

MENTAL HEALTH



Fauquier

serving our surrounding counties

**UPDATED
2/2025**

PSYCHIATRY RESOURCE GUIDE

The Mental Health Association of Fauquier County provides general information about providers and resources as a service to the community. These listings are not a recommendation, referral, or endorsement of any therapy or provider.

Are we missing a listing?

Contact us at (540) 341-8732 or email ccraddock@mhafcl.org

Find more Resource Guides here:
fauquier-mha.org/resources-to-download/

Altahir Behavioral Health
altahirbehavioralhealth.net

Services: Provides counseling, comprehensive psychiatric evaluations, psychopharmacological assessment, medication management, and treatment for mood disorders, academic difficulties including ADHD, anxiety, depression, Autism, PTSD, eating disorders, and more.

Insurance: Aetna, Anthem BC/BS, BC/BS, Care first, Cigna, Intotal Health, Magellan, Tricare, Value Options, United Health care

MEDICAID: Anthem HK+, Medicaid, VA Premier

MEDICARE: NO

Serves: Children ages 3+, Adolescents, Adults

Phone: 703-373-7338

Location: Telehealth Only

Apple Psychiatric Services, LLC

applepsychiatricservices.com

Services: A hybrid psychiatric mental health service specializing in the treatment of depression, anxiety, bipolar illness, PTSD and addiction.

Insurance: Cigna and Self-pay

Serves: Adolescents, Adults

Phone: 703-554-5455

Location: Virtual and Warrenton

Ashburn Psychological & Psychiatric Services

ashburnpsych.com

Services: Offers a wide array of diagnostic, psychotherapy, medication and consultation services treating anxiety, depression, ADHD, separation and divorce, Autism and Asperger's, and substance use.

Insurance: Self-pay

Serves: Children, Adolescents, Adults, Families

Phone: 703-723-2999

Location: Ashburn

Blackbird Health

blackbirdhealth.com

Services: Virtual and in-person therapy specializing in treating mood disorders, speech and language and cognitive disorders, depression, anxiety, and social, developmental, and school-related challenges.

Specializes in early childhood development, including ASD (autism spectrum disorder) or autism evaluations. Extensive training in behavioral disorders such as ADHD, and can help differentiate ASD from other conditions. Also offers medication management.

Insurance: Aetna, Anthem, Blue Cross + Blue Shield, CareFirst, Cigna, Optum, United Healthcare.

MEDICAID: expected 2025

MEDICARE: NO

Serves: Children and young adults ages 2 to 26

Phone: 703-239-3470

Location: Virtual and Vienna

Bloom Health Centers

bloomhealthcenters.com/

Services: Virtual and in-person therapy, psychiatry, evaluation and testing, treatment for medication-resistant depression, and medication management.

Insurance: Magellan, United Healthcare, Optum, Cigna, Anthem, Carefirst, Aetna, BC/BS, Tricare, Kaiser, Humana

MEDICARE: Yes

Phone: 703-687-0187

Location: Arlington, Leesburg, Winchester, Charlottesville, Telehealth, Manassas

Catherine McCarthy, M.D.

catherinemccarthymd.com

Services: Specializes in the areas of ADHD, anxiety, and developmental disorders, including generalized anxiety, obsessive-compulsive disorder, social anxiety, panic, and overarching self-esteem issues. Medication management and CBT.

Insurance: Self-pay

Serves: Children, Adolescents, Adults

Phone: 703-288-3535

Location: McLean

Child & Family Counseling Center

cfcc.info

Services: Offers individual, family, and couples therapy, psychiatric evaluation and medication management, psychological testing--intelligence, personality, and educational, Cognitive Behavioral Therapy, substance abuse/addictions assessment and treatment.

Insurance: Anthem Blue Cross/Blue Shield (Federal, Virginia, and Healthkeepers programs), and CIGNA.

MEDICAID: NO

MEDICARE: NO

Serves: Children, Teens, Adults

Phone: 703-670-5738

Location: Woodbridge, *No Telehealth

Child & Family Counseling Group

childandfamilycounseling.com

Services: Offers behavior therapy, cogmed working memory training, difficulty focusing, group therapy, mental health therapy, neuropsychological testing, play therapy, psychiatric evaluations, and psychotherapy appointments.

