<table>
<thead>
<tr>
<th>Agency Name and Detailed Location</th>
<th>City</th>
<th>Distance from ODU Campus</th>
<th>Contact Information</th>
<th>Website</th>
<th>Condition Serviced</th>
<th>Conditions Serviced (continued)</th>
<th>Therapeutic Options</th>
<th>Therapeutic Options (continued)</th>
<th>Specialty Populations Served</th>
<th>Insurance Acceptance</th>
<th>Acceptance Notes</th>
<th>How to Schedule an Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chesapeake Integrated Behavioral Healthcare (Community Services Board)</td>
<td>Chesapeake</td>
<td>13 miles, 22 minutes</td>
<td>Phone: (757) 547-9324  [This number is available 24 hours emergency and crisis intervention]</td>
<td>[Not specified]</td>
<td>• Mental health services</td>
<td>• Substance abuse prevention services</td>
<td>• Group management</td>
<td>• Variety of individual and group therapy options</td>
<td>• Peer-led support groups</td>
<td></td>
<td></td>
<td>Call to schedule an appointment.</td>
</tr>
<tr>
<td>Patrick King, MD</td>
<td>Chesapeake</td>
<td>16 miles, 22 minutes</td>
<td>Phone: (757) 636-2466</td>
<td>[Not specified]</td>
<td>• Attention-Deficit Hypersomnia Disorder (ADHD)</td>
<td>• Depression</td>
<td>• Bipolar Disorder</td>
<td>• Add/other screening</td>
<td>• Third party therapy</td>
<td>• Third party therapy</td>
<td>Accepts most commercial insurance</td>
<td>Call to schedule an appointment.</td>
</tr>
<tr>
<td>General Counseling Center</td>
<td>Chesapeake</td>
<td>10 miles, 15 minutes</td>
<td>Phone: (757) 565-5866</td>
<td>[Not specified]</td>
<td>• Substance Abuse</td>
<td>• Anger Management</td>
<td>• Anxiety</td>
<td>• Individual Therapy</td>
<td>• Military Family Therapy</td>
<td></td>
<td></td>
<td>Call for an appointment.</td>
</tr>
</tbody>
</table>

*Disclaimer: ODU, including the NCS and TRW campaign, does not endorse or recommend any particular provider. This list is for informational purposes only to provide you with some of what mental health resources are available. Services may vary by provider and location, and associated fees will vary. It is important 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.*
### Off-Campus Referral Network for Counseling Services

**Note:** ODU, including the School of Medicine and CAMHS, does not endorse or recommend any particular provider. This list is for informational purposes only to provide you with a sense of what mental health resources are available in the region.

Contacting providers is the responsibility of the student, as we are not associated with their treatment. We encourage you to contact your insurance provider to determine if 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.

