

Mental Health Resources in Hampton Roads (Table 1) and other Virginia Communities (Table 2).

Table 1. Mental Health Resources in Hampton Roads

<p>National Suicide Prevention Line: a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. https://suicidepreventionlifeline.org Sunday – Saturday, 24 hours 1 -800-273-TALK</p>
<p>US and Canada Text Line: Provides help for: coronavirus, anxiety, eating disorders, depression, suicide, and self-harm. https://www.crisistextline.org/ 24/7 – Text HOME to 741-741</p>
<p>Chesapeake Community Service Board (Chesapeake Integrated Behavioral Health): committed to those whose lives are affected by mental health, substance use or developmental disabilities. https://www.cityofchesapeake.net/government/Boards-Commissions/full-listing/integrated-behavioral-healthcare.htm 757-547-9334 24-hour emergency services: 757-548-7000</p>
<p>Colonial Behavioral Health (Jamestown, Williamsburg, and York): Colonial Behavioral Health stands in support of our community and every individual who deserves a life free of prejudice and injustice. We believe every person has an equal right to be treated with dignity and respect as an individual. We understand that inequalities, racism, and economic disparities exist in the world today. CBH is aware of the trauma and stress that may be caused from these inequities, and recognizes that these wounds have recently been exposed in extraordinarily painful ways. https://www.colonialbh.org/ Emergency – 757-378-5555 Psychiatry services – 757-220-3200</p>
<p>Hampton – Newport News Community Service Board: Offers an array of behavioral health, substance use disorder, intellectual and developmental disability, and prevention services. http://hnnccb.org/index.html 757-788-0300 24/7 Crisis Services 757-788-0011</p>
<p>Norfolk Community Service Board: is the primary provider of public mental health, substance abuse, and intellectual disabilities services for the City of Norfolk. https://www.norfolk.gov/1808/Mental-Health-Services 757-756-5600</p>
<p>Portsmouth Community Service Board: Providing mental health, intellectual disability, substance abuse and co-occurring services to the citizens of Portsmouth. https://portsmouthva.gov/149/Behavioral-Healthcare 757-393-8321 Crisis Hotline: 757-393-8990. Emergency services are available 24 hours a day / 7 days a week.</p>
<p>Virginia Beach Community Service Board: Community based services are delivered by the City's Department of Human Services Behavioral Health Developmental Disabilities' Divisions. Services</p>

<p>include emergency intake, prevention, outpatient treatment, day support, vocational opportunities, case management and residential support.</p> <p>https://www.vbgov.com/government/departments/human-services/behavioral-health/Pages/mental-health-substance-abuse.aspx</p> <p>757-385-3111</p> <p>Mental Health / Substance Abuse: 757-385-0888</p>
<p>The UP Center: Provides critical care services to families across Hampton Roads, including mental health counseling, parenting education and support, youth mentoring, foster care and adoption, housing and financial counseling and services for people with disabilities.</p> <p>https://theupcenter.org/</p> <p>757-354-3819</p>
<p>The Chas Foundation: Advocates for mentally ill individuals, strives for public acceptance of those dealing with mental illness, increases access to effective treatment for the mentally ill, works with private and public professionals, and provides support through education.</p> <p>https://thechasfoundation.org/about/</p> <p>Non-emergency Help Line 757-489-2427</p>

Table 2. Mental Health Resources for Virginia Communities outside of Hampton Roads.

<p>National Suicide Prevention Line: a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.</p> <p>https://suicidepreventionlifeline.org</p> <p>Sunday – Saturday, 24 hours</p> <p>1 -800-273-TALK</p>
<p>US and Canada Text Line: Provides help for: coronavirus, anxiety, eating disorders, depression, suicide, and self-harm.</p> <p>https://www.crisistextline.org/</p> <p>24/7 – Text HOME to 741-741</p>
<p>Alexandria Community Services Board: The CSB oversees the use of public funds to provide mental health, developmental disability and substance abuse services through the Department of Community and Human Services.</p> <p>https://www.alexandriava.gov/CSB</p> <p>703-746-3400</p>
<p>Alleghany Highlands Community Services Board: The Alleghany Highlands Community Services Board is committed to improving the quality of life for individuals in our community with behavioral health challenges and developmental disabilities.</p> <p>https://ahcsb.org/</p> <p>Monday through Friday</p> <p>540-965-2135</p>
<p>Arlington County Community Services Board: provides services to persons challenged by mental health, developmental disabilities and substance use.</p> <p>https://commissions.arlingtonva.us/community-services-board/</p> <p>703-228-5150</p>

