

# Rappahannock Area Mental Health Resources

## Supportive Services

### **Mental Health America of Fredericksburg**

**540-371-2704**

**HelpLine** – free, confidential referral to and information on mental health practitioners, treatment services, community resources and educational literature. Weekdays.

**Provider Listing** - A listing of Licensed practitioners in the private sector and mental health agencies with monthly updates is posted online at [www.mhafred.org](http://www.mhafred.org).

**Support Groups** – free non-therapeutic, professionally facilitated groups including Depression & Bipolar and Survivors of Suicide (for those who have lost a loved one to suicide)

**Recovery In Motion (RIM)** – free peer support group based on a recovery model for persons who have completed WRAP training

**Wellness Recovery Action Plan (WRAP)** – free 8-9 week course for persons with mental health conditions that identifies personal health indicators, customized wellness tools and strategies to stay well (similar to diabetes management education).

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

### **National Alliance on Mental Illness- Rappahannock**

**540-479-3044**

**Monthly Meetings** – free education programs and support groups for family members and individuals with mental illness (first Wednesday of every month)

**Family-to-Family** – free 12-week course providing education and support for family members, lead by trained family members

**In Our Own Voice** – free 60-90 minute presentation by individuals telling their stories of recovery, interspersed with video; available upon request; incorporated as part of Family-to-Family curriculum

**Peer-to-Peer** – free 10-week course for individuals with mental illness, taught by individuals with mental illness, providing education and support

**Connection Support Group** – free support group for individuals with mental illness facilitated by peers; focus on education and recovery

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

### **Virginia 2-1-1**

**Dial 2-1-1**

Free, confidential referral and information on health services, financial assistance, housing, senior services, child care and more!

[www.211.org](http://www.211.org)

### **Virginia Wounded Warrior Program**

**540-373-3223, ext. 3085**

Support groups, led by Veterans, for combat Veterans of all eras as well as family members; identification of referral for Post-traumatic Stress Disorder (PTSD) and Traumatic Brain Injuries

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

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

### **In case of a Mental Health Emergency:**

Rappahannock Area Community Services Board 24-hour Emergency Services

Fredericksburg, Spotsylvania & Stafford Counties – 540-373-6876

Caroline County – 804-633-4148 King George County – 540-775-5064

Snowden at Fredericksburg / Mary Washington Hospital

800-362-5005

Spotsylvania Regional Medical Center

540-498-4563

A collaborative project of community mental health agencies.

Please provide revisions to Mental Health America of Fredericksburg at 540-371-2704 or [mhafred@mhafred.org](mailto:mhafred@mhafred.org)

Information current as of March 2011 and subject to change without notice.

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## Service Providers

- Community Health Center of the Rappahannock Region** 540-735-0560  
**Caroline Family Practice** 804-632-1030  
Staff includes a MD and clinical psychologist; counseling services [www.cvhsinc.org](http://www.cvhsinc.org)
- Dominion Day Services** 540-371-8750  
Mental Health support services [www.dominionyouthservices.com](http://www.dominionyouthservices.com)
- Family Preservation Services** 540-710-5810  
Intensive In-home, Therapeutic Day Treatment, Mental Health support services [www.fpscorp.com](http://www.fpscorp.com)
- Family Solutions** 877-582-6363  
Mental Health support services [www.familysolution.net](http://www.familysolution.net)
- Fredericksburg Counseling Services** 540-373-2320  
Free Mental Health Clinic provides counseling for uninsured, low-income individuals and families  
INFO – online listing of community support groups [www.fcsagency.org](http://www.fcsagency.org)
- Lloyd F. Moss Free Clinic** 540-741-1061  
Counseling; depression management and diabetic control assessment; and referrals for persons receiving services for medical care [www.mossfreeclinic.org](http://www.mossfreeclinic.org)
- National Counseling Group** 540-446-0007  
Mental Health support services [www.nationalcounselinggroup.com/fredericksburg](http://www.nationalcounselinggroup.com/fredericksburg)
- Rappahannock Area Community Services Board** 540-373-3223  
Mental health, substance abuse, prevention, and early intervention services. Outpatient services including psychiatric care, medication management, individual and group therapy, and case management for all ages; Emergency Services and Crisis Stabilization Program; Specialized services for women; Day support programs; Residential services [www.racsb.state.va.us](http://www.racsb.state.va.us)
- Rappahannock Council Against Sexual Assault** 540-371-5502 / 540-371-1666  
Sexual abuse and rape crisis services including 24 hour crisis support; free support groups for children, teens, women and men; free case management and legal advocacy; trauma-informed counseling; art therapy; longer term counseling available [www.rcasa.org](http://www.rcasa.org)
- Snowden at Fredericksburg** 540-741-3900 or 800-362-5005  
Free assessments and referrals; Intensive Outpatient Treatment for adults with substance abuse; Mental Health Day Treatment for adolescents and adults; and Inpatient Services  
A department of Mary Washington Hospital [www.snowdenmentalhealth.com](http://www.snowdenmentalhealth.com)
- Spotsylvania Regional Medical Center Behavioral Health Services** 540-498-4563  
Free assessments and referrals; Inpatient services [www.spotsrmc.com](http://www.spotsrmc.com)

*You are not alone! Help is available.*