

## 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

## 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

(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

## 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.virginiassupportivehousing.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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National Alliance on Mental Illness

## Coastal Virginia

NAMI Coastal Virginia is part of a nationwide nonprofit, organization whose mission is to support, educate, and advocate for those affected by mental illness, and their families.

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.

NAMI Coastal Virginia NAMI Coastal VA

*You 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](http://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](http://www.samhsa.gov)  
**Emotions Anonymous:**  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)  
**SMART 911:** [www.smart911.com](http://www.smart911.com)  
**Independence 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](http://www.psychologytoday.com)  
**Talkspace:** [www.talkspace.com](http://www.talkspace.com)  
**BetterHelp:** [www.betterhelp.com](http://www.betterhelp.com)

# MENTAL HEALTH MATTERS



For all of these resources and more, scan this code!

# Community Resources

*Chesapeake, Norfolk, Portsmouth, Virginia Beach, Eastern Shore*

*Life may be tough, but so are you.*



291 Independence Blvd., Ste. 542  
Virginia Beach, VA 23462  
757-499-2041  
[www.namicoastalvirginia.org](http://www.namicoastalvirginia.org)



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