

Columbia Associates is Proud to Announce the Opening of a New Mental Health Clinic in Fairfax

Columbia Associates opens a new clinic in Fairfax, VA, offering top-notch mental health care with experienced professionals and cutting-edge technology.

FAIRFAX, VA, UNITED STATES, August 19, 2024 /EINPresswire.com/ -- Columbia Associates is



We are committed to improving access to mental health care, and this clinic is a testament to that. I'm proud of the skilled team we are building, and can't wait to begin this journey!"

Alexis Evans, Clinic Director

thrilled to announce the opening of our new clinic in Fairfax, Virginia, dedicated to providing exceptional mental health care to the community. The new facility will offer a comprehensive range of [mental health services](#) and features cutting-edge technology and a team of highly experienced professionals dedicated to providing exceptional care. The clinic's highly skilled team of professionals is committed to helping clients heal and thrive on all levels—mentally, emotionally, spiritually, and relationally. Columbia Associates aims to empower our clients with the skills needed to manage their symptoms,

resolve past traumas, and reclaim their voice and agency. They eagerly look forward to fostering a supportive environment and making a positive impact in the lives of individuals and families in the Fairfax community.

Recent statistics on mental health in the Fairfax, Virginia area reveal troubling trends that demand our attention and action. The 2023 report from the Fairfax County Health Department indicates that approximately 22% of adults in Fairfax experience symptoms of anxiety or depression. This statistic underscores the critical need for effective mental health interventions that, while consistent with national averages, highlight unique local challenges ([Fairfax County Health Department, 2023](#)). Moreover, data from the 2020 [Fairfax County Youth Survey on Mental Health and Suicide](#) shows that 30% of students reported experiencing depressive symptoms, and 36% reported high levels of stress. These figures underscore the urgent need for comprehensive mental health support specifically tailored for youth. Together, these alarming statistics emphasize the importance of expanding access to mental health services to promote well-being and resilience within our community. Columbia Associates is dedicated to being a supportive force in the Fairfax community, through quality, accessible, and affordable mental health care.

Columbia Associates is a group of local outpatient mental health care clinics dedicated to transforming lives by offering quality, easily accessible mental health care. Columbia Associates has been deeply rooted in the Washington DC Metro area for over 30 years supporting communities in Virginia and Maryland with a forward-thinking approach to mental health care. Our diverse care teams reflect the communities we serve and are committed to supporting clients through life's challenges. We are proud to be a leader in interventional psychiatry services in the region.□□□

To learn more about Columbia Associates and its mental health services including individual and group therapy, TMS therapy, medication management, and Spravato treatment, visit <https://www.columbiapsychiatry-dc.com/schedule-an-appointment/>. To schedule a new client appointment or to discuss how mental health treatment can benefit you, a loved one, or your patients (412) 436-3372. We are committed to providing cutting-edge mental health solutions that meet the diverse needs of our community.□□

About Columbia Associates and Transformations Care Network□□

□Columbia Associates is a proud member of Transformations Care Network (TCN). As a member of TCN, the Columbia Associates team can accept more insurance plans and have access to cutting edge services and technological advancements. TCN provides the support, resources, and tools that your care team needs to transform lives in their communities. To learn more about Transformations Care Network, our family of outpatient mental health organizations, and the inspiring work we are doing to shape the future of mental health care, visit www.transformationsnetwork.com.□□

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