

**Youth Mental Health**

**Peer-Recommended Therapists and Resources**

*(updated April 2024)*

These are recommendations from FSYF contacts and FS families. This list is not exhaustive and implies no endorsement by FSYF.

**Clinics:**

[Truman Group](https://trumangroup.com/)

Provides high quality remote psychotherapy and mental health consultation to expatriates living outside the US. We work with individuals, couples, families and children in regions of the world that have few local English-speaking resources available for mental health. In addition, we offer [psychological testing](https://trumangroup.com/remote-testing/).

[Therapy Solutions, LLC](https://www.therapysolns.com/?fbclid=IwAR3OqncR4xhjSXX57TZBzwgGU08ojqbiuV-65S9oO1ayAyviWbHv5wNoxFQ)

An experienced and comprehensive online mental health clinic, providing individual therapy, child and family therapy, and psychological assessments.   We are based in Virginia, but offer services also in DC, Georgia, South Carolina, North Carolina and places aroundthe globe.

[Apricity Expat Therapy](https://www.apricityexpattherapy.com/)

English-speaking expat therapists providing online therapy to expats around the world.

[Summit Counseling](https://www.summitcounselingservices.com/)

Counseling for individuals, families, couples in the DC area and via teletherapy.

[Better Help](https://www.betterhelp.com/)

100% online therapy by messaging, chat, phone or video for teens, adults, or couples.

[Vanguard Therapy](http://www.vanguardtherapy.com/)

In-person or remote therapy for individuals, couples, families.

[Child and Family Counseling](https://www.childandfamilycounseling.com/?fbclid=IwAR3HYCqV2s6skb_gCYj0RLprPaiRPX3sCIDMZeKLjos1SocUPdDTo0Ep48s)

Offers a qualified team of Psychiatrists, Psychologists, and Clinical Social Workers who are committed to providing the highest level of comprehensive diagnostic and therapeutic services.

[In Step](https://insteppc.com/?fbclid=IwAR23ZZas4ASMT0jzUHhsUyEW2wQR_bRq7_hvqkFDePge0YlRJqdet6gKwk4)

Services include: group therapy, individual therapy, play therapy, family therapy, teletherapy and psychological testing and evaluation.

[Weaver & Associates](https://weaverandassociates.net/)

Therapy for children, adolescents, young adults, adults and couples; parent skills and training and group therapy.

[Alvord, Baker & Associates](https://www.alvordbaker.com/)

In-person and teletherapy for children, adolescents, adults, couples and families. Group therapy, psychological evaluations and school consultations.

[Teenlines](https://www.teenlines.com/)

Life coaching for teens, individually or in small groups.

[Sinews](http://www.sinews.es/)

Multilingual therapy institute.

[Active & Connected](https://www.activeconnected.com/)

A team of clinical, licensed professionals who work with individuals, couples and families to optimize mental wellness and strengthen connections.

[The Counseling Center at Maryland](https://www.counselingcenterofmaryland.com/?fbclid=IwAR33LhP8lSRic7gD_9KeaCwHehJA-dSd_uCny2MF_arrbGq-V3BWvFtH778)

Provides Individual, Couples, Family, and Group Therapy for children, adolescents, and adults.

**Specific Providers:**

[Dr. Constantina Kass](https://insteppc.com/your-team/)

[Dr. Carolyn Heier Young](https://www.psychologytoday.com/us/therapists/carolyn-heier-young-mclean-va/327786)

[Dr. Sam Lashley](https://www.psychologytoday.com/us/therapists/sam-lashley-arlington-va/34445)

[Amy Millimet](https://www.millimettherapy.com/?fbclid=IwAR0s2UlTzLtC5hdwbGHOJkuHBm5VBTpJZ4KU5HN8E94kmUN0WLgBCPKkk7c)

[Andrea Zalzal Sanderson](https://www.psychologytoday.com/us/therapists/andrea-zalzal-sanderson-alexandria-va/151306)

[Dr. Jillian Evans](https://health.usnews.com/doctors/jillian-evans-78114)

[Dr. Jelena Kecmanovic](https://arlingtonbehaviortherapy.com/staff/drkpsychologist/?fbclid=IwAR1grcSvJYEIi7J2hHGa3JkCElOcFVUGyVGmW-5_b4l8pGspA0bn3h1sSlo)

[Dr. Debra Brosius](https://www.debrabrosius.com/?fbclid=IwAR3za0dXxTLqmXbxWs7is-jAGXryTFH3DrZOSDjuHoQ7gm9i91GUI6qGoSc)

[Dr. Gohar Choudhary](https://www.psychologytoday.com/us/psychiatrists/gohar-choudhary-chantilly-va/127573?fbclid=IwAR3VyE29iVnLw9DZhsc8623jBDn77UCrFJOD2INN78JLlGUA3QGP4su1Xzs)

[Dr. Sanju Adhikari](https://mypsych.com/)

[Dr. Mohammed Ansari](https://viennabh.com/)

[Annette Kielkopf](http://www.annettekielkopf.com/?fbclid=IwAR1grcSvJYEIi7J2hHGa3JkCElOcFVUGyVGmW-5_b4l8pGspA0bn3h1sSlo)

