Resource and Referral List

**Psychiatrist**

Dr. Adnan Durrani

Lorton, VA 22079

durraam1980@gmail.com

(202) 315-8210

**Licensed Professional Counselor**

Ashley Mitchell, LPC

Guided Reflections

Burke, VA 22015

(703) 429-2459

Danijela Nardelli, LPC

BiofeedbackWorks

Herndon, VA 20170

(703) 689-0449

**Medical Social Worker**

Phillip Pope, MSW, LCSW

INOVA Fairfax Hospital

3300 Gallows Rd.

Falls Church, VA 22042

(703) 776-4001

**Low-Cost Counseling**

Catholic Charities Diocese of Arlington  
3251 Old Lee Highway, Suite 402  
Fairfax, VA 22030

(703) 447-9402

(Pro-bono services or pay on a sliding scale)

(Accepts Medicare and Medicaid)

Merrifield Center

8221 Willow Oaks Corporate Dr

Fairfax, VA 22031

(703) 383-8500

(Pay on a sliding scale)

(Accepts Medicaid and Medicare)

Open Path

<https://openpathcollective.org/city/fairfax/>

**Local Support Groups**

Al-Anon of Northern Virginia

[www.alanonva.com](http://www.alanonva.com)

Alcoholics Anonymous

[www.aavirginia.org/meetings](http://www.aavirginia.org/meetings)

American Society for Suicide Prevention

<https://afsp.org/our-work/chapters/>

Depression and Bipolar Support Alliance of Northern Virginia

<http://dbsanova.org/>

Dual Recovery Anonymous

<http://draonline.org/meetings_dra/usa/virginia.html>

NAMI-Northern Virginia

[www.NAMI-NorthernVirginia.org](http://www.NAMI-NorthernVirginia.org)

Narcotics Anonymous

[www.cprna.org/find-a-meeting/meeting-list/](http://www.cprna.org/find-a-meeting/meeting-list/)

Suicide Support Groups

[www.suicide.org/support-groups/virginia-suicide-support-groups.html](http://www.suicide.org/support-groups/virginia-suicide-support-groups.html)

**Inpatient Care**

Inova Psychiatric Assessment Center

8221 Willow Oaks Corporate Drive

Suite 4-420

Fairfax, VA 22031

(571) 623-3500

Sandstone Care – Virginia

11415 Isaac Newton Square South

Reston, VA 20190

(571) 200-7334

**Intensive Outpatient Care/ Day Treatment**

Sandstone Care – Virginia

11415 Isaac Newton Square South

Reston, VA 20190

(571) 200-7334

Encore Outpatient Services

4600 Fairfax Dr UNIT 906

Arlington, VA 22203

(703) 686-5755

**Emergency Mental Health Services**

CSB Mental Health Emergency Services and Mobile Crisis Unit

8221 Willow Oaks Corporate Drive

Fairfax, VA 22031

(703) 573-5679

Children’s Regional Crisis Response (24-hour rapid response for youth)

1(844) 627-4747

**Emergency Substance Use Disorder Services**

Fairfax Detox Center

4213 Walney Road

Chantilly, VA 20151

(703) 502-7000

Children’s Regional Crisis Response (24-hour rapid response for youth)

1(844) 627-4747

**Emergency Hotlines**

Domestic & Sexual Violence Hotline

(703) 360-7273

Suicide Prevention Hotline

1(800) 273-8255

Text “connect” to 855-11

Veterans Crisis Line

1(800) 273-8255, and press 1

Text 838-255

Chat online at www.mentalhealth.va.gov/suicide\_prevention/veterans-crisis-line.asp