<p>Blue Ridge Behavioral Healthcare: Provides community-based services that prevent and address mental health disorders, developmental disabilities, and substance use disorder.</p> <p>https://www.brhb.org/ 24- hour crisis services 540-981-9351 Walk-in visit 540-343-3007</p>
<p>Chesterfield Community Services Board: Offers services for developmental disabilities, early intervention, mental health, prevention, substance use disorders.</p> <p>https://www.chesterfield.gov/1056/Community-Services-Board Contact Brook Cook 804-768-7220 or email cookb@chesterfield.gov</p>
<p>Crossroads Community Services Board: Provides mental health, intellectual disability, and substance abuse services.</p> <p>http://www.crossroadscsb.org/ Emergency 1-800-548-1688 Prevention services 434-392-9461</p>
<p>Cumberland Mountain Community Services Board: They offer a comprehensive array of services in child and family, intellectual disability, mental health, and substance abuse.</p> <p>https://www.cmcsb.com/ Crisis after hours 800-286-0586 Regular hours 276-964-6702</p>
<p>Danville-Pittsylvania Community Services Board: The Behavioral Health Services Division is dedicated to delivering quality mental health and substance use care through a variety of programs and services aimed at empowering the individual to improve their quality of life.</p> <p>https://www.dpcs.org/ Emergency 434-793-4922 Danville office 434-799-0456 Gretna office 434-656-8201</p>
<p>Dickenson County Behavioral Health Services: They provide psychosocial day support, mental health building skills, intellectual disabilities, prevention services, and clinical services.</p> <p>https://dcbhs.com/ Emergency after hours 276-926-1650 Dickenson county emergency 276-926-1680</p>
<p>District 19 Community Services Board: Provides behavioral health services to residents of the cities of Colonial Heights, Emporia, Hopewell and Petersburg, and the counties of Dinwiddie, Greensville, Prince George, Surry and Sussex. We provide a wide array of services for adults, adolescents, children and infants experiencing mental illness, intellectual/developmental disabilities and/or substance use disorders.</p> <p>http://www.d19csb.com/ 24-hour crisis hotline 804-862-8000 or 866-365-2130. Main number 804-862-8002.</p>
<p>Eastern Shore Community Services Board: Provides community-based mental health, developmental disability services and substance abuse services.</p> <p>https://escsb.org/who-we-serve/ 757-442-3636</p>
<p>Fairfax-Falls Church Community Services Board: The Fairfax-Falls Church Community Services Board (CSB) provides services for people of all ages who have mental illness, substance use disorders and/or developmental disabilities.</p>

<https://www.fairfaxcounty.gov/community-services-board/>

Emergency 703-573-5679

Detox (24/7) 703-502-7000

Main 703-383-8500 or text TTY 711

Goochland-Powhatan Community Services: Provides services for mental health, intellectual disabilities and substance use disorders to the citizens of Goochland and Powhatan Counties.

<https://gpcsb.org/about-us/>

804-598-2200

Hanover County Community Services Board: Provides prevention, treatment, employment and support services for Hanover residents and their families related to mental health, substance use and developmental disabilities.

<https://www.hanovercounty.gov/358/Community-Services-Board>

Crisis line 804-365-4200

Office line 804-365-4222

Harrisonburg-Rockingham Community Services Board: Provides mental health, substance abuse, and developmental disability services throughout Virginia.

<https://www.hrscsb.org/about/>

540-434-1941

Henrico Area Mental Health & Developmental Services Board: Provides services for mental illness, developmental disabilities and substance use disorders and children with developmental delay.

Highlands Community Services Board: Highlands Community Services has provided mental health, substance abuse, and developmental services to the residents of Washington County and Bristol.

<https://highlandscsb.org/>

Local 276.525.1550

Toll free 1.855.426.5263

After-hour Crisis 1.866.589.0269

Horizon Behavioral Health: Provides support and promote the health, independence and self-worth of individuals and families in Central Virginia by providing a continuum of community-based treatment, prevention, early intervention, and aftercare services for persons affected by mental health, intellectual disabilities, substance use and co-occurring disorders.

