

## Counseling Services, Norfolk

Age Requirements

13-21

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22-55

,

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Youth and adults

Family

No

Intake Contact

Jessica Oulahan

Intake Process

Telephone referral; walk-ins accepted, referral forms for some programs

Intake Contact Telephone

(757) 965-8652

Self Refer

Yes

The Up Center

<http://www.theupcenter.org>

<https://www.facebook.com/TheUpCenter>

Main

(757) 622-7017

222 W 19th Street

23517 VA

United States

Monday: 8:30 am-5:30 pm

Tuesday: 8:30 am-1:30 pm

Wednesday: 8:30 am-5:30 pm

Thursday: 8:30 am-5:30 pm

Friday: 8:30 am-5:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Payment Method(s)

Cash or Check

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Private Pay

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Private Insurance

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Medicaid

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Veterans

Languages Spoken

English

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The Up Center provides mental health counseling and therapeutic counseling individuals and families who struggle with a variety of issues, such as anxiety, anger, trauma, grief and SMI.. Counselors can help people of all ages deal with life's challenges. Many services are free or on a sliding fee scale.

Mental Health support provides one-to-one assistance to adolescents and adults, age 16 and older, with severe emotional or mental health diagnoses.

Anger management groups for teens and adults are offered, as well as marriage counseling and counseling for school behavior problems.

Confidentiality is Maintained. Offices located in Norfolk, Suffolk and Portsmouth.

Service Area(s)

Norfolk City

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Portsmouth City

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Suffolk City