



Preparation for Birth, Baby & Life-Saving CPR  
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## **Mental Health Resources**

### **Finding a Provider**

#### **Psychology Today**

- Online resource for locating therapists and psychiatrists by city or zip code.
- Website: [Psychology Today](https://www.psychologytoday.com)
- Online benefits with your Insurance carrier

### **Questions for Your Insurance Company**

When seeking mental health services, consider asking your insurance company:

- Do I have mental health insurance benefits?
- What is my deductible, and has it been met?
- How many sessions per year does my health insurance cover?
- What are my mental health benefits for out-of-network providers?
- What is the coverage amount per therapy session?
- Is a referral required from my primary care physician?
- How can I access a list of in-network mental health providers?

### **Crisis Helplines**

#### **National Suicide and Crisis Lifeline**

- Confidential telephone counseling for those in crisis
- Call 988 or 1-800-273-8255
- Website: [APA Crisis Hotlines](https://www.suicidalthoughts.org)

### **Inpatient Care Facilities**

#### **Dominion Hospital Psychiatry**

- Address: 2960 Sleepy Hollow Rd, Falls Church, VA 22044
- Phone: 703-536-2000

#### **Inova Behavioral Health**

- Address: 8221 Willow Oaks Corporate Dr #425, Fairfax, VA 22031
- Phone: 571-623-3500 or 703-289-7599

#### **MedStar Georgetown Dept of Psychiatry**

- Call directly at 202-944-5400 and ask for the Women's Mental Health Program



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## Perinatal Support

### DC Metro Perinatal Mental Health Collaborative

- Interactive web guide for finding a provider by location.
- Website: [DC Perinatal Mental Health Collaborative](#)

### American College of Ob/Gyn (ACOG) FAQ's

- Website: [ACOG Women's Health / Depression / Postpartum FAQ's](#)

### Postpartum Support International

- Call/Text Help Line and provider directory for local support
- Website: [Postpartum Support International](#)

### Postpartum Support Virginia

- 24/7 call/text support for perinatal mood & anxiety disorders
- Website: [Postpartum Support Virginia](#)

### MotherToBaby

- Information on the safety of medications during pregnancy and breastfeeding
- Website: [MotherToBaby](#)

### Hand to Hold

- Support and resources for NICU parents
- Website: [Hand to Hold](#)

### Mamatoto Village

- Inclusive pregnancy & postpartum care for DC residents in Ward 7
- Website: [Mamatoto Village](#)



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## **Psychiatrists (MDs)**

<b>Name / Practice</b>	<b>Specialization</b>	<b>Location</b>	<b>Phone</b>	<b>Insurance</b>
Apud, Jose MD	Spanish speaking	Fairfax	703-560-0050	Unknown
Byers, Barbara MD	PPD	Chevy Chase	240-800-4387	Unknown
Catapano, Lisa MD	Reproductive issues	GW Clinic DC	202-741-2888	Unknown
Columbia Associates in Psychiatry	-	Arlington, et al.	703-841-1290	Unknown
Crone, Catherine MD	PPD	Fairfax	703-776-3380	Unknown
Ferguson, Katherine MD	Addiction	Vienna	703-273-0218	Unknown
Frank, Randolph MD	-	VHC, 1715 #304	703-351-1221	Unknown
GWU Faculty (PPD Drs. Julia Frank & Lisa Capitano)	-	DC	202-741-2888	Unknown
Hiatt, David MD	-	McLean	703-821-7966	Unknown
Jacob, Thomas MD	-	VHC, 1635 #240	703-522-8294	Unknown
Johnson, Bob MD	-	Falls Church	703-883-9033	Unknown
Melmed, Allan MD	-	Falls Church	703-356-5888	Unknown
Mian, Ayesha MD	Addiction	Arlington	703-261-4618	Unknown
Monson, Melissa	Anxiety and mood disorders, ADHD, PTSD, eating disorders, women's mental health, perinatal and postpartum mental health, and college and young adult mental health	5225 Wisconsin Avenue, NW, Suite 400, Washington, DC 20015	202-363-1010	Out of network, can try to reimburse with insurance company
Niemtzoff, Mariana MD	Spanish speaking, PPD	Arlington	703-527-3766	Unknown
Northern VA Psychiatric Group (novapsy.com)	-	Fairfax	703-698-5200	Unknown
Raja, Harita MD	Reproductive psychiatry	Bethesda, MD	301-910-8820	Unknown
Rovira, Victor MD	Spanish speaking	DC	202-223-8957	Unknown
Santoro, Jennifer MD	Reproductive issues, holistic	Fairfax	703-207-0001	Unknown
Schloff, Lizann MD	PPD	Falls Church	703-356-8600	Unknown
Trachman, Susan MD	PPD	Fairfax	703-997-6391	Unknown
Walker, Leah MD	PPD, anxiety	Falls Church	571-358-8846	Unknown



