

Resource Guide

Immediate Crisis & Emergency Support

Resource	Contact Information
988 Suicide & Crisis Lifeline	Call or text 988 Available 24/7
Emergency Services	Call 911 for immediate emergencies
Veterans Crisis Line	Dial 988 then Press 1
Crisis Text Line	Text HOME to 741741

Local Mental Health Agencies & Counseling Services

Resource	Contact Information
Community Services Board (CSB)	Hampton-Newport News / (757) 788-3000
	Norfolk / (757) 756-5600
	Middle Peninsula-Northern Neck / (804) 642-5402
	Western Tidewater / (757) 758-5106
	Chesapeake Integrated Behavioral Health / (757) 547-9334
Outpatient Counseling and/or Assessment Providers	C&S Holistic Counseling & Consulting (757) 782-4070 / www.csholistic.com
	National Counseling Group 1-877-566-9624 / www.ncgcommunity.com
	Genesis Counseling Center (929) 436-3747 / genesiscounselingcenter.com
	Teachable Moments Therapy Group (Spanish outreach services available) (757) 535-9080 / www.tmtgllc.com
	Melanated Minds Co. (757) 535-9322 / care.headway.co/providers/nicole-wilkins
	Living Beyond Loss (757) 364-0488 / https://livingbeyondloss.net
	Abundant Life Partners (has therapist fluent in American Sign Language) (757) 603-4603 / www.abundantlifepartners.com
	Manifest Wellness Counseling (757) 276-1619 / www.manifestwellnesscounseling.org
	Peninsula Pastoral Counseling (757) 873-2273 / peninsulapastoral.org
	Hampton Roads Counseling (757) 877-9140 / hamptonroadscounselinginc.com
Psychiatric Services	Virginia Beach Psychiatric Center (757) 469-3500 / vbpcweb.com
	Lafayette Psychiatric Services (757) 489-4700 / www.lafayettepsychiatricservices.com
	EVMS Psychiatry & Behavioral Services (757) 451-6200 /

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	https://www.evmsmedicalgroup.com/specialties/psychiatry-and-behavioral-sciences
	Newport News Behavioral Health Center (757) 88-0400 / newportnewsbhc.com
	Riverside Mental Health & Recovery Center (757) 827-3119 / www.riversideonline.com/en/medical-services/mental-health
	Coastal Medical & Psychiatric Services (757) 310-6900 / https://cmppsua.com
	Colonial Psychiatric Services (757) 873-1958 / www.colonialpsychiatricnewportnews.com

Youth & Family Resources

Resource	Contact Information
Youth & Family Support Programs	Center for Child & Family Services (757) 838-1960 / www.kidsandfamilies.com
	The Barry Robinson Center 1-800-221-1995 / www.barryrobinson.org
	Compass Behavioral Group compassva.com
	Premier Mental Health Services (757) 281-9316 / www.premier-mhs.com
	Catholic Charities of Eastern VA (757) 456-2366 / https://cceva.org
	Youth T.H.R.I.V.E youththrive.crd.co
Public School Counseling Services	Newport News Public Schools (757) 591-4658 / sbo.nn.k12.va.us/studentsupport/mentalhealththerapy.html
	Isle of Wight County Schools (757) 357-4393 / www.iwcs.k12.va.us
	Norfolk Public Schools (757) 670-3945 / www.npsk12.com
	Hampton City Schools (757) 727-2000 / www.hampton.k12.va.us/index.html
	York County School Division (757) 898-0300 / yorkcountyschools.org
	Virginia Beach City Public Schools (757) 263-1000 / www.vbschools.com
	Suffolk Public Schools (757) 925-6750 / www.spsk12.net
	Williamsburg-James City County Public Schools (757) 603-6533 / wjccschools.org
	Autism Consulting & Therapy (757) 690-9390 / proudmomentsaba.com

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ABA Therapy Providers	Butterfly Effects (757) 568-9036 / butterflyeffects.com
	EMG Consulting (757) 615-3003 / www.emgaba.com
Youth Crisis Support	Tidewater Youth Services Commission (757) 488-9161 / www.tyscommission.org
	Seton Youth Services (757) 963-5795 x103 / setonyouthservices.org

Substance Use & Recovery Support

Resource	Contact Information
Substance Use Treatment Programs	Soar & Rest Outpatient Addiction & Mental Health Services (757) 782-4242 / www.soarandrestoutpatient.org/index.html
	Brightview 833-510-3278 / https://www.brightviewhealth.com/about-our-mat-clinics-in-virginia
	Riverside Mental Health & Recovery Center (757) 827-3119 / www.riversideonline.com/en/medical-services/mental-health
	Farley Center 888-226-4883 / https://farleycenter.com
Alcoholics Anonymous (AA)	www.aa.org
Narcotics Anonymous (NA)	www.na.org

Veteran Resources

Resource	Contact Information
VA Medical & Mental Health Services	Hampton VA Medical Center (757) 722-9961 / www.va.gov/hampton-health-care
Veteran Resources	National Veterans Foundation 877-777-4443 / https://nvf.org/veteran-resources
	Virginia Department of Veteran Services (804) 786-0286 / www.dvs.virginia.gov/home
	Disabled American Veterans https://www.dav.org

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Domestic Violence, Sexual Assault & Safety Resources

Resource	Contact Information
National Domestic Violence Hotline	1-800-799-SAFE (7233)
Local Shelter & Advocacy Services	Transitions Family Violence Service (757) 728-2638 / www.transitionsfvs.org
	Virginia Sexual & Domestic Violence Action Alliance vsdvalliance.org/resources
	Center for Sexual Assault Survivors (757) 599-9844 / www.visitthecenter.org
	Fear 2 Freedom 888-453-3059 / fear2freedom.org
	YWCA South Hampton Roads (757) 625-4248 / ywca-shr.org

LGBTQ+ Support Resources

Resource	Contact Information
Resources	lgbthotline.org
	pflag.org/find-resources
	The Trevor Project 1-866-488-7386 / www.thetrevorproject.org
LGBTQ+ Community Support	LGBT Life Center (757) 640-0929 / lgbtlifecenter.org

Wellness/Alternative Healing Resources

Resource	Contact Information
Wellness Services	Lackey Clinic (757) 886-0608 / lackeyclinic.org/spiritual-care
	Pointe Wellness Center (757) 596-7938 / www.pointewellness.com
	ChaiLotus Yoga (757) 817-9022 / chailotusyoga.offeringtree.com/pages/chailotus-yoga
Energy Healing	Twelve Twelve Wellness (757) 342-4640 / www.twelvetwelvewellness.com
	Rooted & Rising Energy Healing (757) 525-3510
	Energy Workman (757) 254-4305 / energyworkman.com