

Behavioral Health Services, Dinwiddie Medical Center

Intake Process

Call for information and to schedule an appointment

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Southern Dominion Health System

<http://www.sdhsinc.com>

<https://sdhsinc.com/sdhs-counseling-and-behavioral-health/>

Main

(804) 469-3731

13855 Courthouse Road

23841 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-2:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Hours of operation: Monday - Friday 8:00 am - 5:00 pm, closed for lunch from 12:00-1:00.

Fee Structure

Sliding Scale Fee

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

Languages Spoken

English

SDHS Counseling and Behavioral Services are available at our Lunenburg and Dinwiddie locations. Shannon Rakes is our Licensed Clinical Social Worker.

Services provided include:

- Diagnostic services-Individual & Family psychotherapy services for children, adolescents, and adults

- Psycho-Education

- Brief, Behavioral and Cognitive-Behavioral Therapy

- Behavior modification for individuals & families

- Effective Parenting Strategies

Treatment will be tailored to fit the needs of each individual. Areas of focus include but are not limited to:

- Depression

- Anxiety

- Relationship Difficulties

- Stress

- Trauma

- Anger

-Family Concerns

-Grief & Loss

-Low Self-Esteem

-Behavioral Difficulties

-Trouble Coping with Life Adjustments (job change or loss, move, separation or divorce, etc.)

Please call (434) 696-2319 to schedule an appointment.

Service Area(s)

Dinwiddie County

Email

comments@sdhsinc.com