



Structured, Evidence-Based Mental Health Care for ADHD, Anxiety, and Depression

Comprehensive evaluations. Clear diagnoses. Thoughtful, individualized treatment.

ClearConnect Health Services provides outpatient mental health care focused on clarity, accuracy, and long-term outcomes.

Appointments are conducted primarily via telehealth across Virginia, Maryland, and Washington, DC, with in-person visits available when appropriate.

[Schedule Appointment](#)

[Call or Text \(540\) 779-8166](#)

Clear, Structured Mental Health Care

We specialize in the evaluation and treatment of:

- Adult ADHD
- Anxiety disorders
- Depression and mood disorders
- Trauma and stress-related conditions

Our focus is on helping patients understand what is going on, receive an accurate diagnosis, and move forward with a clear treatment plan.

Outpatient Mental Health Care

ClearConnect Health Services provides outpatient mental health care focused on clarity, accuracy, and long-term outcomes.

We specialize in the evaluation and treatment of ADHD, anxiety, depression, and related conditions through comprehensive psychiatric evaluations and ongoing care.

A More Thoughtful Approach to Care

Our care is structured, thorough, and individualized:

- Step-by-step psychiatric evaluations
- Clear and accurate diagnosis
- Thoughtful, evidence-based treatment planning
- Ongoing follow-up and monitoring

We prioritize clarity, transparency, and collaboration so patients understand their diagnosis and next steps.



Adult ADHD Evaluation & Treatment in Virginia

If you're struggling with focus, organization, time management, or productivity, you may be experiencing symptoms of adult ADHD. We provide comprehensive, evidence-based ADHD evaluations and personalized treatment for adults across Virginia — all through secure telehealth.

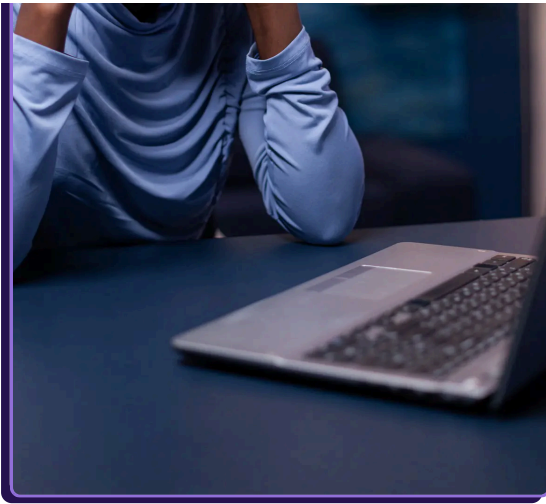
✓ Comprehensive Evaluations

Our evaluation process is thorough and clinically grounded, designed to accurately diagnose ADHD while identifying any co-existing conditions such as anxiety or depression.

✓ Structured Assessment Process

We use a structured, step-by-step assessment approach that includes clinical interviews, symptom review, and functional impact analysis to ensure diagnostic clarity.

✓ Medication Management When Appropriate



Personalized treatment plans may include safe, carefully prescribed medications tailored to your needs, improving focus, stability, and overall daily performance.

✓ Ongoing Follow-Up Care

Regular follow-up appointments ensure progress tracking, symptom improvement, medication adjustments, and long-term treatment success with consistent professional support.

✓ Telehealth Availability Statewide

Secure, convenient telehealth appointments available for adults across Virginia, allowing access to expert psychiatric care from home without travel or long wait times.

Adult ADHD Treatment in Virginia

Depression Medication Management



Anxiety & Depression Medication Management

Anxiety and depression can disrupt daily life. We provide personalized medication management focused on symptom relief, emotional stability, and long-term improvement using safe, evidence-based psychiatric treatment approaches.

Anxiety Treatment



Medication Management & Second Opinions

Already on medication or recently diagnosed? We offer expert medication management and second opinions, carefully reviewing your treatment plan to improve effectiveness, reduce side effects, and ensure optimal mental health outcomes.

Medication Management



Telehealth Psychiatric Care Across Virginia

Access secure, convenient telehealth psychiatric care from anywhere in Virginia, including Fredericksburg, Richmond, Virginia Beach, Arlington, Alexandria, Fairfax, Norfolk, Chesapeake, and Roanoke, without travel or long wait times.