[Dr. Kathy Katz](https://www.medstarhealth.org/doctors/kathy-silver-katz-phd)

[Dr. Neil Schiff](https://www.topnpi.com/dc1770697369/dr-neil-schiff)

[Dr. Edward Farber](http://restonpsych.com/about.htm)

[Dr. Joel Gunzburg](https://www.psychologytoday.com/us/therapists/joel-gunzburg-bethesda-md/46313)

[Dr. Nancy Ingraham](https://www.psychologytoday.com/us/therapists/nancy-ingraham-washington-dc/117127)

[Dr. Adelaide Robb](https://childrensnational.org/visit/find-a-provider/adelaide-robb)

[Alicia Todd](https://www.psychologytoday.com/us/therapists/alicia-todd-falls-church-va/163497)

[Jonathan Farber](https://www.jonathanfarberphd.com/?fbclid=IwAR0-BXB8Duw7cPDLbS8-VyVuAyIhy1HfORb8A-YkNkuRaHpiW4t3M_vexU8)

[Dr. Diana Dahlgren](http://drdianadahlgren.com/Home.aspx)

[Jonathan Farber](https://www.jonathanfarberphd.com/)

[Cynthia Putchat](https://www.psychologytoday.com/us/therapists/cynthia-putchat-phd-washington-dc/111203)

**Searchable Databases for Providers:**

[American Psychological Association](https://locator.apa.org/?_ga=2.84642649.1341540532.1586991876-461324098.1586991876)

[Association of Black Psychologists Directory](https://abpsi.site-ym.com/search/custom.asp?id=5934)

[Asian](https://www.asianmhc.org/) Mental Health Collective

[Black Virtual Wellness Directory](https://wellness.beam.community/)

[Black Mental Health Alliance](https://blackmentalhealth.com/connect-with-a-therapist/)

[Boris Lawrence Henson Foundation Resource Directory](https://borislhensonfoundation.org/resource-guide/)

[Greater Washington Society for Clinical Social Work](https://www.gwscsw.org/Disclaimer)

[Inclusive Therapists](https://www.inclusivetherapists.com/)

[Innopsych](https://www.innopsych.com/findatherapist)

[International Therapist Directory](https://internationaltherapistdirectory.com/)

[Latinx Therapy](https://latinxtherapy.com/)

[LGBTQ Psychotherapists of Color Directory](https://www.lgbtqpsychotherapistsofcolor.com/)

[Melanin & Mental Health Directory](https://www.melaninandmentalhealth.com/about-us)

[National Queer and Trans Therapists of Color Network](https://www.nqttcn.com/directory)

[Northern Virginia Licensed Professional Counselors](https://www.nvlpc.org/search/custom.asp?id=1453)

[Open Path Psychotherapy Collective](https://openpathcollective.org/)

[Psychology Today (psychiatrists, treatment centers, support groups, therapists)](https://www.psychologytoday.com/us/)

[SAMHSA Treatment Locator](https://www.samhsa.gov/find-treatment)

[South Asian Therapists](https://southasiantherapists.org/)

[Teen Counseling](https://www.teencounseling.com/?utm_source=Adwords&utm_medium=Search_PPC_c&utm_term=teen+counseling.com_e&utm_content=59094490025&network=g&placement=&target=&matchtype=e&utm_campaign=1580280396&ad_type=text&adposition=&gclid=CjwKCAjwr_uCBhAFEiwAX8YJgUeM-pSSrUuz8iEsom2eUCI7xhfTcAUy8ImawiotSFQQNRSijQgUxhoCxM4QAvD_BwE&not_found=1&gor=rd_home)

[Therapy for Black Girls](https://providers.therapyforblackgirls.com/)

[Therapy for Black Men](https://therapyforblackmen.org/)

[Virginia Academy of Clinical Psychologists](https://www.vapsych.org/find-a-clinical-psychologist-in-your-community#/)

See also:

[Families in Global Transition (FIGT) Public Directory](https://www.figt.org/Member-Directory-Public)

[GLIFFA Resources for Parents of LGBTQ+ Youth](https://glifaa.org/resources/parents-of-lgbtqia-efms/)

Substance Misuse Resources:

[Get Smart About Drugs](https://www.getsmartaboutdrugs.gov/) (for parents, caregivers and educators)

[Drugs of Abuse](https://www.getsmartaboutdrugs.gov/publication/drugs-abuse)

[How Teens Misuse Medicine](https://www.dea.gov/sites/default/files/2018-11/DEA_PrescriptionForDisaster-2018ed_508.pdf)

[Growing Up Drug Free](https://www.getsmartaboutdrugs.gov/publication/growing-drug-free-parents-guide-substance-use-prevention)

[Just Think Twice](https://www.justthinktwice.gov/) (for teens)

[Operation Prevention](https://www.operationprevention.com/) (for teachers and the workplace)

[Campus Drug Prevention](https://www.campusdrugprevention.gov/) (for higher education)

[One Pill Can Kill](https://www.dea.gov/onepill) (DEA site on fentanyl danger)