<https://www.horizonbh.org/about-us/mission-values/>

434-477-5000

Loudoun County Mental Health, Substance Abuse & Developmental Services: Provides services to individuals in the Loudoun community with mental health, substance use or developmental/intellectual disabilities.

<https://www.loudoun.gov/mhsads>

Emergency 703-777-0320

New client information and referrals 703-771-5155

Middle Peninsula-Northern Neck Community Services Board: they serve the ten counties of the Middle Peninsula and Northern Neck. Provides services for early Intervention, intellectual disabilities, mental health, prevention, and substance use.

<https://www.mpnnscsb.org/27/About-Us>

804-758-5314

Mount Rogers Community Services Board: Provides Mental Health, Developmental Disability, and Substance Use Services to the people of Bland, Carroll, Grayson, Smyth, and Wythe Counties as well as the City of Galax.

<https://www.mountrogers.org/>

Crisis line 866-589-0265

Office 276-223-3200

New River Valley Community Services: Provides an array of mental health services for children, adolescents, and adults.

<http://www.nrvcs.org/mental-health/>

540-961-8400

Northwestern Community Services Board: The Same Day Access (SDA) Walk-In Clinic is available for Children and Adults in need of Mental Health and/or Substance Use Services.

<http://www.nwcsb.com/>

Substance use warm line 833-626-1490

Page County Clinic 540-743-4548

Shenandoah County Clinic 540-459-5180

Warren County Clinic 540-636-2931

Winchester Area Clinic 540-667-8888

Piedmont Community Services Board: Helps individuals, families and the community enhance their quality of life by providing a highly effective continuum of behavioral health services, including prevention, treatment, education and support within available resources.

<https://piedmontcsb.wixsite.com/piedmontcommunitysvc>

Virginia warm line 877-349-6428

24 hour emergency 888-819-1331

Planning District One Behavioral Health Services: Provides services for emergencies, adults, child & adolescents, intellectual disabilities, prevention services, and early intervention services.

<https://www.pd1bhs.org/>

24-hour Crisis line 877-928-9062

Office 276-679-5751

Prince William County Community Services Board: Provides services for who are affected by, or are at-risk of, developmental delays and disabilities, mental illness and/or substance use disorders.

<https://www.pwcva.gov/department/community-services>

703-792-6000 (TTY: 711)

Rappahannock Area Community Services Board: They help babies speak their first words and adults with severe mental illness take their first steps back into the community.

<https://rappahannockareacsb.org/>

Emergency 540-373-6876

Fredericksburg 540-373-6876

Stafford County 540-373-6876

Spotsylvania County 540-373-6876

Caroline County 804-633-4148

King George County 540-775-5064

Rappahannock-Rapidan Community Services Board: Strives to improve the quality of life in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties by providing comprehensive behavioral health, developmental disability, substance use disorder, and aging services.

<https://www.rrcsb.org/about-us/our-history-mission-vision/>

Emergency 540-825-5656

Transportation Once-Call Center 540-829-5300

Office 540-825-3100

Region Ten Community Services Board: Provides mental health, developmental disability and substance use services.

<https://regionten.org/>

Charlottesville & Albemarle (434) 972-1800

Greene (434) 481-3890

Fluvanna (434) 589-8276

Louisa (540) 967-2880

Nelson (434) 263-4889

Spanish (434) 972-1800

Richmond Behavioral Health Authority: Provides mental health, intellectual disabilities, substance abuse and prevention services to the citizens of the City of Richmond.

<https://www.rbha.org/about.aspx>

804-819-4000

Rockbridge Area Community Services: Provides walk-in open access same-day assessment and referrals to needed services. They provide mental health services, substance use disorder treatment, intellectual/developmental, disability supports, RAISE early intervention services, and prevention services.

<https://www.racsb.org/>

Crisis hotline 855-222-2046

Non-emergency toll free 877-766-3105

Southside Community Services Board: Provides behavioral health, developmental disabilities, and substance use services.

<https://southsidebh.org/>

Crisis line 833-377-7272

Appointments 833-272-2778

Valley Community Services Board: Provides same day access for individuals who do not have internet access for telehealth. Provides behavioral health, substance use, and developmental services.

<https://myvalleycsb.org/>

Emergency Services (24/7): 540-885-0866 or 540-943-1590

Main Line: 540-887-3200 or 540-943-5515

Videophone: 540-416-0115

Toll free: 866-274-7475