

Hampton Roads Resources

Mental Health Professionals

Providers listed below have been screened by PSVa to ensure they have knowledge and experience helping women recover from PMADs. ***Please tell these providers you found their contact information through PSVa.***

THERAPISTS provide counseling, information, and resources but cannot prescribe medication.

PSYCHIATRISTS are medical doctors who can prescribe medication and rule out any underlying medical issues.

Support Groups

Support groups offer the opportunity to validate experiences and gain support and encouragement. Contact the support group leader for specific information about the group.

All groups are **FREE**.

<http://www.postpartumva.org/support-groups/>

Chesapeake—Psychiatrists

Laura DeWitz, PA-C MHS	640 Independence Parkway #100	(757) 420-0530	chespsych.com
Elizabeth Kamin, MD	640 Independence Parkway #100	(757) 420-0530	chespsych.com
Amanda Rhodes, MD	640 Independence Parkway #100	(757) 420-0530	chespsych.com

Hampton—Therapists

Nan Vollette, LCSW	132 Powhatan Parkway	(757) 749-8118	hamptonmentalhealth.com
--------------------	----------------------	----------------	-------------------------

Hampton—Psychiatrists

Lisa Mensch, MD	300 Medical Drive	(757) 788-0201	hnncsb.org
Stefani Reinold, MD	2202 Executive Drive #C	(757) 827-7707	genesiscounselingcenter.com

Norfolk—Therapists

Jody Alperin, PsyD	1709 Colley Avenue #310	(757) 557-6330	counselinghr.com
Peggy Fannery, LCSW	420 North Center Drive #11	(757) 466-0700	psych-therapy.com
C. Douglas Finney, LCSW	420 North Center Drive #11	(757) 466-0700	psych-therapy.com
Patricia Fuss, PsyD	420 North Center Drive Building #11	(757) 466-0700	psych-therapy.com
Barbara Kersey, PhD	880 Kempville Road #2200	(757) 466-6388 x135	thegroupforwomen.com
James Paulson, PhD	244B Mills Godwin Building (ODU)	(757) 683-4222	odu.edu/directory/people/j/jpaulson
Belinda Sanders, LCSW	420 North Center Drive Building #11	(757) 466-0700	psych-therapy.com
Rose Smith, LCSW	420 North Center Drive #11	(757) 466-0700	psych-therapy.com

Norfolk—Psychiatrists

Jenny Cooke, PA-C	155 Kingsley Lane #320	(757) 489-4700	riverpointpsychiatric.com
-------------------	------------------------	----------------	---------------------------

Bill Forte, MD

3755 East Virginia Beach Boulevard

(757) 664-7699

Pierre Golpira, MD

6350 Center Drive #234

(757) 802-4497

Portsmouth—Therapists

Kimberly Barnard-Bracey, LCSW

620 John Paul Jones Circle

(757) 953-5861

Military and Dependents

Portsmouth—Psychiatrists

Sarah Moore, MD

3300 Academy Avenue

(757) 483-6404

Virginia Beach—Therapists

Anna Crane, PhD

324 Louisa Avenue #125

(757) 351-6400

psych-therapy.com

Anisa Glowczak, LPC

3630 South Plaza Trail #210

(757) 572-4609

goodmourningllc.com

Laurie Grant, LCSW

1301 First Colonial Road #200

(757) 222-1230

dominionpsych.com

Katie Hughes, LCSW

328 Office Square Lane #104

(757) 504-1805

katiehughestherapy.com

Deidre Johnson, MSW

2108 Carrene Drive

(757) 382-8734

vdh.virginia.gov

Courtney Michels, LPC

828 Healthy Way #330

(757) 461-3890

tidewaterobgyn.com

Kriston Nixon, LPC

1553 Bradford Road #102

(757) 453-2144

vabeachcounseling.com

Leigh Ellen Rodriguez, LPC

1712 Sir William Osler Drive

(757) 716-8221

lercounseling.homestead.com

Michelle Zimmerman, APRN

324 Louisa Avenue #125

(757) 351-6400

psych-therapy.com

Virginia Beach—Psychiatrists

Leslie Kryzanowski, MD

297 Independence Boulevard #6-126

(804) 339-1926

Christine Truman, MD

324 Louisa Avenue

(757) 351-6400

psych-therapy.com

Williamsburg—Therapists

Carrie Lynn Bailey, LPC

424 West Duke of Gloucester Street #121

(757) 785-4252

3littlebirdscounseling.com

Danielle Cauley, LPC

500 Strawberry Plains Road #101

(757) 903-2406

williamsburgcounseling.com

Deborah Elder, LCSW

1101 Professional Drive

(757) 208-5118

Meghan Freeman, LCSW

1158 Professional Drive, Suite K

(757) 603-4603

abundantlifepartners.com

Donna Haygood-Jackson, LPC

1318 Jamestown Road #101

(757) 645-4715

colonialpsychiatricassociates.com

Dan Longo, PhD

473 McLaws Circle

(757) 253-4061

colonialbh.org

Susanna Owens, PhD

352 McLaws Circle #3

(757) 870-2266

thebeachwoodcenter.com

Marcia Grubbs-Weiss, LPC

1318 Jamestown Road #101

(757) 645-4715

colonialpsychiatricassociates.com

Yorktown—Therapists

Debbie Coleman, LCSW

3804 George Washington Memorial Highway

(757) 898-7926

colonialbh.org

Linda Leitch-Alford, LPC

6515 George Washington Memorial Highway

(757) 874-0468

Virtual Therapists

Leslie Kilpatrick, LCSW

VA

(703) 591-5912

www.virtualpostpartumtherapy.com

Nikita Pion-Klockner, LCSW

VA, MD, DC, CO

(202) 495-0876

www.holistic-thecaurapy.us

Last Verified: June 2017