

Youth Mental Health – Peer Recommended Therapists and Resources

Recommendations from State's Child & Family Program, FSYP Contacts and FS Families Please note that this list is not exhaustive and implies no endorsement by FSYP or the Child and Family Program.

MENTAL WELLNESS PROMOTION

[Anxiety & Depression Association of America](#): *an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.*

[Depression & Bipolar Support Alliance](#): *a comprehensive resource for more than 21 million people in the U.S. who live with mood disorders. We provide education, tools, peer support, and a wealth of inspiring stories to help you pursue your own path to wellness. Whether you need resources for yourself or someone you care about, DBSA is ready to help.*

[International OCD Foundation](#): *a donor-supported nonprofit organization that has grown into an international membership-based organization serving a broad community of individuals with OCD and related disorders, their family members and loved ones, and mental health professionals and researchers around the world.*

[Mental Health America](#): *a non-profit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all.*

[NAMI: National Alliance on Mental Illness](#): *the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.*

[Society for the Prevention of Teen Suicide](#): *prevention programs and resources for educators, parents and teens.*

[NIMH: National Institute of Mental Health](#): *the lead federal agency for research on mental disorders.*

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National PTA's Mental Health Initiative: *Helpful information to implement new policies, services and supports to improve the overall mental health in your schools and families. Whether your own child is experiencing trauma, stress or other mental health challenges—or you're trying to serve your school community—these resources are for you!*

Family Resources: Emotional Health

IN NORTHERN VIRGINIA AREA

Zero Suicide Initiative in Arlington: *a framework for system-wide, organizational commitment to safer suicide care in health and behavioral health care systems.*

Suicide Prevention Alliance of Northern Virginia (SPAN): *a regional coalition of the Alexandria, Arlington, Fairfax-Falls Church, Loudoun, and Prince William Community Services Boards (CSBs) and other groups in Northern Virginia, all working together to raise awareness and share resources to prevent suicide.*

Arlington Public Schools

- Mental Health Resources
- Parent Resource Center

Arlington County Youth Behavioral Health Services: *provides services to children, teens and their families to prevent mental health and substance abuse problems from developing or becoming more serious.*

NAMI of Northern Virginia: *offers classes, support groups to individuals living with a mental health condition, and family members and friends, at no cost to participants.*

Arlington Partnership for Children, Youth & Families: *a community organization that works to improve the health, well-being, and safety of children, youth, and families in Arlington through researching young people's needs, advocating for improved policies and programs to meet those needs.*

Teen Network Board: *a County & School Board-appointed teen advocacy group comprised of Arlington high school students, from different backgrounds and parts of Arlington to provide a countywide voice for Arlington teens.*

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PREVENTION AND UNIVERSAL SUPPORTS

National Alliance on Mental Illness (NAMI) (1-800-950-NAMI): *offers classes, support groups to individuals living with a mental health condition, and family members and friends, at no cost to participants.*

<http://www.nami.org/Find-Support/Air-App> for Android or iPhone

Support: <https://www.nami.org/Find-Support>

Educational Programs: <https://www.nami.org/Learn-More>

Mental Health America of Virginia's Warmline (1-866-400-6428): *Text support feature too. Available from 9am to 9pm Mon-Fri and 5 pm to 9 pm Sat-Sun. The Warm Line is a peer-run service for residents of Virginia to provide a support line for individuals, family members, and other concerned parties who would like someone to talk to, or who request community mental health resources, or who have specific questions about their recovery journey. The peers who answer the Warm Line listen with compassion and provide non-judgmental support.*

National Suicide Prevention Lifeline (1-800-273-TALK (8255)). **Chat and Spanish options available.** *The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.*

SMYAL (Regional LGBTQ Youth Suicide Prevention and Support): *Through youth leadership, SMYAL creates opportunities for LGBTQ youth to build self-confidence, develop critical life skills, and engage their peers and community through service and advocacy.*

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Q Chat Space: *A community for LGBTQ+ teens. Find and give support, have fun, connect around shared interests and get good information. Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care.*

