

Resources

Local (to Northern Virginia/Maryland Area):

Alpha Omega Clinic

Multiple Locations

301-767-1733

Catholic Charities

Various locations in Northern Virginia

703-425-0109

<https://www.cdda.net/Need-Help/Medical-and-Counseling/Counseling/>

IPS Center for Psychological Services

Adult Individual Telehealth Therapy Services only at this time.

703-418-2111

ipscenter@divinemeracy.edu

<http://ipscenter.org/>

Sterling, VA

Vital Sources

301-620-8700

Frederick, MD

Telehealth (remote):

Catholic Psych Institute

<https://www.catholicpsych.com/>

Broad:

-Catholic Therapists

<https://www.catholictherapists.com/find-a-therapist>

<https://www.catholicpsychotherapy.org/directory>

-Psychology Today

<https://www.psychologytoday.com>