



Abigail Hartgraves, BSW, QMHP-C Counselor

I am from Virginia Beach and have been living in Richmond for the past 5 years. I have my Bachelor's degree in Social Work from Virginia Commonwealth University (Go Rams!). I have experience in anger management, anxiety, ADHD, OCD, and working with new/expecting mothers focusing on pre and postnatal care. I also have worked in a school setting with children who have behavioral and mental health needs. The majority of my experiences have led to awareness of behavioral difficulties, implementing de-escalation techniques, and connecting families to community resources. I love working with children and their families to promote self-worth and developing positive relationships in a child's life. As a mental health counselor, I hope to promote health, healing, and hope in Richmond. Outside of work, I enjoy crafting, hiking, listening to music, video games, and spending time with family and friends.