Jed Foundation: *a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.*

The Trevor Project (National LGBTQ Youth Suicide Prevention and Support) (1-866-488-7386 (866-4U-TREVOR)): *a free and confidential service that offers hope and someone to talk to, 24/7. The Trevor Helpline's trained counselors will listen and understand without judgment.*

Suicide Prevention Alliance of Northern Virginia (SPAN): *provides substance use and mental disorder information, services, and research.*

Society for the Prevention of Teen Suicide: *prevention programs and resources for educators, parents and teens.*

The Jason Foundation: *The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.*

Training Programs

Second Step: *a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. More than just a classroom curriculum, Second Step's holistic approach helps create a more empathetic society by providing education professionals, families, and the larger community with tools to enable them to take an active role in the social-emotional growth and safety of today's children.*

Sources of Strength: *provides evidence-based prevention for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.*

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Signs of Suicide: *a universal, school-based prevention program designed for middle school (ages 11-13) and high school (ages 13-17) students.*

Youth Mental Health First Aid: *introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.*

Kognito: *combines the science of learning, the art of conversation, and the power of game technology to engage users in role-play conversations with virtual humans, allowing them to try different approaches, get personalized feedback and gain the confidence and skills to lead similar conversations in real-life that result in measurable changes in social, emotional, and physical health.*

Parenting Resources:

IN NORTHERN VIRGINIA AREA

Arlington Public Schools:

Parent Academy: *offers parents and guardians of children attending schools in Arlington learning opportunities on a wide variety of subjects to support the academic, social and emotional development of children.*

Parent Resource Center:

- Information and referrals
- Parent learning opportunities and events
- A Family Resource and Information Guide *designed to provide step by step support in navigating the special education process, collaborating with school staff, and accessing community resources.*
- Sibshops – *Workshops for brothers and sisters of students with disabilities.*
- Individual consultation with families – call or email us to schedule an appointment!
- A lending library containing books, DVDs and audiobooks.
- A monthly email news and updates.

Career Center: Information and Resources

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Recommendations from State's Child & Family Program, FSYF Contacts and FS Families Please note that this list is not exhaustive and implies no endorsement by FSYF or the Child and Family Program.

[Arlington County Behavioral Healthcare](#)

- “Stay Connected”: Webinars to help parents and caregivers support children (and themselves!) in ever-changing family life.

[Arlington Partnership for Children, Youth and Families](#)

- Parenting Tips

INTERVENTIONS & TREATMENTS

[Mental Health America of Virginia's Warmline \(VA C.O.P.E.S\) \(1-866-400-6428\)](#): *Text support feature too. Available from 9am to 9pm Mon-Fri and 5 pm to 9 pm Sat-Sun. The Warm Line is a peer-run service for residents of Virginia to provide a support line for individuals, family members, and other concerned parties who would like someone to talk to, or who request community mental health resources, or who have specific questions about their recovery journey. The peers who answer the Warm Line listen with compassion and provide non-judgmental support.*

[Children's Regional Crisis Response \(CR2\) \(844-627-4747\)](#) *provides 24-hour rapid response to all youth (21 & younger) facing a mental health and/or substance use crisis.*

[SAMSHA Helpline: 1-800-662-HELP \(4357\)](#) *free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. See also treatment locators on website.*

[National Alliance for Mental Illness \(NAMI\) Helpline: 1-800-950-NAMI \(6264\)](#) **or text “NAMI” to 741741**

[NAMI of Northern Virginia](#): *offers classes, support groups to individuals living with a mental health condition, and family*

members and friends, at no cost to participants.

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National Suicide Prevention Lifeline 1-800-273-TALK (8255). The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

SMYAL (Sexual Minority Youth Assistance League (202-546-5940): Through youth leadership, SMYAL creates opportunities for LGBTQ youth to build self-confidence, develop critical life skills, and engage their peers and community through service and advocacy.

Q Chat Space: A community for LGBTQ+ teens. Find and give support, have fun, connect around shared interests and get good information. Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care.

