • Family Therapy • Couples Therapy • Telehealth Therapy 	<ul style="list-style-type: none"> • LGBTQIA+ Community 	<ul style="list-style-type: none"> • Aetna • Anthem • Beacon Health Options • Blue Cross Blue Shield • Cigna • Harvard Pilgrim • Highmark • Humana • Humana-Military • Magellan • Multiplan • Optima 	<p>Call to schedule an appointment.</p>

Off-Campus Referral Network for Counseling Services

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Agency Name and Detailed Location	City	Distance from ODU Campus	Contact Information	Website	Providers	Providers (continued)	Conditions Served	Conditions Served (continued)	Therapeutic Options	Therapeutic Options (continued)	Populations Served	Specialty Insurance Accepted	Insurances Accepted (continued)	How to Schedule an Appointment
<p>Tidewater Pastoral Counseling Services 7305 Hampton Boulevard, Norfolk, Virginia 23505</p>	Norfolk	2.4 miles; 8 minutes	<p>Phone: (757) 623-2700</p>	<p>https://tidewaterpastoral.org</p>	<ul style="list-style-type: none"> • Rev. Marty Phillips, LPC • Dr. Kim Nielsen • Sarah Massie, LPC • Patricia Hoelt, LMFT • Deborah Sabatino • Rev. Dr. Robert Gunn • Autumn Leggett • Dr. Bill Austin, LPC • Rev. Linda Clark, LCSW • Kay Devern • Dr. Bill Hedrick 		<ul style="list-style-type: none"> • Anger Management • Anxiety • Depression • Grief • Life Transitions • Parenting, Child or Elder Caregiving • PTSD • Mood Disorders 		<ul style="list-style-type: none"> • Individual • Couples, Pre-Marital, Marriage • Family Counseling • Spiritual Guidance • Clergy Support 		<ul style="list-style-type: none"> • Faith-based Services 	<ul style="list-style-type: none"> • Aetna • Anthem Blue Cross/Blue Shield • Cigna • CompPsych • Humana • Medicare • Medicaid • MHNNet • Optima 	<ul style="list-style-type: none"> • Tricare (Standard and Prime) • United Healthcare • United Behavioral Health • Value Options 	<p>Use online inquiry form (https://tidewaterpastoral.org) or call about scheduling an appointment.</p>

<p>Watermark Psychological Services 819 W 21st St, Suite 200, Norfolk, VA, 23517</p>	Norfolk	1.5 miles; 6 minutes	<p>Phone: (757) 319-4650 Email: office@watermarkpsych.com</p>	<p>http://www.watermarkpsych.com</p>	<ul style="list-style-type: none"> • Dr. Lisa Mazzio, PsyD, LCP • Dr. Megan Gliniecki, PhD, LCP • Dr. LaDonna Hankins, PsyD, LCP • Laura Garibay, MSW • Lauren Brady, MA 		<ul style="list-style-type: none"> • Addiction • Adjustment Disorders • Eating Disorders • Family Conflict • Grief/Loss • Mood Disorders • Military related issues • Parenting Challenges • Personality Disorders • PTSD • Relationship issues • Suicidal Ideations • Trauma 		<ul style="list-style-type: none"> • Individual Therapy • Consultation Therapy • Family Therapy • Psychological Assessment 	Military Affiliated Population	None out of network provider	<p>Use online inquiry form (http://www.watermarkpsych.com/take-action) or call about scheduling an appointment.</p>
<p>YWCA South Hampton Roads 500 E. Plume Street, Ste. 700 Norfolk, VA 23510</p>	Norfolk	3.8 miles; 14 minutes	<p>Phone: (757) 625-4248 Crisis Hotline: (757) 251-0144</p>	<p>https://www.ywca.org</p>	<ul style="list-style-type: none"> • Wilhelmina W. MSW, LPC, NCC, CITS • Jenay Garrett, M.S.Ed, LPC • Kathleen Lloyd, M.S., CAADC, CSAC • Wanda McInnis, M.A. • Jerrica Newsome, M.A. • Sara Reynolds, LMSW 		<ul style="list-style-type: none"> • Domestic violence • Sexual assault • Stalking • Human trafficking • Trauma 		<ul style="list-style-type: none"> • No medication management; only counseling services provided • Short term crisis counseling • Long term crisis counseling • Variety of therapeutic interventions 		ODU students receive counseling services free	<p>Use online inquiry form (https://www.ywca-shr.org/connect-with-us/contact-us/) or call about scheduling an appointment.</p>
