

# Children's Mental Health Resource Center

## *A program of the Virginia Treatment Center for Children*

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The Children's Mental Health Resource Center is an innovative resource for children with mental, emotional or behavioral health needs. We partner with more than 100 Richmond-area pediatric primary care providers to help providers and families understand the mental health options available for children and assist them in finding therapists, psychiatrists or other appropriate services.

### Family support

Dealing with emotional, social and behavioral issues can be challenging and sometimes overwhelming. Our family navigators support families along their journey. Our model uses the valuable experiences of families who have navigated the mental health system, providing one-on-one support and referral assistance to families seeking services for their children.

### Education

CMHRC offers education on children's mental health topics for families and health care providers through:

- Trainings and workshops
- Printed materials
- Web-based resources at [mentalhealth4kids.org](http://mentalhealth4kids.org)

### Mission

The mission of CMHRC is to help families navigate and access children's mental health services in Virginia and serve as the community's go-to resource for accurate, essential information on children's mental health and evidence-based practices.



### Community collaboration

CMHRC is a true community collaboration guided by a program advisory group made up of parents, mental health providers, advocacy groups and other parties concerned with improving access to children's mental health services.

CMHRC services are made possible with support from VCU Department of Psychiatry, the Richmond Memorial Health Foundation, the Cameron K. Gallagher Foundation, the Jackson Foundation, the Robins Foundation, the Jenkins Foundation, the City of Richmond and through the fundraising efforts of the VTCC Advisory Council.

### Contact information

Health care providers can request services, or families may call directly. Using a secure fax system, clinicians may also request that CMHRC contact the family.

**804-828-9897**

[mentalhealth4kids.org](http://mentalhealth4kids.org)