Online ADHD Evaluation



Responsible, Evidence-Based Psychiatric Care

We provide ethical, evidence-based psychiatric care focused on accurate diagnosis, responsible prescribing, and individualized treatment plans designed to support long-term mental wellness, stability, and meaningful improvement in daily life.

Adult ADHD Treatment

Primary Focus

Adult ADHD

We specialize in the evaluation and treatment of adult ADHD.

Many adults struggle with focus, organization, time management, and follow-through without a clear diagnosis. Our process is thorough and structured, designed to distinguish ADHD from other conditions that can present similarly.

Treatment may include medication management, behavioral strategies, and ongoing follow-up to ensure effectiveness and tolerability.

[Schedule Appointment](#)



Common Conditions We Treat



Anxiety Disorders

Including generalized anxiety, social anxiety, and persistent worry. Treatment focuses on reducing symptom burden while improving daily functioning.



Depression

Including low mood, loss of motivation, fatigue, and difficulty concentrating. Care is focused on accurate diagnosis and individualized treatment planning.



Mood Disorders

Including recurrent or complex mood symptoms requiring ongoing management and stabilization.



PTSD and Trauma-Related Conditions

Evaluation and treatment of trauma-related symptoms, including hypervigilance, avoidance, and emotional distress.

Also Addressed in Care

These concerns are often evaluated as part of a comprehensive assessment and may be treated as part of your care plan

Difficulty with Focus, Organization,
or Productivity

Sleep Concerns

Stress and Burnout

Emotional Regulation Difficulties

[Schedule Appointment](#)



Meet Provider

Arielle Conteh
PMHNP, APRN, MSN



Arielle Conteh, MSN, PMHNP-BC, is a Psychiatric-Mental Health Nurse Practitioner with extensive experience providing care across outpatient and behavioral health settings. Her background includes psychiatric evaluation, medication management, psychotherapy, and treatment of individuals across the lifespan.

She earned her Associate Degree in Nursing from Global Health College, Bachelor of Science in Nursing from Grand Canyon University, and Master of Science in Nursing with a Psychiatric Mental Health specialization from Herzing University.

Arielle has experience diagnosing and treating conditions including ADHD, anxiety, depression, and autism spectrum disorders. Her approach is patient-centered and focused on delivering comprehensive, evidence-based care in a supportive and collaborative environment.

[Book an Appointment](#)

[Meet All Providers](#)

Patient Experiences

Patients consistently seek care for clear answers, thoughtful evaluations, and a structured approach to treatment.

[G Reviews on Google](#)

[View Profiles on Psychology Today](#)

Getting Started is Simple

1. Call or text (540) 779-8166
2. Schedule your initial evaluation
3. Complete intake forms when instructed
4. Begin care with a comprehensive psychiatric evaluation

There is no waitlist. Appointments may be available same day or next day depending on availability.

What to Expect

Initial Evaluation

45-60 Minutes

Follow up Patients

20-30 Minutes

Care may include diagnostic evaluation, medication management, and supportive therapy.

Visits are primarily conducted via telehealth, with in-person appointments available when appropriate.



Fees and Insurance



Self-pay rates

We accept most major insurance plans.

Initial Evaluation

\$250

Follow-Up Visits

\$125

Please call to confirm coverage and benefits.

If you are experiencing a mental health emergency, do not use this page. Call 911 or call or text 988.

ClearConnect Health Services is an outpatient practice and does not provide emergency or crisis services. Messages, texts, and calls are not monitored 24/7.

Ready to Get Started?

If you are looking for clear answers and a structured, thoughtful approach to mental health care, you can schedule an appointment today.

Call or Text (540) 779-8166 or visit the Schedule page.

[Schedule Appointment](#)

Important Information

- This is an outpatient practice
- We do not provide emergency or crisis services
- Messages and calls are not monitored 24/7
- Response times are not immediate

If you need urgent help, call 911 or 988.



ClearConnect
Health Services
Your Mental Health Our Mission

Personalized, evidence-based mental health services to support, heal, and guide you toward a healthier, more balanced life.



Useful Links

- > [Home](#)
- > [About](#)
- > [What We Treat](#)
- > [New Patients](#)
- > [Contact Us](#)
- > [Crisis Support](#)
- > [Blogs](#)

[Book Online](#)

Contact Info

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Text messages and fax are not monitored 24/7 and should not be used for urgent or emergency concerns.