The Trevor Project (National LGBTQ Youth Suicide Prevention and Support) (1-866-488-7386 (866-4U-TREVOR)):

The Trevor Helpline is a free and confidential service that offers hope and someone to talk to, 24/7. The Trevor Helpline's trained counselors will listen and understand without judgment.

Talkspace: *a convenient and affordable way to connect with a licensed therapist online. Send your therapist text, audio, picture, and video messages at any time, and they will respond daily, 5x/week. Also offers Live Video Sessions to connect in real-time.*

SMI Advisor: *Advances the use of a person-centered approach to care to ensure people with serious mental illness (SMI) find the treatment and support they need. Offers access to resources and answers from a network of experts.*

Treatment Advocacy Center: *a national nonprofit organization dedicated to making treatment possible for severe mental illness.*

Resources regarding therapy:

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- [NAMI: Know the Warning Signs](#)
- [NAMI: Mental Health Treatments](#)
- [NAMI: Navigating a Mental Health Crisis](#)
- [How to Start Therapy \(NPR Article of Jan 2020\)](#)

Searchable Databases for Providers:

- [American Psychological Association \(psychiatrists\)](#)
- [Psychology Today \(psychiatrists, treatment centers, support groups, therapists\)](#). Also has some international providers.
- [SAMHSA Treatment Locator](#)
- [Innopsych Therapists of Color](#)

- [Greater Washington Society for Clinical Social Work](#)
- [Northern Virginia Licensed Professional Counselors](#)
- [Virginia Academy of Clinical Psychologists](#)

IN NORTHERN VIRGINIA AREA:

[Arlington Public Schools:](#)

- [Mental Health Services](#)
- [Mental Health Resources](#)
- [Parent Resource Center](#)
- [Substance Use Counselors, Psychological Services, Bullying Prevention](#)

[Arlington County Youth Behavioral Health Services](#): *Services include assessment, crisis intervention and stabilization, short-term counseling, psychiatric services and critical stress management for individuals and families. Pre-admission screening is provided for individuals who may require voluntary or involuntary hospitalization and/or who may require either office-based crisis stabilization or residential crisis stabilization. Fees based on family income, Medicare for emergency hospitalization, will work with families and their insurance.*

[Arlington Mental Health Child and Family Services: 703-228-5150](#)

Same Day Access: 703-228-1560

Emergency Mental Health Services: 703-228-5160

[Children's National Medical Center \(202-476-5000 or 888-884-2327\)](#): *All major insurance. Emergency psychiatric evaluations.*

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Dominion Hospital (703-538-2872): *Offers comprehensive services to identify and treat behavioral health conditions in adolescents and teens between 13 and 17 years old. We specialize in stabilizing crisis situations through effective intervention. Payments: sliding scale, Medicaid, most insurance.*

Inova Behavioral Health Services Inova Health System: Phone Adult admission: 703-289-7560. Phone Children and Adolescents: **703-218-8500** Email: inovabehavioralhealth@inova.org Website: <https://www.inova.org/healthcare-services/behavioral-health/index.jsp> *Inova Behavioral Health promotes total wellness of mind and body by offering a full spectrum of mental health and addiction treatment services to the community. Outpatient clinics located in Mount Vernon, Ballston, Fairfax, and Loudoun.*

Psychiatric Institute of Washington (202-885-5600): *Sliding scale payments, Medicaid, most insurance, will get interpreters.*

Virginia Hospital Center - Psychiatric Center (703-558-6451): *Most insurance, Medicare/Medicaid, interpreters available. Inpatient Acute Care unit for 18 and up. No adolescent unit.*

The Women's Center (703-281-2657): *With over 65 professionally trained therapists on staff, The Women's Center meets the diverse psychological needs of women, men, children, couples, and families of all ages by offering numerous services and specialties. We offer sessions in both English and Spanish.*

Associated Clinical Services (ACS): Old Keene Mill Rd, ste 101 Springfield, VA 22152 Phone: 703-569-8731 Website: <http://www.associatedclinical.com/>