Insurance: Self-pay

Serves: Children, Adolescents, Adults, Families

Phone: 703-352-3822

Location: Fairfax

Conquest Health

conquesthealth.org/

Services: Comprehensive psychiatric evaluations, medication management, and treatment for substance use disorders.

Insurance: Aetna, Anthem BC/BS, CareFirst, Cigna and United Healthcare, Tricare

MEDICAID: Anthem HK+, VA Medicaid, United Comm Health Plan, Aetna Betterhealth

MEDICARE: Yes

Serves: Adolescents ages 14+, Adults, Families

Phone: 571-556-8205

Location: Haymarket

Dominion Center for Behavioral Health Services

dc4bhs.com

Services: Offers therapy, medication management, psychological testing, neuropsychological testing, parent coaching, bariatric surgery evaluation, play therapy, and group therapy.

Insurance: Aetna/Innovation Health, Anthem/Blue Cross Blue Shield (local and other states), BCBS FEP, Cigna, Tricare, United Health Care/Behavioral Health/Optum

MEDICAID: NO

MEDICARE: NO

Serves: Children and Adults

Phone: 703- 348- 0030

Location: Virtual only

Encompass Community Supports (formerly Rappahannock Rapidan Community Services)

rrcsb.org

Services: Behavioral support coordination, crisis services, mobile child crisis services (Child REACH), Young Adult Coordinated Care (YACC) for ages 15-25 for those experiencing episode of psychosis, juvenile court services program, coordination for families with Substance use disorder (Fauquier LINK), and more.

Insurance: Self-pay

MEDICAID: Yes

MEDICARE: Anthem BC/BS, United Healthcare

Serves: Children, Adolescents, Adults

Phone: 540-347-7620 option 3

Location: Culpeper, Fauquier, Madison, Orange, Rappahannock

Fauquier Free Clinic

fauquierfreeclinic.org

Services: Offers counseling, tele-psychiatry, and medication management. Bilingual services available.

Insurance: Medicaid, free for uninsured if qualified

Serves: Adults 18+

Phone: 540-347-0394

Location: Warrenton

Gregory Law, MD

gregorylawmd.com

Services: Offers cognitive behavioral therapy and medication management for ADHD, Asperger's Syndrome, depression, spirituality, anxiety, and mood disorders.

Insurance: Self-pay

Serves: Children 6+, Preteens, Adolescents, Adults

Phone: 703-436-9941

Location: Ashburn

Health Connect America

healthconnectamerica.com/locations/hca-orange-va/

Services: ABA, family centered treatment, intensive in-home, mental health skill building, mentoring, outpatient mental health, peer support, psychiatric clinical, substance use disorder, therapeutic foster care, and therapeutic relief.

Insurance: Sliding scale

Serves: Children, Adolescents, Families

Phone: 540-317-1404

Location: Orange, Charlottesville

Lasting Serenity Telepsychiatry

lastingserenitytelepsychiatry.com

Services: Psychiatric evaluation and medication management services.

Insurance: BlueCross and BlueShield, CareFirst, Cigna, UnitedHealthcare UHC | UBH, Anthem, Aetna

MEDICAID: Anthem HK+

MEDICARE: Yes

Serves: Adolescents ages 16+, Adults

Phone: 571-308-8243

Location: Virtual services only

MyPsychiatrist, PLC

mypsych.com

Services: Medication management, therapy, and testing.

Insurance: BC/BS, Cigna, United Healthcare, Anthem, Aetna, Innovation Health, CareFirst

MEDICAID: NO

MEDICARE: Yes

Serves: Children ages 3 and older, Adolescents, Adults

Phone: 571-946-2189

Location: Reston, Falls Church, Virtual

NeuroPsych Wellness Center

neuropsych4u.com

Services: Medication management, counseling and psychotherapy, and psychological, neuropsychological, and psychoeducational testing. Specialties include anxiety, mood disorders, ADD/ADHD, postpartum anxiety, Autism and Aspergers, trauma, psychotic disorders, and sleep disorders.