<p>Churchland Psychological Center <i>Churchland/Western Branch Area of Chesapeake :</i> 3101 American Legion Road, Suite 218 Chesapeake, VA 23321 <i>Norfolk :</i> 1709 Colley Ave, Suite 310 Norfolk, VA 23517</p>	Chesapeake; Norfolk	8.8 miles; 17 minutes 1.7 miles; 7 minutes	Phone: (757) 483-3404	<p>http://www.cpc.org</p>	<ul style="list-style-type: none"> • Michael Weissman, PhD • Barbara Forbes, LPC • Jody Alperin, PsyD, LCP • Thomas Scott, MSW, LCSW • Sara Litt, LCSW • Catherine Smithson, LCSW • Susan Asprey, LCSW, CSAC 	<ul style="list-style-type: none"> • Frank Gripka, PhD • Muriel Ricker, LMFT • Paul Dell, PhD, ABPP • Denise Keeley, LCSW • Michael Sullivan, PhD • Raleigh Phillips, PhD • Lindsey Pace, LCSW 	<ul style="list-style-type: none"> • Depression • Anxiety • Substance Abuse • Overspending Behaviors • Codependency • Grief/Loss • Trauma Survivors • LGBTQIA+ needs • Personality Disorders • Phobias • Life Transitions • Burnout • Relationships 		<ul style="list-style-type: none"> • Individual Therapy • Family/Marital Therapy • Psychological Assessment 	LGBTQIA+ Community	Accepts most major insurance carriers, and file insurance claims for each patient	<p>Call or go online to schedule an appointment using a new patient request form.</p>

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Agency Name and Detailed Location	City	Distance from ODU Campus	Contact Information	Website	Providers	Providers (continued)	Conditions Served	Conditions Served (continued)	Therapeutic Options	Therapeutic Options (continued)	Populations Served	Specialty Insurance Accepted	Insurances Accepted (continued)	How to Schedule an Appointment
<p>Mary Aab, LPC Norfolk, VA 23503</p>	Norfolk		Phone: (757) 517-2732	<p>https://www.waia.org</p> <p>http://today.com/4830181/mary-aab-norfolk-va/237462</p>	Mary Aab, LPC		<ul style="list-style-type: none"> • Anxiety • Bipolar Disorder • Career Counseling • Depression • Divorce • Domestic Abuse • Family Conflict • Grief • Life Coaching • Relationship Issues • Self Esteem • Spirituality • Trauma and PTSD • Women's Issues • Dissociative Disorders • Mood Disorders • Psychosis 		<ul style="list-style-type: none"> • Attachment-based • Coaching • Cognitive Behavioral (CBT) • Eclectic • Existential • Family / Marital • Interpersonal • Motivational Interviewing • Relational • Solution Focused Brief (SFBT) • Transpersonal • Individual • Family • Couples 	LGBTQIA+ Community	<ul style="list-style-type: none"> • Aetna • Anthem • Beacon • Blue Cross • Blue Shield • Blue Cross and Blue Shield • Cigna • Health Choice • Health Keepers • Magellan • Medicaid 	<ul style="list-style-type: none"> • Military OneSource • Optima • TriCare • UnitedHealthcare • Virginia Premier 	<p>Call (757) 517-2732 to schedule an appointment.</p>	

Portsmouth Department of Behavioral Healthcare Services (Community Services Board) 1811 King Street Portsmouth, Virginia 23704	Portsmouth	4.7 miles; 10 minutes	Phone: (757) 393-5357 Crisis Hotline: (757) 393-8990	http://www.odism.org odisvaev@odism.org /BehavioralHealthcare	Not specified		<ul style="list-style-type: none"> •Developmental disabilities •Pregnancy related issues •Substance use •Suicidal ideations •HIV/AIDS •Anxiety •Depression •Mood disorders •Mental health crises 		<ul style="list-style-type: none"> •Developmental disabilities Therapy •Mental/Behavioral health Therapy •Substance abuse Therapy •Services for pregnant women 		Accepts most major insurance plans, including Medicare and Medicaid	Call to schedule an appointment.	