The Better Brain Center: T2121 Eisenhower Avenue, Suite 604 Alexandria, VA 22314 Phone: 833-964-8483 Email: info@thebetterbraincenter.com Website: <https://thebetterbraincenter.com/> *The Better Brain Center provides psychiatry, counseling, and neurofeedback services.*

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Columbia Associates in Psychiatry Offices in DC, Maryland, and Virginia. Arlington Office 2501 North Glebe Road, Ste 303 Arlington, VA 22207 Phone: 703-841-1290 Website: <https://www.columbiapsychiatry-dc.com/> *Services include child and adolescent psychiatry; psychological assessments; individual, family, and Group therapy; and TMS therapy.*

Envision Counseling National Counseling Group (NCG): 7620 Little River Turnpike, Ste 403 Annandale, VA 22003 Phone: 703-552-8182 Website: <https://ncgenvision.com/> *Envision Counseling provides expert counseling and treatment services to adolescents, young adults, and adults suffering from mental health or substance abuse issues.*

GMU Center for Psychological Services: George Mason University 10340 Democracy Ln, Ste 202 Fairfax, VA 22030 Phone: 703- 993-1370 Email: psycclin@gmu.edu Website: <https://psyclinic.gmu.edu>. *Sliding scale fee applications are accepted for Individual Therapy and Comprehensive Psycho-educational Assessment Services.*

Inova Kellar Center: Inova Kellar Center-Fairfax 11204 Waples Mill Road Fairfax, VA 22030 Phone: 703-218-8500. Website: <https://www.inova.org/healthcare-services/Inova-kellar-center/index.jsp> *Inova Kellar Center provides comprehensive mental health and substance abuse treatment programs and an innovative special education school support families throughout Northern Virginia.*

In Step: 8500 Executive Park Ave, Ste 204 Fairfax, VA 22031 Phone: 703-876-8480 Website: www.insteppc.com *In Step provides a comprehensive range of mental health programs to the Northern Virginia community.*

Mark V Sakran, MD Mindful Healing Group: 1485 Chain Bridge Rd, Ste 203 McLean, VA 22101-4501 Phone: 571-435-3334 Phone: 301-969-2285 Email: SakranMD@gmail.com Email: Mindfulhealinggroup@gmail.com Website: https://www.facebook.com/Mindful-Healing-Group235234496921175/?ref=page_internal

See also: [Formed Families Forward Northern Virginia Family Resources Directory \(2018-2019\)](#)

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CRISIS & INTENSIVE TREATMENT

CrisisLink: 703-527-4077 or Text CONNECT to 85511

Offers crisis intervention, suicide prevention, and support to individuals in order to foster self-sufficiency by providing problem-solving skills and information on community resources so callers can better cope with emotional trauma, personal and family crises.

National Suicide Prevention Lifeline (1-800-273-8255): *provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.*

National Hopeline: 1-800-784-2433. *A program of the Kristin Brooks Hope Center, Hopeline provides support with trained counselors through this national hotline to prevent suicide.*

SAMSHA Helpline: 1-800-662-HELP (4357). *free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. See also treatment locators on website.*

Children's Regional Crisis Response (CR2): (1-844-N-Crisis (844-627-4747)). *Provides 24-hour rapid response to all youth (21 & younger) facing a mental health and/or substance use crisis.*

Regional Educational Assessment Crisis Response and Habilitation (REACH): REACH Hotline: (855-897-8278) *Crisis response for students with developmental disabilities.*

Disaster Distress Helpline (1-800-985-5990 or text TalkWithUs to 66746): *a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.*

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LGBTQ Hotlines:

- **[Trans Lifeline](#): 1-877- 565-8860: a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.**
- **[The Gay, Lesbian, Bisexual and Transgender National Hotline](#): 1-888-843-4564 and [the GLBT National Youth Talkline \(youth serving youth through age 25\)](#): 1-800-246-7743: Both provide telephone, online private one-to-one chat and email peer-support, (M-F from 4:00 to midnight) as well as factual information and local resources for cities and towns across the United States.**
- **[The Trevor Project](#): (866) 488-7386: the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.**

IN NORTHERN VIRGINIA AREA:

[Arlington County Emergency Mental Health Services](#): (703-228-5160)

Services include assessment, crisis intervention and stabilization, short-term counseling, psychiatric services and critical stress management for individuals and families. Pre-admission screening is provided for individuals who may require voluntary or involuntary hospitalization and/or who may require either office-based crisis stabilization or residential crisis stabilization. Fees based on family income, Medicare for emergency hospitalization, will work with families and their insurance.