Insurance: Anthem, Carefirst PPO, Carefirst HMO, United Behavioral Health, Cigna, Aetna, Humana Tricare Military, Optima, and Optum.

MEDICARE: Yes

Serves: Age 4 to adult

Phone: 703-865-8686

Location: Fairfax, Virtual

Piedmont Behavioral Services

piedmontbs.com

Services: Diagnostic testing, evaluation, and psychiatric treatment of substance use, anxiety, ADHD, mood disorders, PTSD, OCD, and dementia.

Insurance: Cigna, BC/BS, Tricare, Veterans Choice, Molina, ChampVA, UnitedHealthcare, Aetna, CareFirst, and Optum

MEDICAID: Wellcare, MyHealth, Anthem HK+, VA Medicaid

MEDICARE: Yes

Serves: Children ages 5+, Adolescents, Adults

Phone: 919-297-2930

Location: Virtual only

Potomac Psychological Center

potomacpsychologicalcenter.com

Services: Medication management, psychological evaluations and testing, and individual, family, couples, and group therapy. Specialties include depression, anxiety, trauma/abuse, eating disorder, developmental disorders, substance use, anger management, and more.

Insurance: Anthem Blue Cross Blue Shield, Aetna, Carefirst, Cigna, Cigna Behavioral Health, United Behavioral Health, United Healthcare (Medicaid and Medicare NOT accepted).

Serves: Children, Adolescents, Adults

Phone: 703-858-7838

Location: Ashburn

Resilience Counseling and Social Skills Center

<https://www.resiliencecounseling.care/>

Services: Provides individual, group, family, and couples counseling; psychological, educational, and Autism-specific testing and assessment (at Fredericksburg location); psychiatric and medication management services (in-person and virtual). Treats trauma, PTSD, ADHD, depression, bipolar disorder, perinatal mood and anxiety disorders, OCD, and more. In-office comprehensive psychological evaluations at Fredericksburg location.

Insurance: Aetna, Anthem, BC/BS, Carefirst, Cigna, Healthkeepers, Optima, Optum, Tricare, United Healthcare, VA Premier (for psychiatric services only)

MEDICAID: Anthem HK+, Medicaid, Sentara, Molina

MEDICARE: YES

Serves: Children 3+, Teens, Adults

Phone: 540-699-0226

Location: Stafford and Fredericksburg

Tyson's Psychiatry

tysonspsihtryonline.com

Services: Medication management, individual psychotherapy, couples counseling, group therapy, and transcranial magnetic stimulation.

Insurance: Accepts most major private insurances, Call to verify.

Serves: Children, Adolescents, Adults

Phone: 703-782-4588

Location: McLean

UVA Behavioral Health

Child and Family Psychiatry Clinic, Behavioral Medicine Center, Family Stress Clinic, and Psychiatric Medicine

uvahealth.com/services/mental-health

Services: Medication management, neuropsychological testing, behavioral management, and psychotherapy.

Specializes in anxiety disorders, OCD, depression, bipolar disorder, as well as divorce and school problems, aggression, ADHD, eating disorders, and Autism.

Insurance: Aetna, Anthem, Blue Cross Blue Shield, Sentara, Optum, Medicaid, Medicare, Carefirst, United Healthcare

Serves: Adults ages 18+

Phone: 703-977-8931

Location: Charlottesville, Virtual

Vienna Behavioral Health

viennabh.com

Services: Medication evaluation and maintenance, genetic testing for psychiatric medications, psychotherapy, group therapy, CBT, and psychological testing. Specialties include disorders related to anxiety, mood-, stress, attention and concentration, PTSD, insomnia, schizophrenia, grief, relationships, and ADD/ADHD. Does NOT do psychoeducational testing.

Insurance: Aetna, Anthem, Blue Cross Blue Shield, Optum, Carefirst, Cigna, Optima, United Healthcare

Serves: Children, Adolescents, Adults

Phone: 703-865-0003

Location: Chantilly, Virtual