

Disclaimer: ODU Office of Counseling Services does not endorse or recommend any particular provider or service. Resources included have not been certified or vetted by our office. This document is only for informational purposes to provide you with some idea of resources available in the state of Virginia and online. Contacting, selecting, or using providers/services is your responsibility, as is any cost associated. Please also contact your insurance provider to determine what your benefits include.

OUTPATIENT COMMUNITY AND ONLINE RESOURCES

PSYCHOTHERAPY PROVIDERS (Please contact specific provider to confirm current availability)

Watermark Psychology Services:

<https://www.watermarkpsych.com>

White Cloud Therapy:

<https://www.whitecloudtherapy.com>

Sunny Ridge Counseling, PLLC:

<https://www.sunnyridgecounseling.com>

Empowerment Counseling and Coaching, LLC:

<https://www.empowermentclic.com>

Anne Karcher, Ph.D., LCP:

<https://therapists.psychologytoday.com/92473>

Sage Counseling & Consulting:

<https://sagecounselingc.com>

Aspen Grove Wellness:

<https://www.youraspengrove.com/>

Chesapeake Psychological Associates:

<https://chespsych.com>

Flourish Counseling Services, PLLC:

<https://www.flourishcounseling services.org/>

Dragonfly Counseling and Consulting:

<https://www.dragonflycounselingandconsulting.com>

Community Psychological Resources:

<https://cprcares.com>

C&C Counseling and Coaching:

<https://chantecross.com>

Waves Psychotherapy Services, P.C.:

<https://wavespsychotherapyservices.com>

Deep Connections Counseling:

<https://deepconnections counseling.com>

The UP Center:

<https://theupcenter.org/outpatient-counseling/>

Coastal Counseling Center:

<https://www.coastalcounselingcenter.com>

Tidewater Psychotherapy Services:

<https://tidewaterpsych.com>

Tidal Counseling, PLC:

<https://tidalcounseling.org>

Turning Point Counseling and Consulting:

<https://www.turningpointva.com>

Churchland Psychiatric:

<https://www.churchlandpsych.com>

Norfolk Psychiatric Services:

<https://norfolkpsychiatric.com>

Rawles Psychological Services:

<https://rawlespsych.com>

EVMS Psychiatry and Behavioral Sciences:

<https://evms.edu/psychiatry/>

Outlier Counseling and Wellness, PLLC:

<https://www.outliercounselingandwellness.com>

Meridian Psychotherapy Services LLC:

<https://meridianpsych.net>

Virginia Beach Counseling Services:

<https://vbcounselingservices.com>

Dr. Margretta Austin, LCSW, DSW:

<https://www.margrettaaustincsw.com>

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OUTPATIENT COMMUNITY AND ONLINE RESOURCES

PSYCHOTHERAPY

PROVIDERS

(Continued)

Complete Adult & Family

Care:

<https://completecareforyou.com>

Sea Level Counseling & Wellness:

<https://sealevelcounselingandwellness.com>

LGBTQ+ RESOURCES IN THE COMMUNITY AND ONLINE:

LGBT Life Center:

<https://lgbtlifecenter.org>

Virginia Department of Health:

[VIRGINIA TRANSGENDER RESOURCE AND REFERRAL LIST](#)

Trevor Project:

<https://trevorproject.org>

MILITARY FOCUSED COUNSELING

OPTIONS IN THE

COMMUNITY:

Give an Hour:

<https://giveanhour.org>

Military One Source:

<https://militaryonesource.mil>

Stephen A Cohen Military

Family Clinic at The UP

Center: <https://theupcenter.org/cohenclinic/>

Lemich Clinic for Military

Mental Health:

<https://lemichclinic.org>

ADDITIONAL

COMMUNITY

OPTIONS FOR

COUNSELING/PSYCHO

LOGICAL SERVICES:

Regent University

Psychological Services

Center: [Psychological Services Center - Counseling & Therapy | Regent University](#)

YWCA South Hampton

Roads: [Homepage - YWCA South Hampton Roads \(ywca-shr.org\)](#)

Directory of Community

Services Boards (CSB) in

Virginia: [Welcome to the](#)

[Virginia Association Of Community Services Boards \(vacsb.org\)](#)

****Once on the site, click on**

“Find Your CSB” tab to locate the nearest CSB**

WEBSITES TO LOCATE

ADDITIONAL

PROVIDERS IN THE

COMMUNITY:

Psychology Today Website:

<https://www.psychologytoday.com/us>

RULA (Originally called Path Mental Health):

<https://www.rula.com/odu/>

Open Path Psychotherapy Collective:

<https://openpathcollective.org>

Headway:

<https://headway.co>

Therapist.Com:

<https://therapist.com>

SonderMind:

<https://www.sondermind.com>