Seek Your Serenity Counseling Center, LLC 500 Washington St., Suite 2 Portsmouth, VA 23704	Portsmouth	6 miles; 12 minutes	Phone: (757) 372-7868	None	Not specified		<ul style="list-style-type: none"> •Women's Issues •LGBTQ Issues •Trauma/PTSD •Stress •Anxiety •Depression •Mental Health Crises 		<ul style="list-style-type: none"> •Individual •Couple •Family •Group 		LGBTQIA+ Community	Call (757) 372-7868 or email (angela@seekyourserenity.com) to schedule an appointment.	
SUFFOLK OFFICES													
Western Tidewater Community Services Board 1000 Commercial Lane Suffolk, VA 23434	Suffolk	23 miles; 29 minutes	Phone: (757) 925-2222	https://www.wtsb.org	<ul style="list-style-type: none"> •Courtney Goolsby, LPC •Danielle Moore, LPC •Ashanti Conner, LPC •Ashli Eley, LPC •Bryce Buttrill, LPC •Chelsea Jefferson, LPC •Karen Kaiser, LPC •Lauren Bennett, LPC 	<ul style="list-style-type: none"> •Intellectual disabilities •Serious mental illness 		<ul style="list-style-type: none"> •Individual and group counseling •Mobile counseling •Crisis intervention •Screenings •Emergency services •Pharmacological evaluation, treatment, and management •Mental health skill building services •Mentoring services 		<ul style="list-style-type: none"> •Medicaid •Medicare •Military Insurance (eg Tricare) •Private Health Insurance •State Financed Health Insurance Plan Other than Medicaid 	Call (757) 758-5106 to schedule an appointment.		
VIRGINIA BEACH OFFICES													
Fairfield Psychological Associates 5265 Providence Rd., Virginia Beach, VA 23464	Virginia Beach	13 miles; 26 minutes	Phone: (757) 467-9500 Email: fairfieldpsychological@gmail.com	http://fairfieldpsyc.com	<ul style="list-style-type: none"> •Gary Rotfus, LCSW •Angelina Guanzon, MD •Kim Montaruli, MSW •Wayne Easter, LCSW •Christie White, LCSW •Justin Ray, MSN, PMHNP-BC •Natalia Castle, MSW •Amanda Snow, MSN, PMHNP-BC 	<ul style="list-style-type: none"> •Relationships/ Couples •Parenting •Depression •Anxiety •Trauma •ADD/ADHD 		<ul style="list-style-type: none"> •Individual Therapy •Family Therapy •Couples Therapy •Telehealth Therapy 		<ul style="list-style-type: none"> •Tri-Care •Anthem – PPO and Health keepers •Federal Blue Cross •Aetna •United Health Care •Medicare •Value Options 	Use online inquiry form or call about scheduling an appointment.		
