



**Empowerment Through  
Healing OurSelves**

**1322 LaSalle Ave, Suite A  
Hampton, VA 23669**

**\*Self pay and insurance accepted**

If you or your child are in crisis,  
please call: Melissa Gomes Ph.D.,PMHNP-BC  
(757) 320-4483.

Youth who  
are having  
behavioral  
problems,  
expect  
adults to  
respond.  
How we  
respond  
makes a  
big  
difference.

*Ethos is a behavioral health organization serving children, adolescents, and adults.*