#### SUICIDE PREVENTION

**National Suicide Prevention Lifeline:** 800-273-8255

Providing 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

The Sarah Michelle Peterson Foundation: info@sarahmpetersonfoundation.org

### **CRISIS TEXTLINE**

Safely and confidentially connect with a live, trained crisis counselor for free 24/7 support. Text NAMI or HOME to 741-741

#### **CRISIS INTERVENTION**

**Emergency Mental Health Services/Intake** (24/7) If unsure where to call, begin here for referrals Chesapeake: 757-548-7000 Norfolk: 757-664-7690 Portsmouth: 757-393-8990 Suffolk/Isle of Wight: 757-925-2484 Virginia Beach: 757-385-0888 Eastern Shore: 757-442-7707 Military and Veterans: 1-800-273-8255, press 1 or Text 838255 Samaritan House: (sexual assault, domestic violence) 757-631-0710

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# **POLICE - EMERGENCY**

Call 911. Explain there is a mental health emergency, ask for CIT (Crisis Intervention Team) who are trained to manage mental health crises.

#### **PSYCHIATRIC HOSPITALS**

Kempsville Center for Behavioral Health: 757-461-4565 (child/adolescent facility) Bon Secours Maryview Medical Center: 757-395-2200 Crisis Intervention Counselor -757-398-2400 Sentara Norfolk General: 757-388-3000 Sentara Virginia Beach General: 757-395-8000 Virginia Beach Psychiatric Center: (free confidential assessments) 757-496-6000 / 757-627-5433 Intake

#### **CITY COMMUNITY SERVICES BOARDS**

**POLICE - EMERGENCY** 

**PSYCHIATRIC HOSPITALS** 

Crisis Intervention Counselor -

757-395-2200

757-398-2400

(Mental Health)

757-547-9334

757-393-5357

757-442-3636

(Mental Health) Chesapeake Integrated Behavioral Health: 757-547-9334 Norfolk Community Services Board: 757-756-5600 Portsmouth Behavioral Healthcare Services: 757-393-5357 Va. Beach Behavioral Health Services Mental Health/Substance: 757-385-0800 **Eastern Shore Community Services Board:** 757-442-3636

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# **MILITARY/VETERAN RESOURCES**

www.va.gov www.ptsd.va.gov Hampton VA Medical Center: 757-722-9961 Stephen A. Cohen Military Family Clinic, VA **Beach:** 757-965-8686 Military One Source: 800-342-9647

#### **YOUTH SERVICES**

Kempsville Center for Behavioral Health: 757-461-4565 The Barry Robinson Center: 757-455-6100 Children's Hospital of the King's Daughters (CHKD): 757-668-7000 The Chas Foundation: 757-489 2427 **United Methodist Family Services (UMFS):** 757-490-9791 The Up Center: 757-965-8683

#### **LGBTQ+ RESOURCES**

The Trevor Project: Call 1-866-488-7386 or text START to 678-678 Trained counselors supporting youth in crisis and/or in need of a safe and judgment-free place to talk 24/7 LGBT Life Center: 757-640-0929 Hampton Roads Pride: 833-833-4700 "You" LGBTQ+ Youth Night: 757-818-4901

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# REDUCED COST MENTAL HEALTH SERVICES

EVMS Hope Free Clinic: 757-446-0366 Catholic Charities: 757-533-5217 Jewish Family Services: 757-321-2222 Tidewater Pastoral Counseling: 757-623-2700

# **FREE/REDUCED COST HEALTH CLINICS**

Chesapeake Care Clinic: 757-545-5700 Hampton Roads Community Health Center: 757-393-6363 Norfolk Hopes Free Clinic: 757-446-0366 Hampton Roads Community Health Center: 757-393-6363 Bon Secours Care-A-Van: 757-889-5121 Eastern Shore: Bayview Community Health Center, Cheriton: 757-331-1086 Onley Community Health Center: 757-787-7374

# HOMELESS RESOURCES

Regional Housing Crisis Hotline: 757-587-4202 Virginia Supportive Housing: www.virginiasupportivehousing.org PiN Ministry: 757-962-3567 Seton Youth Shelter: 757-498-4357 Vetshouse for Veterans: 757-724-8614 Norfolk Housing & Redevelopment Authority: 757-623-1111 **VA Beach Community Development Corporation:** 757-463-9516

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We offer free ongoing educational classes, free peer-led support groups, in-person and virtual groups, community programs and socials, and a helpline. We connect to people with the goal of improving the quality of life for recovering individuals and their families.

Anyone can experience the challenges of mental illness...one in five people do. We are here for you.

**MAMICoastalVirginia NAMICoastalVA** 

"Jou are not alone."

# SHERIFF'S OFFICES

Chesapeake: 757-382-6159 Norfolk: 757-664-4700 Portsmouth Police: 757-393-5300 Suffolk: 757-514-7840 Virginia Beach: 757-385-4555 Eastern Shore: 757-678-0458

#### **OTHER RESOURCES**

National Alliance on Mental Illness (NAMI): NAMI Coastal Virginia: 757-499-2041 www.namicoastalvirginia.org Free support groups/classes/programs NAMI Helpline: 800-950 NAMI (6264) M-F 10 am-6 pm

Virginia Department of Behavioral Health: 804-786-3921 State agency for mental health SAMSHA (Substance Abuse & Mental Health Services Administration) www.samhsa.gov Emotions Anonymous:

www.emotionsanonymous.org SMART 911: www.smart911.com Endependence Center: 757-461-8007 Disability advocacy & services Mental Health America: 800-969-6642 The Up Center: 757-965-8683 Hampton Roads Survivors of Suicide Support Group: 757-483-5111

### TELEHEALTH

Telehealth options may vary with regards to insurance and services provided. For more information, visit the resources below. Local Providers:

Find local providers offering telehealth, specific insurance coverage, and speciality areas/modalities of treatment www.psychologytoday.com Talkspace: www.talkspace.com BetterHelp: www.betterhelp.com



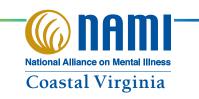
# **Community Resources**

Chesapeake, Norfolk, Portsmouth, Virginia Beach, Eastern Shore



# **Coastal Virginia**

291 Independence Blvd., Ste. 542 Virginia Beach, VA 23462 757-499-2041 www.namicoastalvirginia.org



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# **Community Resources**

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Life may be tough. but so are you.

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