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## Counselors & Therapists

Name	Specialization	Location	Phone	Insurance
Adams, Terri LCSW	-	Fairfax	703-385-7600	Unknown
Ahmed, Andrea Norby	-	Alexandria	703-281-4928 #487	Unknown
All Care Conversations Counseling Center	Adult, adolescent, child, couples, and family therapy	9940 Main Street, Suite 201, Fairfax, VA 22031	703-662-0277	BlueCross BlueShield (Carefirst), Cigna, Aetna, Humana, Tricare, Anthem
Annunziata, Jane PhD	-	McLean	703-827-8268	Unknown
Bass, Paula PhD	-	Fairfax	703-591-8263	Unknown
Boland, Emily (LCSW)	Psychological care for ex-pats	Falls Church	703-854-9482	Unknown
The Bowen Center	For Family Therapy	-	202-965-4400	Unknown
Bowes, Rosemary (PhD)	Mental health component of medical, obstetrical, and gynaecological issues, and treatment of anxiety, anger, and depression	2311 M Street NW, Suite 304, Washington, DC 20037	202-709-9718	No
Brickel, Robyn	-	Alexandria	703-518-8883	Unknown
Bristow, Lori	-	-	703-477-0692	Unknown
Brooks, Kimberly LPC	Helping families when someone "comes out"	Falls Church	571-481-1712	Unknown
Burpee, Leslie	-	Alexandria	800-651-8085 x.21470	Unknown
Burwell, Silvia	-	Alexandria	703-799-0922	Unknown
Carlson, Jeanine PhD	Families	McLean	703-919-0917	Unknown
Cauley, Kathleen MEd	Marriage Counsellor	Falls Church	703-395-4185	Unknown
Center for Well Being	-	Falls Church	703-534-5100	Unknown
Cerejido, Margarita PhD	Spanish speaking	DC	202-667-3566	Unknown
Clark, Katie	Infertility	Falls Church	703-850-7024	Unknown
Clay, Amy	Sexual problems	Falls Church	703-606-7957	Unknown
Columbia Associates of Psychiatry	-	Arlington	703-841-1290	Unknown



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Name	Specialization	Location	Phone	Insurance
Dodini Behavioral Health	Individual therapy, group therapy, couples/family counseling, child/adolescent therapy, pre-marital assessments, and counseling	1501 Langston Blvd, Suites 102, 110, and 300, Arlington, VA 22209	703-909-5101	Out of network, can try to reimburse with insurance company
Dominion Hospital Psychiatry	Adolescent, adult, and child behavioral health	2960 Sleepy Hollow Rd, Falls Church, VA 22044	703-536-2000	Yes, be sure to call insurance to ensure that services required are "covered services". If uninsured, discount may be applied on certain services
Doyle, Lara LCSW	PPD, families with small children	Falls Church	703-966-7185	Unknown
Drucker, Marlene MSW	Psychotherapist	Arlington	703-465-1515	Unknown
Eccard, Cody PA-C	Transgender & LGBTQ+	2501 North Glebe Road, Suite 303 Arlington, VA 22207	703-841-1290	BlueCross BlueShield PPO, Cigna PPO
Eckert, Barbara MSW	Depression, anxiety, grief	Falls Church	703-283-5556	Unknown
Eill, Julie Psy.D.	-	Alexandria	703-838-3600	Unknown
Essig, Lenee	-	Alexandria	703-749-4818	Unknown
Evers, Leslie	-	Alexandria	703-549-3881	Unknown
Evolve Clinical Services	anxiety disorders, mood disorders, postpartum depression and anxiety, maternal mental health, life transitions	300 North Washington Street, Suite 607, Alexandria, VA 22314	571-239-5925	Out of network, can try to reimburse with insurance company
Freedman, Rachel E (PhD)	Depression and anxiety, grief and loss, perinatal loss, postpartum mood & anxiety disorders, termination of pregnancy for medical reasons, prenatal decision making and pregnancy complications, trauma, nightmares, family of origin issues, stress management, LGBTQIA+ concerns, relationship issues, parenting concerns, self-esteem concerns	4915 St Elmo Ave., Suite 404 Bethesda, MD 20814	301-529-6944	Yes, out of network
Fritsch, Elizabeth PhD	PPD	DC / VA / MD	703-356-4710	Unknown
Haase, Elizabeth PhD	Grief	Springfield	202-232-7877	Unknown
Haywood, Kim LCSW	-	Arlington	703-966-1060	Unknown
Hernandez-Hamilton, Rebecca	Spanish speaking	Arlington	703-527-0777	Unknown
Huici, Virginia PhD	Spanish speaking	Vienna	703-503-9520	Unknown