<table>
<thead>
<tr>
<th>Agency/Named Facility Location</th>
<th>City</th>
<th>Distance from ODU (Campus)</th>
<th>Contact Information</th>
<th>Website</th>
<th>Conditions Served (continued)</th>
<th>Therapies/Options</th>
<th>How to Schedule an Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Churchland Psychological Center</strong>&lt;br&gt;Chesapeake/Medical Staff of Chesapeake&lt;br&gt;3101 American Legion Road, Suite 101&lt;br&gt;Chesapeake, VA 23321</td>
<td>Chesapeake</td>
<td>29 miles</td>
<td>Phone: (757) 636-0464</td>
<td><a href="http://www.churchlandpsych.com">http://www.churchlandpsych.com</a></td>
<td>Depression&lt;br&gt;- Anxiety&lt;br&gt;- Grief/Loss&lt;br&gt;- Childhood&lt;br&gt;- Accumulating stressors&lt;br&gt;- compulsive behaviors&lt;br&gt;- codependency&lt;br&gt;- child abuse&lt;br&gt;- Child neglect&lt;br&gt;- Personal growth disorders&lt;br&gt;- Physical/sexual abuse&lt;br&gt;- Traumatic head injury&lt;br&gt;- Adhd/ADD&lt;br&gt;- Learning disorders&lt;br&gt;- Individual therapy&lt;br&gt;- Family therapy&lt;br&gt;- Psychological assessments</td>
<td>Individual Therapy&lt;br&gt;- Family Therapy&lt;br&gt;- Psychological assessments</td>
<td>Call or go online to schedule appointment using new patient request form</td>
</tr>
<tr>
<td><strong>Hampton/Newport News Community Services Board</strong>&lt;br&gt;330 Medical Drive&lt;br&gt;Hampton, Virginia 23666</td>
<td>Hampton</td>
<td>29 miles</td>
<td>Phone: (757) 788-0300</td>
<td><a href="http://www.onlineinquiry.org">http://www.onlineinquiry.org</a></td>
<td>Not specified</td>
<td>Not specified</td>
<td>Call to schedule appointment.</td>
</tr>
<tr>
<td><strong>Verge Counseling Center</strong>&lt;br&gt;Chesapeake Location: 2055 Old Greensville Rd Suite 119, Chesapeake, VA 23320&lt;br&gt;Hampton Location: 2202 S. Sentinel Blvd., Hampton, VA 23666</td>
<td>Chesapeake&lt;br&gt;Hampton</td>
<td>14 miles&lt;br&gt;20 miles</td>
<td>Phone: (757) 646-5866&lt;br&gt;(Hampton location) Phone: (757) 627-7767</td>
<td><a href="http://www.vegescounseling.com">http://www.vegescounseling.com</a></td>
<td>Depression&lt;br&gt;- Anxiety&lt;br&gt;- Grief/Loss&lt;br&gt;- Childhood&lt;br&gt;- Accumulating stressors&lt;br&gt;- compulsive behaviors&lt;br&gt;- codependency&lt;br&gt;- child abuse&lt;br&gt;- Child neglect&lt;br&gt;- Personal growth disorders&lt;br&gt;- Physical/sexual abuse&lt;br&gt;- Traumatic head injury&lt;br&gt;- Adhd/ADD&lt;br&gt;- Learning disorders&lt;br&gt;- Individual therapy&lt;br&gt;- Family therapy&lt;br&gt;- Psychological assessments</td>
<td>Individual Therapy&lt;br&gt;- Family Therapy&lt;br&gt;- Psychological assessments</td>
<td>Call or go online to schedule appointment using new patient request form</td>
</tr>
<tr>
<td><strong>Quality Life Counseling Center</strong>&lt;br&gt;Hampton Location: 2010 Connaught Circle, Suites 210 &amp; 210A&lt;br&gt;Virginia Beach Location: 5602 Virginia Beach Blvd, Suite 210 Virginia Beach, VA 23462</td>
<td>Hampton&lt;br&gt;Virginia Beach</td>
<td>16 miles&lt;br&gt;25 miles</td>
<td>Phone: (757) 908-2169&lt;br&gt;(Hampton location) Phone: (757) 756-2692</td>
<td><a href="http://www.qualitylife.com">http://www.qualitylife.com</a></td>
<td>Not specified</td>
<td>Not specified</td>
<td>Call, email <a href="mailto:info@qualitylife.com">info@qualitylife.com</a> or go online to inquire form to schedule appointment.</td>
</tr>
<tr>
<td>Agency Name and Detailed Location</td>
<td>City</td>
<td>Distance from ODU Campus</td>
<td>Contact Information</td>
<td>Website</td>
<td>Therapeutic Options</td>
<td>Therapist(s)</td>
<td>Conditions Served</td>
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</tr>
<tr>
<td>The Mahogany Project, LLC</td>
<td>Hampton</td>
<td>10 miles, 20 minute drive</td>
<td>Phone (757) 964-6198</td>
<td>mahogany-project.net</td>
<td>Dialectical Behavior Therapy (DBT), CCBT</td>
<td>Bradley Jones, MA, LPC</td>
<td>Adolescents and Adults</td>
</tr>
<tr>
<td>Defining Purpose Counseling &amp; Consulting</td>
<td>Hampton</td>
<td>20 miles, 25 minute drive</td>
<td>Phone (757) 964-6198</td>
<td>definingpurpose.org</td>
<td>Individual and Group Therapy</td>
<td>Brian Jones, MA, LPC</td>
<td>Anxiety, Depression, Grief, Trauma</td>
</tr>
<tr>
<td>Bradley and Thompson, INC.</td>
<td>Norfolk</td>
<td>10 miles, 22 minute drive</td>
<td>Phone (540) 809-1700</td>
<td>bradleyandthompson.com</td>
<td>Individual Therapy</td>
<td>Bradley, LPC + Thompson, LPC</td>
<td>Addiction, Depression, Anxiety</td>
</tr>
<tr>
