

# **Behavioral Health Services, Dinwiddie Medical Center**

Intake Process

Call for information and to schedule an appointment

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Southern Dominion Health System

<http://www.sdhsinc.com>

<https://sdhsinc.com/sdhs-counseling-and-behavioral-health/>

Main

(804) 469-3731

13855 Courthouse Road

23841 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-2:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Hours of operation: Monday - Friday 8:00 am - 5:00 pm, closed for lunch from 12:00-1:00.

Fee Structure

Sliding Scale Fee

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

Languages Spoken

English

SDHS Counseling and Behavioral Services are available at our Lunenburg and Dinwiddie locations. Shannon Rakes is our Licensed Clinical Social Worker.

Services provided include:

-Diagnostic services-Individual & Family psychotherapy services for children, adolescents, and adults

-Psycho-Education

-Brief, Behavioral and Cognitive-Behavioral Therapy

-Behavior modification for individuals & families

-Effective Parenting Strategies

Treatment will be tailored to fit the needs of each individual. Areas of focus include but are not limited to:

-Depression

-Anxiety

-Relationship Difficulties

-Stress

-Trauma

-Anger

-Family Concerns

-Grief & Loss

-Low Self-Esteem

-Behavioral Difficulties

-Trouble Coping with Life Adjustments (job change or loss, move, separation or divorce, etc.)

Please call (434) 696-2319 to schedule an appointment.

Service Area(s)

Dinwiddie County

Email

[comments@sdhsinc.com](mailto:comments@sdhsinc.com)