

Rappahannock Area (Planning District 16) Resource Guide

Last Updated 11/26/2023

The following resources provide services at low or no cost. Many accept a variety of types of insurance, including Medicare and Medicaid.

Healthcare Services

Central Virginia Health Services (CVHS)

Caroline | 804-632-1030 | cvhsinc.org/caroline | 102 West Broadus Avenue Suite 200, Bowling Green, VA 22427

Fredericksburg | 540-735-0560 | cvhsinc.org/Fredericksburg | 1965 Emancipation Highway Suite 100, Fredericksburg, VA 22401

Services Offered: *Counseling, Dental, Gynecology, Immunizations, Pediatric and Primary care*

Fredericksburg Christian Health Center | 540-785-8500 | fchc.us | 1129 Heatherstone Drive, Fredericksburg, VA 22407

Services Offered: *Nutritional Services, Pediatric and Primary Care, Social Worker Services, Spiritual care*

Lloyd F. Moss Free Clinic | 540-582-1061 | mossfreeclinic.org | 1301 Sam Perry Boulevard Suite 100, Fredericksburg, VA 22401

Services Offered: *Assistance applying for Medicaid, Counseling, Dental, Pharmacy, Primary Care, Specialty Care*

Mosaic Care Center | 540-993-4473 | mosaiccarecenter.com | 10514 Wakeman Drive, Fredericksburg, VA 22407

Services Offered: *HIV PrEP, Primary Care, STI Testing, Transgender care*

Rappahannock Area Health District- Local Health Departments

Caroline | 804-633-5465 | 17202 Richmond Turnpike, Milford, VA 22514

Fredericksburg City | 540-899-4142 | 608 Jackson Street, Fredericksburg, VA 22401

King George | 540-775-3111 | 8097 Kings Highway, King George, VA 22485

Spotsylvania | 540-507-7400 | 9104 Courthouse Road, Spotsylvania Courthouse, VA 22553

Stafford | 540-659-3101 | 1300 Courthouse Road, Stafford, VA 22554

Services Offered: *Breast and Cervical Cancer Screening, Family planning, Immunizations, STI Testing, WIC nutritional services (Services may vary by location)*

Mental Health Services

Mental Health America Fredericksburg | 540-371-2704 | mhafred.org | 618 Kenmore Avenue Suite 2A, Fredericksburg, VA 22401

Services Offered: *MHAFred connects people with appropriate and available resources, educates to promote mental health awareness and understanding, and serves those with mental health needs by providing supportive services.*

Rappahannock Area Community Services Board | 540-373-3223 | rappahannockareacsb.org

Caroline County Clinic | 804-633-9997 | 19254 Rogers Clark Boulevard, Ruther Glen, VA 22546

Fredericksburg Clinic | 540-373-3223 | 600 Jackson Street, Fredericksburg, VA 22401

King George County Clinic | 540-775-9879 | 8479 St. Anthonys Road, King George, VA 22485

Spotsylvania Clinic | 540-582-3980 | 7424 Brock Road, Spotsylvania, VA 22554

[National Alliance on Mental Illness \(NAMI\) Rappahannock](#) | 540-724-6393 | [namirapp.org](#)

Services offered: NAMI Peer Program, Individual Support Groups, Family Support Groups

Note: All programs are peer-led and take the peer approach.

[Stafford County Clinic](#) | 540-659-2725 | 15 Hope Road, Stafford, VA 22554

24-Hour Emergency Services: 540-373-6876 | 804-633-4148 | 540-775-5064

Emergency Services Therapists are available 24 hours/day, 365 days/year to help individuals experiencing a mental health crisis.

Services Offered: Behavioral Health and Developmental Disability Services, including 24-hour emergency services, Case Management, Community-based Trainings, Crisis Stabilization, Day Support, Early Intervention (Birth to Age 3), Housing, Medication Management, Outpatient Counseling, Office-based Opioid Treatment, Prevention/Education, Veteran and Peer Support Services

Food, Housing, and Transportation Services

Domestic Violence Helpline | 540-373-9373

Fredericksburg Regional Food Bank | 540-371-7666 | [OrderAhead.org](#) | 3631 Lee Hill Drive, Fredericksburg

Services Offered: Assistance applying for SNAP benefits and Food Distribution

FXBGO! | 540-372-1222 | [rideFred.com](#) | 1400 Emancipation Highway, Fredericksburg, VA 22401

Services Offered: Bus service in Fredericksburg, Stafford, and Spotsylvania. Free to ride.

Homelessness Helpline | 540-358-5801

Call this number if you are sleeping outside (including in a car, tent, or abandoned building), at risk of sleeping outside within 14 days, or in need of emergency shelter.

Mobility Options | 540-656-2985 | [healthygenerations.org/mobility-options](#) | 460 Lendall Lane, Fredericksburg, VA 22405

Services Offered: Free transportation available for disabled individuals and/or individuals 60+.

Modivcare | 1-866-386-8311 | [mymodivcare.com/find-your-plan](#)

Services Offered: Non-Emergency Medical Transportation Services for Medicaid recipients.

Suicide and Crisis Lifeline | 988

211 Virginia

Dial 2-1-1 | Text CONNECT to 2472111 | Deaf/HoH Dial 7-1-1, 1-800-230-6977 | [211virginia.gov](#)

Services Offered: Connections to local resources (counseling, economic/government aid, food/meals, etc.)



Rappahannock Area Health District

540-899-4797

[vdh.virginia.gov/rappahannock/](#)



We want to hear from you!

Scan the QR code and fill out a brief survey.

Tell us your thoughts about this resource guide.