<td>Agency Name and Detailed Location</td>
<td>City</td>
<td>Distance from OBU/Campus</td>
<td>Contact Information</td>
<td>Website</td>
<td>Providers</td>
<td>Providers (Continued)</td>
<td>Condition/Served</td>
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<tr>
<td>center for advanced Pathology Services</td>
<td>Norfolk</td>
<td>1.5 miles/5 minutes</td>
<td>Phone: (757) 466-3336</td>
<td>[website]</td>
<td>[providers]</td>
<td>[conditions]</td>
<td>[therapeutic options]</td>
</tr>
<tr>
<td>Compass Youth and Family Services</td>
<td>Norfolk</td>
<td>5.7 miles/10 minutes</td>
<td>Phone: (757) 466-3336</td>
<td>[website]</td>
<td>[providers]</td>
<td>[conditions]</td>
<td>[therapeutic options]</td>
</tr>
<tr>
<td>Community Psychological Resources</td>
<td>Norfolk</td>
<td>1.4 miles/6 minutes</td>
<td>Phone: (757) 466-3336</td>
<td>[website]</td>
<td>[providers]</td>
<td>[conditions]</td>
<td>[therapeutic options]</td>
</tr>
<tr>
<td><strong>University of Virginia Psychiatry and Behavioral Sciences</strong></td>
<td>Norfolk</td>
<td>3.8 miles, 10 minutes</td>
<td>Phone: (757) 446-5888</td>
<td><a href="https://www.evms.ghostnet/virginia/virginaespecialties/psychiatry/">https://www.evms.ghostnet/virginia/virginaespecialties/psychiatry/</a></td>
<td>• Dr. Rachel Cutten, MD, Psych • Dr. James Schuetz, MD, PhD, CAPEP (retired, Medical Corps, United States Navy) • Dr. David Neumann, MD • Dr. William D. Miller, MD, VA</td>
<td>• ADHD/Tics • Anxiety/Panic/Phobias • Attentional Issues • Abnormalities • Learning-related issues • Epilepsy Disorder • Depression • Impulsivity/ADHD • Dysthymia • Somatic Complaints • Obsessive Compulsive Disorder • Personality Disorders • Severe Neurological Issues</td>
<td>• Individual Therapy • Medication evaluation and management • Psychopharmacological evaluation • Biofeedback</td>
</tr>
<tr>
<td><strong>Family Sight</strong></td>
<td>Norfolk</td>
<td>10 miles, 20 minutes</td>
<td>Phone: (757) 322-0303</td>
<td><a href="https://www.evms.ghostnet/virginia/virginaespecialties/psychiatry/">https://www.evms.ghostnet/virginia/virginaespecialties/psychiatry/</a></td>
<td>• Dr. Stephen Deutsch, MD, PhD, CAPT (retired, Medical Corps, United States Navy) • Dr. Laurel Handley, PhD, MSW • Dr. Margaret Kelly, MSW • Dr. Michael Amadore, MD • Dr. Karen Taylor, MD</td>
<td>• Anxiety • Depression • Sleep Disorders • Mood Disorders • Adjustment and Attachment Issues • Suicide risk • Family issues • Relationships/Couples</td>
<td>• Individual Therapy • Assessment • Somatic Health Evaluation • Neuropsychiatric Therapy</td>
</tr>
<tr>
<td><strong>Hampton Roads Behavioral Health, P.C.</strong></td>
<td>Norfolk</td>
<td>6.3 miles, 17 minutes</td>
<td>Phone: (757) 647-6744</td>
<td><a href="https://www.evms.ghostnet/virginia/virginaespecialties/psychiatry/">https://www.evms.ghostnet/virginia/virginaespecialties/psychiatry/</a></td>
<td>• Dr. Charles Castaneda, MD, Psych • Dr. Matthew Holman, MD • Dr. Louis Miller, PhD, MD • Dr. Carol Taylor, MD, VA</td>
<td>• Obsessive Compulsive Disorder • Personality Disorders • Personality Disorders • Severe Neurological Issues • Weight Problems • Sleep Disorders • Substance Abuse Disorders • Severe Neurological Issues</td>
<td>• Psychological Testing • Neurofeedback • Psychotherapy • Behavioral Therapy • Medication Management</td>
</tr>
<tr>
<td>Agency Name and Detailed Location</td>
<td>City</td>
<td>Distance from Norfolk</td>
<td>Contact Information</td>
<td>Website</td>
<td>Providers</td>
<td>Providers (continued)</td>
<td>Conditions Served (continued)</td>
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</tr>
<tr>
<td>Lafayette Psychiatric Center</td>
<td>Norfolk</td>
<td>3 mi, 12 minute</td>
<td>Phone (757) 488- 4703 or info@lafayettepsychiat ry.com</td>
<td><a href="#">Website</a></td>
<td><a href="#">Dr. H. Meador, MD</a></td>
<td><a href="#">Dr. Jordan Stein, MD</a></td>
<td><a href="#">Dr. Linda Holt, MD</a></td>
</tr>
<tr>
<td>LGB&amp;Te Center</td>
<td>Norfolk</td>
<td>2 mi, 5 minute</td>
<td>Phone (757) 640-0239</td>
<td><a href="#">Website</a></td>
<td>Cory Gerwe, PhD</td>
<td><a href="#">Cory Gerwe, PhD</a></td>
<td><a href="#">Cory Gerwe, PhD</a></td>
</tr>
<tr>
<td>Miller Therapy and Testing Services</td>
<td>Norfolk</td>
<td>10 mi, 20 minute</td>
<td>Phone (757) 300-0311</td>
<td><a href="#">Website</a></td>
<td><a href="#">Dr. E. Martinez</a></td>
<td><a href="#">Dr. E. Martinez</a></td>
<td><a href="#">Dr. E. Martinez</a></td>
</tr>
</tbody>
</table>