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Name	Specialization	Location	Phone	Insurance
Inova Behavioral Health Services	Adolescent, adult, and child behavioral health; inpatient and outpatient care available	8221 Willow Oaks Corporate Dr., #425, Fairfax, VA 22031	Adult/adolescent inpatient and outpatient: 571-623-3500 OR Fairfax location: 703-289-7599	Aetna, Anthem BlueCross BlueShield, Beacon Health Options, Evernorth Behavioral Health, Molina, Optum, CareFirst BlueCross BlueShield, Cigna, Custom Ink Live Well Plan, Innovation Health, John's Hopkins Family Plan, Kaiser Permanente, Managed Medicare, Medcost Virginia, Medicare Advantage, Tricare/Humana Military, UnitedHealthcare, Virginia Medicaid
Integrative Therapy of Greater Washington	anxiety, anger management, body image, depression, feeding and elimination issues, fertility issues, failure to launch, identity issues, menopause, parenting concerns, postpartum issues and adjustment, pregnancy loss, quarter life crisis, relationship issues, regulation concerns, self-esteem, sexual issues, child sleep issues, stress management, transitions, trauma	5914 Hubbard Drive Rockville, MD 20852	301-468-4849	no, but a "single case agreement" may be arranged to obtain in network benefits from insurance policy, and will provide documentation to submit claims for out of network coverage
Kaifesh, Sara	Marriage & Family	Falls Church	703-772-6920	Unknown
Kaplan, Wendi LCSW	-	Alexandria	703-739-9763	Unknown
Kaufman, Marcia PhD	Stress & New Mothers	Vienna	703-938-9090 #8	Unknown
Kidd, Tracy LCSW	-	Vienna	703-281-9313	Unknown
Kunkle, Kristin	Anxiety	DC	240-242-9079	Unknown
Lipsky, Dana & Linder, Courtney PhD	-	Arlington	703-831-6008	Unknown
Mayer, Ellen PhD.	Psychologist	Falls Church	703-998-5606	Unknown
Miller, Kelly LCSW	Medicare, and home visits	Arlington	571-348-2036	Unknown
Moore, Sarah	PPD, alcohol	Falls Church	703-485-7457	Unknown
Morales, Delia	-	Arlington	202-247-0960	Unknown
Nollen, Nancy LCSW	-	Arlington	202-759-8048	Unknown
O'Malley, Ann PhD	Couples therapy, infertility, trans-gender	Falls Church	703-350-2928	Unknown



