

## Support Groups, Mental Health

Age Requirements

No Age Requirement

Intake Contact Email

[mhafred@mhafred.org](mailto:mhafred@mhafred.org)

Intake Process

Contact MHAF by calling or emailing to register and receive your registration packet for completion.

Intake Contact Telephone

(540) 371-2704

Mental Health America of Fredericksburg

<http://www.mhafred.org/>

<https://www.mhafred.org/support-groups/>

Main

(540) 371-2704

2217 Princess Anne Street, Suite 104-1

22401 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Mental Health America, Fredericksburg, offers several mental health support groups. These support groups have a specific beginning and ending date and are not drop-in groups. Individuals should call the office and sign up for the next series.

Teen Support Groups are offered for teens who struggle with feelings of anxiety, stress, or depressed moods.

Mental Wellness Adult Support Group is a support group for adults who are suffering from anxiety, depression, and other mental health issues. This group is first come, first serve, please register by contacting MHAF to receive a registration packet.

Survivors of Suicide Loss Adult Support Group is for individuals working through the grieving process after losing someone to suicide. This is an open group but registration is required for all groups.

Please contact Mhaf for dates, times, and locations of groups.

Service Area(s)

Fredericksburg City

,

Spotsylvania County

,

Stafford County

Email

[mhafred@mhafred.org](mailto:mhafred@mhafred.org)