**Contact Information**

- **Phone**: (757) 300-0311
- **Email**: info@lafayettepsychiatry.com

**Website**

- [Website](#)

**How to Schedule an Appointment**

- Call or email info@lafayettepsychiatry.com to schedule an appointment.

**Therapeutic Options**

- Individual Therapy
- Group Therapy
- Family Therapy
- Couple Therapy
- Family Therapy

**Population**

- ODU, including students and employees

**Specialties**

- [Insurance plans accepted](#)
<table>
<thead>
<tr>
<th>Provider/Therapists</th>
<th>Address</th>
<th>City</th>
<th>Distance</th>
<th>Contact Information</th>
<th>Website</th>
<th>Clinical Area(s)</th>
<th>Therapeutic Options</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Pappas Therapy Center</td>
<td>637 West 21st Street Norfolk, VA 23517</td>
<td>Norfolk</td>
<td>2 miles; 8 minute</td>
<td>Phone: (757) 622-9852</td>
<td><a href="https://thepappas.com">Website</a></td>
<td>Depression, Anxiety, Mood Disorders, Adjustment Disorders, Eating Disorders, Individual Therapy, Family Therapy, Group Therapy</td>
<td>Individual Therapy, Family Therapy, Group Therapy, Individual Therapy, Family Therapy, Group Therapy</td>
<td>Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.</td>
</tr>
<tr>
<td>The Pappas Therapy Center</td>
<td>637 West 21st Street Norfolk, VA 23517</td>
<td>Norfolk</td>
<td>2 miles; 8 minute</td>
<td>Phone: (757) 622-9852</td>
<td><a href="https://thepappas.com">Website</a></td>
<td>Women's issue, Eating Disorders, Depression, Anxiety, Relationship difficulties, Mood disorders, ADHD, Addictions, Anxiety disorders, OCD, GAD, Related issues, Grief/Loss</td>
<td>Individual Therapy, Family Therapy, Couple Therapy, Employment Therapy</td>
<td>Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.</td>
</tr>
<tr>
<td>The Pappas Therapy Center</td>
<td>637 West 21st Street Norfolk, VA 23517</td>
<td>Norfolk</td>
<td>2 miles; 8 minute</td>
<td>Phone: (757) 622-9852</td>
<td><a href="https://thepappas.com">Website</a></td>
<td>Women's issue, Eating Disorders, Depression, Anxiety, Relationship difficulties, Mood disorders, ADHD, Addictions, Anxiety disorders, OCD, GAD, Related issues, Grief/Loss</td>
<td>Individual Therapy, Family Therapy, Couple Therapy, Employment Therapy</td>
<td>Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.</td>
</tr>
</tbody>
</table>

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**Provider/Therapists**
- The Pappas Therapy Center
- 637 West 21st Street Norfolk, VA 23517
- Norfolk
- Distance: 2 miles; 8 minute
- Contact Information: Phone: (757) 622-9852
- Website: [Website](https://thepappas.com)
- Clinical Area(s): Depression, Anxiety, Mood Disorders, Adjustment Disorders, Eating Disorders
- Therapeutic Options: Individual Therapy, Family Therapy, Group Therapy
- Notes: Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.

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**Provider/Therapists**
- The Pappas Therapy Center
- 637 West 21st Street Norfolk, VA 23517
- Norfolk
- Distance: 2 miles; 8 minute
- Contact Information: Phone: (757) 622-9852
- Website: [Website](https://thepappas.com)
- Clinical Area(s): Women's issue, Eating Disorders, Depression, Anxiety
- Therapeutic Options: Individual Therapy, Family Therapy, Couple Therapy
- Notes: Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.