Off-Campus Referral Network for Counseling Services													
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Agency Name and Detailed Location	City	Distance from ODU Campus	Contact Information	Website	Providers	Providers (continued)	Conditions Served	Conditions Served (continued)	Therapeutic Options	Therapeutic Options (continued)	Specialty Populations	Insurance Accepted (continued)	How to Schedule an Appointment
Finney-Zimmerman Psychiatric Associates 324 Louisa Ave Suite 125, Virginia Beach, VA 23454	Virginia Beach	20 miles; 29 minutes	Phone: (757) 351-6400	http://www.navytherapynetwork.com/index.asp	<ul style="list-style-type: none"> •C. Douglas Finney, LCSW BCD •Michele L. Zimmerman, APRN CS BC •Deborah W. Balak, LCSW •Blaine Birk, LCSW •Ken Cooke, LPC •Margaret P. Fanney, LCSW •Clayton C. Maguire, MS, LPC LMFT CCMHC •Linda J. Maguire, LCSW, BCD •Belinda Sanders, LCSW •Renée Dozoretz Strelitz, LCSW •Mark Wehrin, PsyD. 		<ul style="list-style-type: none"> •Codependence •Anxiety Disorders •Phobias •Obsessive Compulsive Disorder (OCD) •Bipolar Disorder •ADHD •Behavioral Issues •Chronic Illness •Depression •Grief/Loss •Relationships/ Marriage •Family Conflict •Multicultural and Minority Issues 		<ul style="list-style-type: none"> •Individual Therapy •Family Therapy •Group Therapy •Telehealth Therapy •Psychological Testing •Court-Ordered Therapy 		<ul style="list-style-type: none"> •Anthem •Optima •Tricare •Cigna •Health Care •Aetna •Medicare •Medicaid 	Use online inquiry form or call about scheduling an appointment.	

Ocean Psychiatric Group 770 Lynnhaven Parkway Suite #240 Virginia Beach, VA 23452	Virginia Beach	17 miles; 26 minutes	Phone: (757) 802-4500	http://oceanpsychiatric.com	<ul style="list-style-type: none"> •Thomas K. Tsao, M.D., DLFAPA •Mark T. Schreiber, M.D., DLFAPA, F.A.S.A.M •Leonard Dileo, M.D., L.F.A.P.A •Katharine W. Heatwole, M.D. •Joy P. Kannarkat, Ph.D. •Amy Carter, Ph.D. •Pamela Zane, Ph.D. 	<ul style="list-style-type: none"> •Trisha Parker, PMHNP - BC •Russell Lantz, PA-C •Sharon H. Rhodes, FNP •Anne Stubbs, FNP •Michael S. Prince, LC.S.W. •Deborah Beth Reese, LCSW •Joyce Tsao, LC.S.W. •Laurel Ubbell, LP.C. •Sharon P. Lantz, LPC 	<ul style="list-style-type: none"> •Depression •Anxiety and Panic Disorders •Bipolar Disorder •Schizoaffective and Schizophrenia Disorder •Obsessive-Compulsive Disorders •Post-Traumatic Stress Disorder •Self-Esteem and Identity issues •Adjustment issues •Abandonment and Grief •Peer and Social difficulties •Coping difficulties •Academic related issues •Eating Disorders •Substance Abuse 	<ul style="list-style-type: none"> •Individual, Couple, Family and Group Therapy •Psychological Evaluations •Neuropsychological Evaluations •Intellectual & Personality Assessments •Education & Vocational Testing •Neurological Consultations & Follow Up •EMG •Court Evaluations for Domestic & Criminal Matters including Custody & Visitation, Competency & Personal Injury 		<ul style="list-style-type: none"> •Tri-Care •Anthem - PPO and Health keepers •Federal Blue Cross •Aetna •United Health Care •Medicare •Optima 	Use online inquiry form (http://oceanpsychiatric.com/contact/) or call about scheduling an appointment.