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Name	Specialization	Location	Phone	Insurance
The Perinatal Project	Perinatal mood and anxiety disorders, premenstrual dysphoric disorder, anxiety, depression, ADHD, PTSD, OCD, bipolar. Offers therapy, medication management, PMAD, TMS, telepsychiatry	2460 Southpoint Drive, Suite 260, Aldie, VA 20105	571-248-7472	Bluecross Blueshield PPO, Cigna PPO
The Renaissance Center	ADD/ADHD, Adjustment disorders, affective disorder, anger/forgiveness, anxiety, bipolar disorder, blended families, career counseling, chemical dependency, chronic illness, co-dependency, coaching, depression, divorce recovery, eating disorders, E.M.D.R., gender issues, grief & loss, intimacy issues, marital/couples counseling, mid-life issues, myers-briggs type indicator, OCD, panic attacks, parenting, personality disorders, phobias, pre-marital counseling, psychosomatic disorders, sexual abuse/survivors, sexual addiction, smoking cessation, spiritual issues, trauma recovery	Arlingt46 South Glebe Road Suite 103 Arlington, VA 22204on	703-521-6004	Bluecross Blueshield PPO, Anthem PPO, Cigna, Aetna, out of network, GEHA, Federal Employee Insurance
Rhema Counseling Services	Individual and family therapy, group therapy, anger management groups, faith based therapeutic services, couples counseling, gender specific groups, grief, and loss group	2670 Crain Hwy, #206, Waldorf, MD 20601	301-534-0748	Carefirst, Aetna, Cigna, United Healthcare
Rosenthal, Kristin	-	-	703-768-6240	Unknown
Roll, Maura	Anxiety	D.C.	202-363-1010	Unknown
Ross, Carlie	Couples, Post-partum	McLean	703-599-6808	Unknown
Sims, Benta	-	Falls Church	703 244 9232	Unknown
Smith-Patke, Loren	-	Alexandria	703-281-4928 #442	Unknown
Spiro, Joanna PhD	Psychotherapy for adults & adolescents	Falls Church	703-593-9684	Unknown
Taylor, Elaina LCSW	-	Falls Church	703-241-2888	Unknown
Toll, Jessica MA	Center for Pastoral Counseling	McLean	703-903-9696 #284	Unknown
Walls, Cindy	Grief and loss	Falls Church	202-256-5779	Unknown
Wine, Dorothy LCSW	-	Falls Church	571-723-6424	Unknown



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Name	Specialization	Location	Phone	Insurance
The Women's Center	Individual, couples, and family counseling, domestic violence and sexual assault services, adolescent and teen therapy sessions, support and therapy group sessions, education workshops and training, career advice and counseling sessions, legal and financial resources	DC: 1025 Vermont Ave, Suite 310, Washington, DC 20005 OR Vienna: 133 Park Street NE, Building 127, 2nd Floor, Vienna, VA 22180	DC: 202-293-4580 OR Vienna: 703-281-2657 (TTY: 711)	Yes, reduced fee sliding scale also available
Wood, Jade	Grief, anxiety, trauma, PTSD	1400 20th Street NW, Washington, DC, 20036	510-681-0947	Yes, out of network
Tammy Denise Knoll	Grief, stress, substance use	Virginia Beach, VA 23456	571-200-3844	Aetna, Blue Cross, Blue Shield, CareFirst, Cigna, Evernorth, GEHA, Optum, United Healthcare
Bethesda Women's Mental Health Center	Menstrual cycle, pregnancy, postpartum, infertility, perimenopause, trauma	600 Rockledge Dive, Suits 307, Bethesda, MD 20817	301-910-8220	no, but a "single case agreement" may be arranged to obtain in network benefits from insurance policy
Colombia Associates in Psychiatry	Mood disorders, perinatal mood disorders, ADHD, anxiety disorders, eating disorders, self-injury, school avoidance, bullying, PTSD, oppositional defiance, learning disabilities, sleep problems, step-families, self-medicating and recreational drug use	Arlington: 2501 North Glebe Road, Suite 303, Arlington, VA 22207 OR Rockville: 6218 Montrose Rd, Rockville, MD 20852 OR McLean: 6720 Old McLean Village Dr 2nd Floor, McLean, VA 22101	703-841-1290	Bluecross Blueshield PPO, Cigna PPO
The Compassionate Friends	Grief support after death of child (of any age)	DC: Pennsylvania Ave Baptist Church (3rd floor conference room), 3000 Pennsylvania Ave SE, Washington DC 20020 OR Arlington: Trinity Presbyterian Church (Lewis Room), 5533 16th Street North, Arlington, VA 22205-2749 OR Potomac: Potomac Presbyterian Church, 1031 River Road, Potomac, MD 20854-4913	DC: (202)-748-4140 OR Arlington: (571)-216-5909 OR Potomac: (301)-253-8740	Nonprofit organization





