

# Adult Psychiatric Access Line (APAL)

Free consultation and care navigation regarding adult patients with behavioral health concerns

**Virginia PCPs:** You can call  
**1-888-371-8627**  
and **press 3** to speak with:

- ▶ Psychiatrists
- ▶ Addiction medicine specialists (18+)
- ▶ Clinical pharmacists
- ▶ Licensed mental health professionals
- ▶ Care navigators who refer patients to behavioral health, substance use conditions, and other vital resources in their area



**Scan to Learn More**



The Adult Psychiatric Access Line (APAL) is a project of HealthHaven that offers same-day mental health consultation and care navigation for Virginia PCPs concerning an adult patient with behavioral health concerns. APAL is available statewide, and there is no cost to PCPs or their patients for services.