Steven A. Cohen Military Family Clinic 828 Healthy Way, Suite 105 Virginia Beach, VA 23462	Virginia Beach	14.5 miles; 24 minutes	Phone: (757) 965-8686 Fax: (757) 648-8255	https://www.thecenter.org	Not specified	<ul style="list-style-type: none"> •Anxiety •Depression •PTSD •Substance Use •Anger Management •Grief/Loss •Life Transitions •Relationship •Family Conflicts 	<ul style="list-style-type: none"> •Cognitive Processing Therapy •Cognitive Behavioral Therapy •Motivational Interviewing •Integrative Behavioral Couples' Therapy •Prolonged Exposure Therapy •Psychiatric Medication Management •Integrated Case 		Military Affiliated Population	<ul style="list-style-type: none"> •Aetna •Anthem (All EAP plans accepted) •Beacon Health •Cigna •Tri-Care •Magellan •Optima •Optum •United Behavioral Health •Value Options 	Call or email info@thecenter.org to schedule an appointment.
Taylor Counseling and Consulting Services 328 Office Square Lane, Suite 104 Virginia Beach, Virginia 23462	Virginia Beach	12 miles; 24 minutes	Phone: (757) 745-9294	https://www.taylorcounseling.com	• Dr. Ja'Naé Taylor, PhD, LPC	<ul style="list-style-type: none"> •Cultural and Racial Related Issues •Relationships •Depression •Anxiety •Grief/Loss •Gender Related Concerns •LGBTQ Related Concerns •Identity Development •Wellness 	<ul style="list-style-type: none"> •Individual Therapy •Family Therapy •Couples Therapy •Telehealth Therapy 		LGBTQIA+ Community	<ul style="list-style-type: none"> •Blue Cross Blue Shield (Anthem) •Military One Source •Optima •Value Options/Beacon health 	Call to schedule an appointment.

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Agency Name and Detailed Location	City	Distance from ODU Campus	Contact Information	Website	Providers	Providers (continued)	Conditions Served	Conditions Served (continued)	Therapeutic Options	Therapeutic Options (continued)	Specialty Populations Served	Insurance Accepted (continued)	How to Schedule an Appointment
Thrive works Counseling 516 S. Independence Blvd, Suite 104 Virginia Beach, VA 23452	Virginia Beach	14 miles; 23 minutes	Phone: (757) 317-4315	https://thriveworks.com/virginia-beach-counseling/	<ul style="list-style-type: none"> •Elizabeth Custodero, LCSW •Hannah Kasmala, LCSW •Juan Turon, PhD, LMFT •Shaun Salzman, LPC •Taylor Coghill, LPC •Yuri Gooding, LPC •Brenda Cahill, LCSW •Darren Love, PsyD •Donna Sotolongo, PsyD •James Martin, LPC •Don Costigan, LCSW 		<ul style="list-style-type: none"> •Substance Use/Addiction •Codependency •Domestic Violence •Anxiety Disorders •Mood Disorders •ADHD •Personality Disorders •Schizoaffective Disorders •Trauma •Stress •Anger Management 	<ul style="list-style-type: none"> •Work Related Issues •Relationships •Grief/Loss •Chronic Health Conditions •Self-Harm/Suicidal Ideation •LGBTQ Issues •Adjustment Disorders 	<ul style="list-style-type: none"> •Individual Therapy •Couples Therapy •Family Therapy •Online/Telehealth Therapy 		LGBTQIA+ Community	<ul style="list-style-type: none"> •Aetna •Anthem •Beacon Health Options •Blue Cross Blue Shield •Cigna •Harvard Pilgrim •Highmark •Humana •Humana-Military •Magellan •Multiplan 	Call or go online (https://thriveworks.com/virginia-beach-counseling/counselors-and-coaches/) to schedule an appointment.

Tidewater Psychotherapy Services 260 Grayson Road, Suite 100 Virginia Beach, VA 23462	Virginia Beach	12 miles; 23 minutes	Phone: (757) 497-3670	https://www.tidewaterpsych.com	<ul style="list-style-type: none"> James Baughman, LCSW Louise Friedman, LCSW Martin Friedman, LPC, LMFT Candice Happach, LCSW Georgia Phillips, LCSW Paul Rosenberg, LCSW 		<ul style="list-style-type: none"> ADHD Anxiety Behavioral Issues Bipolar Disorder Depression Grief/Loss Abuse Parenting PTSD Obsessive Compulsive Disorder Social Skills School Related Issues 		<ul style="list-style-type: none"> Individual Therapy Family Therapy Group Therapy Couples Therapy 	Military Affiliated Population	Accepts most major insurances	Call to schedule an appointment.
