

[Teen Confidentiality and Healthcare](#)

MENTAL HEALTH:

Substance Use:

[Overview and Helpline for SAMHSA](#)

[Alcohol facts](#)

[marijuana-cbd facts](#)

[tobacco-vaping facts](#)

[VCU Motivate Clinic for Adults](#)

[VTCC Motivate Clinic for teens](#)

[All Richmond treatment resources](#)

Psychology/Therapy Resources: There are many options available, this is not an exhaustive list

[C2YourHealth](#) provides eating disorder services as well

[Dominion Behavioral Health](#)

[Lifestance Therapy](#)

[Summit Emotional Health](#)

[Thriveworks](#)

[Westhampton Family Psychologists](#)

Community Service Boards: These are usually low cost or free and provide a large range of services including crisis services, counseling and other assistance:

[Chesterfield Behavioral Health](#)

[Hanover Behavioral Health](#)

[Henrico Behavioral Health](#)

[Goochland Behavioral Health](#)

[Richmond Behavioral Health](#)

DATING AND RELATIONSHIPS:

[AAP teen dating and relationships](#)

[Teen Confidentiality and Healthcare](#)

[AAP Teen relationships](#)

GYN PROVIDERS FOR TEENS

[Virginia Women's Center](#)

[Virginia Physicians for Women](#)

[Dr. Sarah Peterson](#) St Mary's

[VCU Ped/Adolescent GYN](#)

GREAT RESOURCES:

[AAP Teen info pages](#) includes info on skin care, dating, grades, stress management and more

[AAP young adult info pages](#) includes info on relationships, transitioning to college and to work

Resource for parents: <https://grownandflown.com/> a good website to answer so many questions

GOING TO COLLEGE:

[college first aid kit](#)

[easy college meal prep](#)

[Mental health in college](#)