---

**Provider/Therapists**
- The Pappas Therapy Center
- 637 West 21st Street Norfolk, VA 23517
- Norfolk
- Distance: 2 miles; 8 minute
- Contact Information: Phone: (757) 622-9852
- Website: [Website](https://thepappas.com)
- Clinical Area(s): Women's issue, Eating Disorders, Depression, Anxiety
- Therapeutic Options: Individual Therapy, Family Therapy, Couple Therapy
- Notes: Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.

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**Provider/Therapists**
- The Pappas Therapy Center
- 637 West 21st Street Norfolk, VA 23517
- Norfolk
- Distance: 2 miles; 8 minute
- Contact Information: Phone: (757) 622-9852
- Website: [Website](https://thepappas.com)
- Clinical Area(s): Women's issue, Eating Disorders, Depression, Anxiety
- Therapeutic Options: Individual Therapy, Family Therapy, Couple Therapy
- Notes: Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.

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- The Pappas Therapy Center
- 637 West 21st Street Norfolk, VA 23517
- Norfolk
- Distance: 2 miles; 8 minute
- Contact Information: Phone: (757) 622-9852
- Website: [Website](https://thepappas.com)
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**Provider/Therapists**
- The Pappas Therapy Center
- 637 West 21st Street Norfolk, VA 23517
- Norfolk
- Distance: 2 miles; 8 minute
- Contact Information: Phone: (757) 622-9852
- Website: [Website](https://thepappas.com)
- Clinical Area(s): Women's issue, Eating Disorders, Depression, Anxiety
- Therapeutic Options: Individual Therapy, Family Therapy, Couple Therapy
- Notes: Accepts most insurances including Tricare and Medicaid. Call to schedule an appointment.
PORTSMOUTH OFFICE

3101 American Legion Road, Suite 21B
Churchland/Western Branch Area
819 W 21st St, Suite 200, Norfolk, VA
Agency Name and Detailed Location
Watermark Psychological Services
3101 American Legion Road, Suite 21B
Churchland/Western Branch Area
819 W 21st St, Suite 200, Norfolk, VA
Phone: (757) 483-3404
Contact Information
Phone: (757) 517-2792
Provider Name: Kayla Howard, MA

Mary Aab, LPC
23517
Cheapeake

ODU Campus

3.8 miles; 14 minutes

ODU, including those on the THRIVE campaign, does not endorse or recommend any particular provider. This list is for informational purposes only to provide you with some of what mental health resources are available in the region. Contacting the provider is the responsibility of the student, as it is your responsibility to determine which therapist best meets your needs. 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.

CSAC

ODU students receive counseling services free of charge. Call or go online to schedule an appointment using new patient request form.

CSAC

ODU students receive counseling services free of charge. Call or go online to schedule an appointment using new patient request form.

CSAC

ODU students receive counseling services free of charge. Call or go online to schedule an appointment using new patient request form.

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ODU students receive counseling services free of charge. Call or go online to schedule an appointment using new patient request form.
### Virginia Beach Office

**Seek Your Serenity Counseling Center, LLC**

324 Louise Ave, Suite 125, Virginia Beach, VA 23456

**Off-Campus Referral Network for Counseling Services**

**Western Tidewater Community Services**

**Healthcare Services (Community Services Board)**

**Portsmouth Department of Behavioral Healthcare Services (Community Services Board)**

**Farfield Psychological Associates**

**Off-Campus Referral Network for Counseling Services**

**Contact Information**

- **Phone**: (757) 393-8990
- **Crisis Hotline**: (757) 758-5106
- **Counseling and Screening**: (757) 393-8990
- **Email**: angela@seekyourserenity.com

### Providers

- **Amanda F. Hoover, LPC**
- **Brianna Morrell, LPC**
- **Heather Conover, LPC**
- **Nicole Sebring, LPC**
- **Catherine A. Finn, LPC**
- **Laurie Barnett, LPC**

### Therapeutic Options

- Individual counseling
- Group counseling
- Crisis intervention
- Predictive services
- Pharmacological evaluation, treatment, and management
- Mental health skill building sessions

### Conditions Served

- Developmental disabilities
- Serious mental illnesses

### Insurance Accepted

- Medicare
- Medicaid
- Military Insurance
- Tricare
- Medicare
- Civilian Health
- Military Care
- VA

### How to Schedule an Appointment

Call (757) 758-5106 to schedule an appointment.