Virginia Beach Counseling Services 9505 Indian River Rd., Ste 100 Virginia Beach, VA 23464	Virginia Beach	13 miles; 23 minutes	Phone: (757) 472-4982 Email: vb.counselingservices@gmail.com	https://www.vbcounselingservices.com	<ul style="list-style-type: none"> Dr. Suzanne Preston-Josey, PhD, LPC Dr. Susan Dye, PhD, LPC Rachel Kraemer, LPC Leah Young-Price, LPC Karen Mattox, LPC Cristina Murphy, LPC Shanell Cummins, MA, Resident 		<ul style="list-style-type: none"> Parenting Substance abuse Anger management Behavioral issues Mental health skill building Anxiety Adjustment disorders Autism ADD/ADHD Acute/Chronic/Terminal 	<ul style="list-style-type: none"> Individual Therapy Family Therapy Play Therapy Therapy Community Based Trainings 	<ul style="list-style-type: none"> Anthem/Blue Cross BlueShield Aetna Cigna Sentara Family Care Medicare Magellan Optima Tricare United 	Call or go online to schedule an appointment.		
Virginia Beach Mental Health and Substance Abuse Services/Adult Outpatient (Community Services Board) 297 Independence Blvd #126, Virginia Beach, VA 23462	Virginia Beach	4 miles; 22 minutes	Phone: (757) 385-0888	https://www.vbamhs.com/evisionmanagement/daapartments/humanservices/psychiatry	Not specified		<ul style="list-style-type: none"> Substance use Suicidal ideations Developmental disabilities Anxiety and mood disorders Other mental health disorders 	<ul style="list-style-type: none"> Crisis response Recovery and treatment services Prevention services Opioid prevention, treatment, and recovery 	<ul style="list-style-type: none"> Medicaid Medicare Private Insurance 	Call to schedule an appointment.		
Quality of Life Counseling Center Hampton Location: 2019 Cunningham Dr., Suite 404 Hampton, VA 23666 Virginia Beach Location: 5602 Virginia Beach Blvd., Suite 203 Virginia Beach, VA 23462	Hampton; Virginia Beach	19 miles; 26 minutes 9.5 miles; 22 minutes	Hampton Location: Phone: (757) 998-2100 Email: qlcc@qualityoflifeccc.com Virginia Beach Location: Phone: (757) 756-4292 Email:	https://www.qualityoflifeccc.com	Not specified		<ul style="list-style-type: none"> Substance use Suicidal ideations Anxiety Depression Mood disorders Anger management Parenting Mental health crises 	<ul style="list-style-type: none"> Intensive In-Home Mental Health Skills Building Therapeutic Day Treatment Mentoring Cognitive Skills Training Life Skills Coaching Anger Management Substance Use 	<ul style="list-style-type: none"> Aetna Anthem (All EAP plans accepted) Beacon Health Cigna Tri-Care Magellan Optima Optum 	Call, email qlcc@qualityoflifeccc.com, or use online inquiry form to schedule an appointment.		

