

## **Mental Health Counseling**

### Age Requirements

18 and over

### Intake Contact Email

contact@rvahealthonline.com

### Intake Process

Please call, text, email, or use the contact form on the website to ask questions. You can book online to request an appointment.

### Intake Contact Telephone

(804) 876-0550

### RVA Health Online

<https://rva-healthpsychology.com/>

### Main

(804) 876-0550

### Toll-Free

(888) 857-7232

### United States

### Additional Availability Comments

Hours vary, based on groups and when you schedule.

### Fee Structure

No Fee

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### Fee Range

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### Call for Information

### Languages Spoken

English

RVA Health Online provides mental health counseling to aging populations as well as to those with disabilities. The main focus for RVA Health Online is to improve health psychology. In these counseling sessions, you can choose if you would like life coaching and/or daily support. Life coaching is an action-oriented process that helps to create healthy habits, build more satisfying relationships, and find a more fulfilling

lifestyle. Daily support gives you daily encouragement and feedback from a professional coach. Both are one-on-one sessions and let you communicate with your coach by phone, video call, or Zoom.

Group counseling, free community workshops, and online groups are available as well.

Service Area(s)

Chesterfield County

,

Hanover County

,

Henrico County

,

Richmond City

,

Statewide

Email

[contact@rvahealthonline.com](mailto:contact@rvahealthonline.com)