



## Online Counseling Services Available

**YFT is now offering video counseling appointments.**

**Need to talk to someone? Connect with a therapist online and get help.**

Stress, depression and anxiety are affecting many of us during the isolation of COVID-19. Virtual counseling sessions are available from the safety of your home using your PC, iPhone®, iPad®, or Android device.

Youth For Tomorrow serves Virginia residents ages 5 to adult and accepts Medicaid and most private insurance. Financial assistance is available.

**New clients are welcome! Please call us at 703-659-9900 for more information and to schedule an appointment.**

[For complete information, please visit our website.](#)

Visit our Website