

COUNSELING RESOURCE LIST

Finding a counselor can be challenging. The following resources may be helpful in connecting with a provider. This is not a complete list of available providers, and is not an endorsement of any provider on the list. This is a place to start.

1. ***Psychology Today*** is an online resource for locating counselors in your area. Each provider offers a professional profile and photograph. You can search by zip code. Each profile includes areas of specialty and insurances accepted.
2. Your ***insurance company*** can provide a list of counselors in your area who accept your insurance. They may or may not know whether the provider has immediate openings. You can reach your insurance company by calling the member telephone number on the back of your card; most insurance companies also have an online option for information.
3. ***Community Services Boards*** are public mental health agencies that serve specific geographic catchment areas. Most CSBs offer counseling virtually and in person. As with other providers, they may or may not have immediate openings.
 - a. ***Middle Peninsula Northern Neck CSB***: serves residents of Gloucester, Mathews, Middlesex, King William, King & Queen, Essex, Westmoreland, Lancaster, Northumberland, and Richmond County. 804-758-5314
4. ***Steider & Associates***: group/private practice. Offices in Gloucester and Warsaw.
www.steiderassociates.com
5. ***Chesapeake Counseling***: group/private practice located in Gloucester. www.ccapcgloucester.com.
6. ***Dove Counseling Service: Carolyn South, LPC, LMFT***. Dove Counseling is based in Gloucester. (804)699-3238
- ~~7. ***Janine Snader***: counseling for teens over 13 yrs. old and adults/couples. Practice is located in Kilmarnock; telehealth is available. 757-345-8511.~~
8. ***Genesis Counseling***. Counseling for children, teens and adults. Practice is located in Williamsburg but telehealth is available. This practice brings faith/religion into the work. www.Genisiscounselingcenter.com.

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