[Dominion Hospital](#): (703-538-2872). Choices Adolescent Intensive Outpatient (IOP) and Choices Adolescent Partial Hospitalization Program (PHP) are two programs offered by Dominion Hospital that provide a new choice for those struggling with emotional and/or behavioral issues. The programs combine a highly structured therapeutic environment with the flexibility of nights and weekends at home and/or work. Sliding scale, Medicaid, most insurance, will get interpreters.

[Inova Behavioral Health Services Inova Health System](#): Phone Adult admission: 703-289-7560 251 Phone Children and Adolescents: **703-218-8500** Email: inovabehavioralhealth@inova.org Website: <https://www.inova.org/healthcare-services/behavioral-health/index.jsp> *Inova Behavioral Health promotes total wellness of mind*

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[Children's National Medical Center](#) (202-476-5000 or 888-884-2327): *All major insurance. Emergency psychiatric evaluations.*

[Psychiatric Institute of Washington](#) (202-885-5600): *Sliding scale payments, Medicaid, most insurance, will get interpreters.*

[Virginia Hospital Center - Psychiatric Center](#) (703-558-6451): *Most insurance, Medicare/Medicaid, interpreters available. Inpatient Acute Care unit for 18 and up. No adolescent unit.*

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Personal recommendations by Foreign Service families:

[Truman Group](#)

[Therapy Solutions, LLC](#)

[Apricity Behavioral Health](#)

[Ayana Therapy](#)

[Summit Counseling](#)

[Better Help](#)

[Vanguard Therapy](#)

[Child and Family Counseling](#)

[In Step](#)

[Weaver & Associates](#)

[Potomac Behavioral Solutions](#)

[Home Body Therapy](#)

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[Alvord Baker & Associates](#)

[Teenlines](#)

Specific Providers:

[Dr. Constantina Kass](#)

[Dr. Carolyn Heier](#)

[Kerry Ellis](#)

[Dr. Sam Lashley](#)

[Amy C. Millimet](#)

[Andrea Zalzal Sanderson](#)

[Dr. Jillian Evans](#)

[Dr. Jelena Kecmanovic](#)

[Dr. Debra Brosius](#)

[Dr. Gohar Choudhary](#)

[Dr. Sanju Adhikari](#)

[Dr. Mohammed Ansari](#)

[Annette Kielkopf](#)

[Dr. Kathy Katz](#)

[Michelle Fowler](#)

[Dr. Neil Schiff](#)

[Dr. Edward Farber](#)

[Dr. Joel Gunzburg](#)

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[Dr. Nancy Ingraham](#)

[Dr. Anna Lee](#)

[Dr. Virginia Lindahl](#)

[Dr. Adelaide Robb](#)

See also:

Families in Global Transition:

[Counseling and Coaching Affiliate](#)

[Public Directory](#)

GLIFFA: [RESOURCES FOR PARENTS OF LGBT+ YOUTH & MEDICAL PROVIDERS:](#)

[International Therapist Directory](#)

[International Suicide Hotlines](#)

[Crisis Text Line](#) (UK and Ireland numbers)

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Psycho Educational Evaluations

Dr. Caroline Ba

Pediatrics of Arlington
1635 N. George Mason Drive
Suite 185
Arlington, VA 22205
202-643-6463

Dr. Caroline Ba is a pediatric neuropsychologist who specializes in the assessment and treatment of neurodevelopmental disorders (e.g. ADHD, autism spectrum disorder, learning disabilities, etc.) and acquired difficulties with attention, learning, and executive functioning (e.g., concussion, pre-term birth, epilepsy, etc.).