



CHAT BHS provides mental health therapy services to adults, teens, and children in Virginia. Whether you are unsure about what you need help with, or you are crystal clear about the issues you want to overcome, we are here for you.

We have a team of compassionate Licensed Mental Health Professionals that are trained and specialized in different evidence-based therapy models including CBT, EMDR, IFS, ACT, Play Therapy, and mindfulness.



Feel free to reach out to us for more information or to schedule an appointment with us. We look forward to hearing from you!

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