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### Virginia Beach Office

**Seek Your Serenity Counseling Center, LLC**

324 Louise Ave, Suite 125, Virginia Beach, VA 23456

**Western Tidewater Community Services**

1000 Commodia Lane

Suffolk, VA 23434

**Healthcare Services (Community Services Board)**

**Portsmouth Department of Behavioral Healthcare Services (Community Services Board)**

**Farfield Psychological Associates**

**Off-Campus Referral Network for Counseling Services**

**Contact Information**

- **Phone**: (757) 393-8990
- **Crisis Hotline**: (757) 758-5106
- **Counseling and Screening**: (757) 393-8990
- **Email**: angela@seekyourserenity.com

### Providers

- **Andrea Soltesz, LPC**
- **Cheryl L. Starrett, LCW**
- **Nicole Sebring, LPC**
- **Catherine A. Finn, LPC**
- **Laurie Barnett, LPC**

### Therapeutic Options

- Individual counseling
- Group counseling
- Crisis intervention
- Predictive services
- Pharmacological evaluation, treatment, and management
- Mental health skill building sessions

### Conditions Served

- Developmental disabilities
- Serious mental illnesses

### Insurance Accepted

- Medicare
- Medicaid
- Military Insurance
- Tricare
- Medicare
- Civilian Health
- Military Care
- VA

### How to Schedule an Appointment

Call (757) 758-5106 to schedule an appointment.
### Thrive Works Counseling

**Address:** 330 Off U.S. Veterans Blvd, Suite 104 Virginia Beach, VA 23452  
**Phone:** (757) 965-8686  
**Fax:** (757) 648-8255

***Provider Contact Information:***  
- **O. K. Taylor, MD, L.M.P.T.**  
- **Joy Kannarat, M.D., P.H.D.**  
- **Brenda Call, MSW**  
- **Shaun Salzman, L.P.C.**  
- **Tom Martin, L.P.C.**  
- **Yuri Gooding, L.P.C.**  
- **Taylor Coghill, L.P.C.**  
- **Pamela Zane, P.H.D.**  
- **Darren Lowe, PsyD**  
- **Flora Carter, L.M.P.T.**  
- **Karen Farrell, L.C.S.W.**  
- **Faith Donaldson, L.C.S.W.**

**Therapeutic Options:**  
- Individual Therapy  
- Couple Therapy  
- Family Therapy  
- Group Therapy  
- Online/Telehealth Therapy

### Mental Health Services

**Conditions Served:**  
- Depression  
- Anxiety and Panic Disorders  
- Bipolar Disorder  
- Alcohol Use Disorder  
- Schizophrenia  
- Schizophreniform Disorder  
- Personality Disorders

**Services:**  
- Psychological Evaluations  
- Neurological Evaluations

### Off-Campus Referral Network for Counseling Services

**Providers:**  
- **Mark T. Schreiber, M.D., D.L.F.A.P.A.**  
- **Thomas K. Taylor, MD, D.L.F.A.P.A.**  
- **Michael J. Moist, MD, L.H.P.A.**  
- **James W. Carper, MD, L.H.P.A.**  
- **Nancy D. Doolin, MD, L.H.P.A.**

**Conditions Served:**  
- Substance Use/Addiction Issues  
- Domestic Violence  
- Anxiety Disorders  
- Mood Disorders  
- Suicide/Suicidal Behavior  
- Trauma  
- Anger Management

**Therapeutic Options:**  
- Individual Therapy  
- Couple Therapy  
- Family Therapy  
- Group Therapy  
- Online/Telehealth Therapy

### Contact Information

**Phone:** (757) 745-9294

**Website:** [https://www.thriveva.com](https://www.thriveva.com)

**Email:** info@thriveva.com

**How to Schedule an Appointment:**  
- Call or email info@thriveva.com to schedule an appointment.

---

### General Information

**Address:** 330 Off U.S. Veterans Blvd, Suite 104 Virginia Beach, VA 23452  
**Phone:** (757) 965-8686  
**Fax:** (757) 648-8255

**Providers Contact Information:**

- **Dr. O. K. Taylor, MD, L.M.P.T.**
- **Joy Kannarat, M.D., P.H.D.**
- **Brenda Call, MSW**
- **Shaun Salzman, L.P.C.**
- **Tom Martin, L.P.C.**
- **Yuri Gooding, L.P.C.**
- **Taylor Coghill, L.P.C.**
- **Pamela Zane, P.H.D.**
- **Darren Lowe, PsyD**
- **Flora Carter, L.M.P.T.**
- **Karen Farrell, L.C.S.W.**
- **Faith Donaldson, L.C.S.W.**

**Therapeutic Options:**

- Individual Therapy
- Couple Therapy
- Family Therapy
- Group Therapy
- Online/Telehealth Therapy