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Agency Name and Detailed Location	City	Distance from ODU Campus	Contact Information	Website	Providers	Providers (continued)	Conditions Served	Conditions Served (continued)	Therapeutic Options	Therapeutic Options (continued)	Specialty Populations Served	Insurance Accepted (continued)	How to Schedule an Appointment
Stacey Salant, Ph.D. 1604 Hilltop West Executive Center, Suite 215 Virginia Beach, VA 23451	Virginia Beach	0 miles; 27 minutes	Phone: (757) 351-4650	http://drsalant.com/index.html	Stacey Salant, Ph.D.		<ul style="list-style-type: none"> Anxiety Depression Sleep problems LGBTQ issues PTSD Smoking cessation Pain management TMI syndrome Binge eating Anger management Handling grief Presurgical desensitization Organ transplant candidate evaluation Coping with chronic medical conditions 	<ul style="list-style-type: none"> Problems following diabetes regimen Concerns of military members and partners Erectile problems and premature ejaculation Stress management including relaxation and visualization Liaison and consultation between physician 	<ul style="list-style-type: none"> Individual Teletherapy Cognitive Behavioral Therapy 	LGBTQIA+ Community; Military Affiliated Population	<ul style="list-style-type: none"> Anthem Aetna Optima Health Tricare Medicare 	Call (757) 351-4650 or utilize online form (http://www.ampathic.com) /cp/client/register/index?clinic=400 to schedule an appointment.	

<p>Pete Salant, LCSW 1604 Hilltop West Shopping Center, Suite 215 Virginia Beach VA 23451</p>	<p>Virginia Beach</p>	<p>0 miles; 27 minute</p>	<p>Phone: (757) 285-8900</p>	<p>https://net.edu.nj-sw.com</p>	<p>Pete Salant, LCSW</p>		<ul style="list-style-type: none"> •Adjusting to Change •Aging/Geriatric Issues <ul style="list-style-type: none"> •Anger •Anxiety •Body Image •Career Choice •Caregiver Issues •Communication Problems •Control Issues •Depression •Divorce •Emotional Abuse •Fear •Feeling Overwhelmed •Food Issues •Grief and Loss 	<ul style="list-style-type: none"> •Infidelity •Irritability •Life Transitions •Loneliness •Men's Issues •Midlife Crisis/Transition •Mood Disturbances •Panic •Perfectionism •Relationships •Self-Care •Sensitivity •Sexuality •Shame •Sleep Problems •Worried 	<ul style="list-style-type: none"> •Psychotherapy •Individual therapy •Couples therapy •Family therapy 		<p>LGBTQIA+ Community</p>	<ul style="list-style-type: none"> •TriCare •Anthem BCBS •Medicare •Optimalhealth •Cigna 	<p>Call (757) 285-8900 or utilize online form (http://www.empathic.com /cp/client/register/index?clinic=591) to schedule an appointment.</p>
<p>Virginia Beach Counseling and Wellness 1553 Bradford Rd, Ste 102 Virginia Beach, VA 23455</p>	<p>Virginia Beach</p>	<p>4 miles; 21 minute</p>	<p>Phone: (757) 517-3925</p>	<p>https://www.npsychology.com/virginia-beach</p>	<ul style="list-style-type: none"> •Phyllis Pierce, LCSW, BCD •Terese Beatty, LPC, NCC, CSAC •Danielle Jewell, MS, LPC, ATR-BC 		<ul style="list-style-type: none"> •ADHD •Addiction •Adoption •Anger Management •Anxiety •Behavioral Issues •Bipolar Disorder •Career Counseling •Chronic Illness •Chronic Pain •Codependency •Coping Skills •Depression •Divorce •Drug Abuse •Dual Diagnosis •Eating Disorders 	<ul style="list-style-type: none"> •Premarital •Men's Issues •Obesity •Oppositional Defiance •Parenting •Peer Relationships •Pregnancy, Prenatal, Postpartum •Relationship Issues •School Issues •Self-Esteem •Self-Harming •Sexual Abuse •Sleep or Insomnia •Sensitivity 	<ul style="list-style-type: none"> •Art Therapy •Cognitive Behavioral (CBT) •Family / Marital •Family Based Treatment (Maudsley) •Feminist •Gottman Method •Holistic, mind/body approaches •Interpersonal •Mindfulness-Based (MBCT) •Play Therapy •Trauma Focused •Individual •Family •Couples 		<p>LGBTQIA+ Community</p>	<ul style="list-style-type: none"> •Aetna •Anthem •BlueCross and BlueShield •Optima •TriCare 	<p>Call (757) 517-3925 to schedule an appointment.</p>