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Name	Specialization	Location	Phone	Insurance
Montgomery Hospice	Must preregister, they ask that you wait three months after death of loved one, groups limited to 8, free and available to anyone who works or lives in Montgomery county or Prince George's county	Over Zoom	301-921-4400 (ask for bereavement counselor)	Free for residents/employees of Montgomery and Prince George's counties
Caring Matters	Online grief support for residents of Montgomery County	Over Zoom	301-990-0854	Free for residents of Montgomery County
Sibley Hospital	Coping with Loss and Change group	Over Zoom	202-204-5021	
Holy Trinity Catholic Church	Six Weeks twice a year; Fall 2023 group not running yet		301-320-1775 OR 202-503-7800	

## Cognitive Behaviour Therapy for Insomnia (CBT-I)

### Online Programs & Apps

Online Program	About	How it works	Reviews	Cost
<p><b>RESTORE by Cobalt Therapeutics</b></p>	<p><b>RESTORE</b> program was launched in 2006 and is available In Spanish and English. Cobalt Therapeutics Is one of the leading companies that provide innovative CBT/CCBT experience, and they are continually seeking ways to improve customer experience. Also, it was publicly acclaimed in Times Magazine, New York Times as well as other popular news.</p>	<p>is a seven-session program designed to be finished in five weeks. You get materials that you can download, Including Sleep Diary to help you understand your sleep habits and useful exercises for better sleep. Worksheets and reminder emails are also available.</p>	<p>Based on their claims, 80 percent of consumers saw impressive results after the five-week program. A study in 2008 observed 118 people who had a problem with chronic insomnia. After using the RESTORE program. 81 percent of people said they had noticed at least some improvement while 30 percent said they could've slept full 1h longer. Other studies researched by PhD Vincent Norah show results that are similar to the previous study.</p>	<p><b>RESTORE</b> program has three types of tiers — The Silver, The Gold, and The Platinum. The prices depend on the chosen program. The Gold contains support from the clinician and a session of 60 minutes with a coach. The platinum program includes everything that other ones have, plus additional material to cope with depression, OCD, phobias and more.</p>
<p><b>SHUTI</b></p>	<p>Created by Morin Charles and Ritterband Lee PhD after years of CBT research and finally launched in 2012. This program is suggested by more than 135 clinics that are related to sleep.</p>	<p>When you purchase the program; you get six lessons that are active for about six weeks including a personalised sleep schedule, a sleep diary, integration of Fitbit, homework and many more. What makes <b>SHUTI</b> stand out from the rest is how interactive it is, and you can customize it according to your needs and preferences. According to reviews, people who use this program sleep more than six hours on a weekly basis, 55 percent say that they spend less time awake during the night, and 43 percent say that It takes them less time to fall asleep.</p>		<p>You have four levels of pricing - Basic ones are The SHUTI Self Help (149 dollars) and The SHUTI Professional (174 dollars) that include the access to a clinician and lasts twenty-six weeks. If You want to use them for a year, prices are 215 dollars and 249 dollars.</p>



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Online Program	About	How it works	Reviews	Cost
<b>Sleepio</b>	Espie Coll created Sleepio program, and it is supported by the research of 30 years. If you are not satisfied, you will get a full refund.	Sleepio offers a customized program based on the questions you fill out previously. You will get an Interactive animated character called The Prof that will be your therapist. Every week you log in for a 20-minute session with your therapist The Prof, fill out your sleep diary and practice some useful techniques. In addition to your purchase, you will get helpful materials to learn from, email reminders, relaxation mp3 and much more.	Based on their claims, 62 percent of people who have used this say that they no longer have frequent sleep disruptions, 58 percent say that they have noticed a focus boost, and 54 percent claim that they don't have difficulty falling asleep as often as before. The studies that support these claims can be found on their website.	One year is 400 dollars, but there are ways you can get it for free. For example, you can agree to be a part of the research or If your employee insurance covers it.
<b>CBT - Coach</b>	This free mobile app was launched in 2013 by the National Center for PTSD, and it was designed for people who suffer from post-traumatic stress disorder.	It contains an interactive sleep diary, relaxation exercises and a sleep hygiene practice with customizable reminders.	Based on the study made by the US Department for VA, 60 percent of users say it improved homework adherence and outcome.	Free for Android and IOS