**Conditions Served:**

- Depression
- Anxiety and Panic Disorders
- Bipolar Disorder
- Alcohol Use Disorder
- Schizophrenia
- Schizophreniform Disorder
- Personality Disorders

**Services:**

- Psychological Evaluations
- Neurological Evaluations

**Off-Campus Referral Network for Counseling Services**

**Providers:**

- **Mark T. Schreiber, M.D., D.L.F.A.P.A.**
- **Thomas K. Taylor, MD, D.L.F.A.P.A.**
- **Michael J. Moist, MD, L.H.P.A.**
- **James W. Carper, MD, L.H.P.A.**

**Conditions Served:**

- Substance Use/Addiction Issues
- Domestic Violence
- Anxiety Disorders
- Mood Disorders
- Suicide/Suicidal Behavior
- Trauma
- Anger Management

**Therapeutic Options:**

- Individual Therapy
- Couple Therapy
- Family Therapy
- Group Therapy
- Online/Telehealth Therapy

**How to Schedule an Appointment:**

Call or email info@thriveva.com to schedule an appointment.

---

### Thrive Works Counseling

**Address:** 330 Off U.S. Veterans Blvd, Suite 104 Virginia Beach, VA 23452  
**Phone:** (757) 965-8686  
**Fax:** (757) 648-8255

**Providers Contact Information:**

- **O. K. Taylor, MD, L.M.P.T.**
- **Joy Kannarat, M.D., P.H.D.**
- **Brenda Call, MSW**
- **Shaun Salzman, L.P.C.**
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- **Darren Lowe, PsyD**
- **Flora Carter, L.M.P.T.**
- **Karen Farrell, L.C.S.W.**
- **Faith Donaldson, L.C.S.W.**

**Therapeutic Options:**

- Individual Therapy
- Couple Therapy
- Family Therapy
- Group Therapy
- Online/Telehealth Therapy

**Conditions Served:**

- Depression
- Anxiety and Panic Disorders
- Bipolar Disorder
- Alcohol Use Disorder
- Schizophrenia
- Schizophreniform Disorder
- Personality Disorders

**Services:**

- Psychological Evaluations
- Neurological Evaluations

**Off-Campus Referral Network for Counseling Services**

**Providers:**

- **Mark T. Schreiber, M.D., D.L.F.A.P.A.**
- **Thomas K. Taylor, MD, D.L.F.A.P.A.**
- **Michael J. Moist, MD, L.H.P.A.**
- **James W. Carper, MD, L.H.P.A.**

**Conditions Served:**

- Substance Use/Addiction Issues
- Domestic Violence
- Anxiety Disorders
- Mood Disorders
- Suicide/Suicidal Behavior
- Trauma
- Anger Management

**Therapeutic Options:**

- Individual Therapy
- Couple Therapy
- Family Therapy
- Group Therapy
- Online/Telehealth Therapy

