

Local Mental Health Service Providers & Resources

One call can make a difference.

You may need to call several facilities in order to determine the one that best meets your needs. This list is provided as a resource and does not indicate any recommendation from MCPS.

Emergency Services

National Suicide Prevention Hotline: Call **1-800-273-8255** to speak with a trained counselor 24/7 - Free, Confidential support!

Crisis Text Line: Text **741741** to connect with a trained Crisis Counselor 24/7 - Free & Confidential!

Disaster Distress Helpline: Call **1-800-985-5990** (press 2 for Spanish), or text **TalkWithUs** for English or **Hablanos** for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Domestic Violence Hotline: Call **1-800-799-7233** or text **LOVEIS** to 22522

Veteran's Crisis Line: Call **1-800-273-TALK (8255)** or [Crisis Chat](#) or text: **8388255**

Novant Health UVA Health System Culpeper Medical Center: Emergency Dept. (24/7 *Mental Health Emergencies*)

501 Sunset Lane, Culpeper T: (540) 829-4189

<https://www.novanthealthuva.org/locations/medical-centers--emergency-rooms/culpeper-medical-center.aspx>

Sentara Martha Jefferson Hospital: Emergency Dept. (24/7 *Mental Health Emergencies*)

500 Martha Jefferson Dr., Charlottesville T: (434) 656-7150

<https://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/martha-jefferson-hospital.aspx>

Rappahannock-Rapidan Community Services Board (24/7 *Crisis Services*)

650 Laurel St., Culpeper T: (540) 825-5656 OR (540) 825-3100

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

Mental Health Service Providers

Health Connect America

14115 Lovers Lane, Culpeper T: (540) 399-9970 OR (540) 222-2594

<https://healthconnectamerica.com/location/culpeper/>

Family Focus Counseling Centers, PC

John Borgens, LCSW 767 Madison Road, Suite 112-114, Culpeper T: (540) 829-9666 F: (540)349-2369

Individual and family work, behavior problems learning disabilities, anger and impulse control, substance abuse issues

<http://www.familyfocusva.com>

National Counseling Group

Bryna May, LPC 13230 Lovers Lane, Culpeper T: (540) 825-0705

In-home counseling, mentoring, mental health support services, individual and family counseling, substance abuse groups, dual diagnosis treatment, outpatient mental heal, substance abuse counseling, urine analysis/drug screens, polygraph services, supervised visitation, Re-Think (anger management) program, Therapeutic Foster care

<https://www.ncgcommunity.com/culpeperIntensive>

Region 10 – Greene Counseling Center

9963 Spotswood Trail, Stanardsville T: (434) 481-3890

<http://regionten.org/>

Creative Therapy Services *Lindy Swimm, LCSW*

214 N. East St., Culpeper T: (703) 380-6559 **Not Accepting New Clients*

lindyswimm@gmail.com

Chrysalis Counseling *Elise Stevenson, PhD, LCSW*

605 N. Main Street, Culpeper T: (540) 727-0770

108 Schoolhouse Rd Ste 204, Madison T: (540)738-2245

54 E. Lee St., Warrenton T: (540) 347-0613

Intensive in-home counseling, mental health support services, therapeutic day treatment, substance abuse treatment, sex offender treatment, functional family therapy, outpatient therapy, psychiatric services, supervised visitation

www.chrysaliscenters.com

Water Wellness, LLC *Amanda Findley, LCSW*

317 S. Main St., Culpeper T: (540) 445-1820

Women's Issues, Child and Adolescent Issues, Stress Management, Binge Eating, Weight Management, Body Image, Anger Issues, Anxiety, Obsessive Compulsive Disorder, Separation Anxiety, Depression, Mood Disorders, School Issues, Social Skills Issues, Trauma, Grief and Loss, Life Transitions, Limited Deaf and Hard of Hearing Issues

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

Heartprints Coaching, Counseling and Consulting *Sharon Brani, M.Ed., LPC, NBCC*

700 Southridge Pkwy., Suite 301A, Culpeper T: (540) 825-1134

Life Coaching, Parent Coaching, Adoption Coaching, Spiritual Transformation Coaching, Health and Wellness Coaching

<https://heartprintscoaching.com>

Phyllis Byrne, LPC

13226 Lovers Lane, Culpeper T: (540) 829-9777

Family Life Counseling, LLC *John Flemming*

14115 Lovers Lane, Suite 160 B, Culpeper T: (540) 222-5402

In-Home Counseling, Supervised Visitation, Court Testimony, Mentoring Services

<https://www.family-life-counseling.org> jflemming@family-life-counseling.org

Commonwealth Counseling Services, Inc. *Lorie Davis, PhD.*

74 Legion Post Lane, Madison T: (540) 948-3372

Professional Alternatives Counseling *Ronald Nolley, LCSW*

1200 Sunset Lane, Suite 2122, Culpeper T: (540) 825-2788

www.professionalcounselingpiedmontva.com info@professionalcounselingpiedmontva.com

Empowering Families Program *Dr. Dan Price, LPC, Psy.D.*

The Culpeper Wellness Center 206 S. East Street, Culpeper T: (540) 829-6685

The Wellness Center – Charlottesville 901 Preston Ave, Ste. 201, Charlottesville T: (434) 971-8454

Intensive in-home counseling, mental health support services, individual and family therapy, psychological testing.

www.empoweringfamiiesprogram.com danpsy@aol.com

Psychology Associate, P.C. *Rosemary G. Nagel, Director*

112 Belleview Ave., Orange T: (540) 672-0474

Intensive In-home counseling, mentoring, outpatient services, outpatient individual and family therapy, psychological testing, ADHD assessment and treatment, risk assessment, forensic evaluation, anger control, parent-child attachment therapy

rgnagel@verizon.net

Jane Probst, LCSW

206 W. Edmondson St., Culpeper T: (540) 827-7395

Rafala Professional Counseling Services *Cindy Rafala, LPC | Gary Rafala, LPC*

700 Southridge Parkway, Suite 301 B, Culpeper T: (540) 829-0036

General practice counselors, occasionally work with children and teens

Dr. Kathleen Ross-Kidder

763 Madison Rd., Suite 206, Culpeper T: (540) 358-0930

www.advocate4ed.com/index.html

Ann Tate, LCSW

T: (540) 829-9033

Wendy Swenson, MSW, LCSW

400 Southridge Pkwy., Suite A, Culpeper T: (540) 661-6869

www.the5needs.com

wswensonlcsw@gmail.com

Jamie Austin, LPC

111 Spicers Mill Rd Ste C, Orange T: (540)661-9718