**How to Schedule an Appointment:**

Call or email info@thriveva.com to schedule an appointment.
<table>
<thead>
<tr>
<th>Agency/Name and Detailed Location</th>
<th>City</th>
<th>Distance to ODU/ODU/Campus</th>
<th>Contact Information</th>
<th>Website</th>
<th>Providers</th>
<th>Services/Conditions</th>
<th>Conditions Served</th>
<th>Conditions (continued)</th>
<th>Therapeutic Options</th>
<th>Therapeutic Options (continued)</th>
<th>Specialty Population</th>
<th>Insurance Acceptable</th>
<th>How to Schedule an Appointment</th>
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<tbody>
<tr>
<td>Tidewater Psychotrauma Services 240 Grapen Road, Suite 100 Virginia Beach, VA 23462</td>
<td>Virginia Beach</td>
<td>12 miles, 13 minutes</td>
<td>Phone (757) 697-3670</td>
<td><a href="https://tidewaterpsychotraumacounseling.com">https://tidewaterpsychotraumacounseling.com</a></td>
<td>• Anke Baughman, LCMH • Carson Johnson, LCMH • Traci Lawrence, LCMH • Whitney Overman, LCMH</td>
<td>Ongoing Treatment • Group Therapy • Individual Therapy</td>
<td>• Mood disorders • Anxiety disorders • Personality disorders</td>
<td>• Problems following traumatic brain injury • Trauma • Grief • Anxious disorders • Chronic pain disorders • Anxiety disorders</td>
<td>Individual Therapy • Family Therapy • Group Therapy</td>
<td>Military Affiliated</td>
<td>Accepts most major insurance</td>
<td>Call to schedule an appointment</td>
<td></td>
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<tr>
<td>Virginia Beach Counseling Services 3503 Indian River Rd, Suite 100 Virginia Beach, VA 23462</td>
<td>Virginia Beach</td>
<td>10 miles, 10 minutes</td>
<td>Phone (757) 672-0802</td>
<td><a href="https://www.vbcounseling.com">https://www.vbcounseling.com</a></td>
<td>• Dr. Suzanne Preston-Jones, PsyD, LCP • Dr. Susan Doc, PsyD, LCP • Dr. Rachel Allen, LPC • J. Young Price, LPC</td>
<td>Ongoing Treatment • Group Therapy • Individual Therapy</td>
<td>• Mood disorders • Anxiety disorders • Personality disorders</td>
<td>• Problems following traumatic brain injury • Trauma • Grief • Anxious disorders • Chronic pain disorders • Anxiety disorders</td>
<td>Individual Therapy • Family Therapy • Group Therapy • Couples Therapy</td>
<td>General • Military Affiliated</td>
<td>Accepts most major insurance</td>
<td>Call to schedule an appointment</td>
<td></td>
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<tr>
<td>Virginia Beach Mental Health and Substance Abuse Services/Mental Outpatient (Community Services Board) 201 Independent Mall, Suite 100 Virginia Beach, VA 23462</td>
<td>Virginia Beach</td>
<td>8 miles, 20 minutes</td>
<td>Phone (757) 723-0900</td>
<td><a href="https://vbgov.com">https://vbgov.com</a></td>
<td>Not specified</td>
<td>Ongoing Treatment • Group Therapy • Individual Therapy</td>
<td>• Mood disorders • Anxiety disorders • Personality disorders • Adjustment disorders</td>
<td>• Problems following traumatic brain injury • Trauma • Grief • Anxious disorders • Chronic pain disorders • Anxiety disorders</td>
<td>Individual Therapy • Family Therapy • Group Therapy • Couples Therapy</td>
<td>General</td>
<td>Accepts most major insurance</td>
<td>Call to schedule an appointment</td>
<td></td>
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<tr>
<td>Quality of Life Counseling Center Hampton Location 2010 Cunningham Dr, Suite 100 Hampton, VA 23666 Virginia Beach Office: 3600 Indian River Rd, Suite 210 Virginia Beach, VA 23462</td>
<td>Hampton; Virginia Beach</td>
<td>19 miles, 26 minutes; 10 miles, 22 minutes</td>
<td>Phone (757) 385-0888</td>
<td><a href="https://www.qualitylifecounseling.com">https://www.qualitylifecounseling.com</a></td>
<td>Not specified</td>
<td>Ongoing Treatment • Group Therapy • Individual Therapy</td>
<td>• Mood disorders • Anxiety disorders • Personality disorders • Adjustment disorders • Anxious disorders • Anxiety disorders</td>
<td>• Problems following traumatic brain injury • Trauma • Grief • Anxious disorders • Chronic pain disorders • Anxiety disorders</td>
<td>Individual Therapy • Family Therapy • Group Therapy • Couples Therapy</td>
<td>General</td>
<td>Accepts most major insurance</td>
<td>Call to schedule an appointment</td>
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</table>

### Off-Campus Referral Network for Counseling Services

DUI (Driving Under the Influence) does not endorse or recommend any particular provider. This list is for informational purposes only to provide you with some of the mental health resources available in your area. Contacting a provider is the responsibility of the student, and as any cost associated with the treatment. We encourage you to contact your insurance provider to determine what your benefits include.

Additionally, please confirm contact information provided or this list with the provider to determine if any information has changed or to discuss availability.

![Off-Campus Referral Network for Counseling Services](https://example.com/off-campus-referral-network.png)
<table>
<thead>
<tr>
<th>Name</th>
<th>Office, LCSW</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Services</th>
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</table>

Virginia Beach Counseling and Wellness
1513 Bradford Rd, Ste 102, Virginia Beach, VA 23455
Phone (757) 517-3925

- Public Parks, LCID, LICD
- Pharmacists, LPC, NCC, CAM
- Manifestual, MS, LPC, ATR-BC
- ADHD
- Adoption
- Anorexia
- Bipolar Disorder
- Career Counseling
- Chronic Illness
- Chronic Pain
- Coping Skills
- Depression
- Grief
- Eating Disorders
- Anxiety
- Personality
- Memory Issues
- Grief
- \*LGBTQIA+ Community

- Cognitive Behavioral (CBT)
- Family-Based Treatment (MBCT)
- Family Therapy
- \*LGBTQIA+ Community

- \*LGBTQIA+ Community

- Costa Rica
- BlueCross
- BlueShield
- Optima
- \*LGBTQIA+