

SUICIDE PREVENTION AND RESOURCES

The Sarah Michelle Peterson Foundation

www.sarahmpetersonfoundation.org

American Foundation for Suicide Prevention

afsp.org/chapter/virginia

Virginia Department of Health

www.vdh.virginia.gov/suicide-prevention/resources/

The Trevor Project

1.866.488.7386

www.thetrevorproject.org/get-help

RELATIONSHIP VIOLENCE AND HUMAN TRAFFICKING

FreeKind: Support for survivors of trafficking 1.877.227.2321

www.freekindva.org/

YWCA of South Hampton Roads, 24/7 Crisis Hotline 757.251.0144

www.ywca-shr.org/what-we-do/crisis-services/

Samaritan House

757.587.4202

24-Hour Crisis Line

757.430.2120

www.Samaritanhouseva.org

LGBTQIA+

LGBT Life Center

757.640.0929

lgbtlifecenter.org

Trans Lifeline

877.565.8860

translifeline.org

LGBT National Hotline

888.843.4564

lgbthotline.org/

It is **OK** to ask for help!

According to the National Alliance on Mental Illness:

- Approximately 1 in 5 adults in the United States (46.6 million) experience mental illness in a given year.
- Half of mental illnesses begin before age 14.

IF YOU WOULD LIKE ASSISTANCE ACCESSING RESOURCES IN THIS GUIDE, PLEASE CALL THE CHAS FOUNDATION AT 757.489.2427

ADDITIONAL SUPPORT AND SERVICES

Eating Disorders

757.404.3010

crhmail@verizon.net

Prosperity Eating Disorders & Wellness Center 703.466.5150

prosperityedwell.com/

NAMI-The National Alliance on Mental Health Norfolk 757.664.7960

www.namicoastalvirginia.org/

Postpartum Support Virginia 24/7 Warm Line Call or Text 703.829.7152

postpartumva.org

Find Other Resources in Hampton Roads

2-1-1 Virginia Dial 2-1-1 or Text CONNECT to 247211

211virginia.org/consite/index.php

Resources 757

www.resources757.org

This resource is sponsored by the
Mentally Healthy Norfolk Coalition,
a broad group of healthcare professionals
and community leaders.



talkaboutitnorfolk.com



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REAL ESTATE SERVICES

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Mentally Healthy Norfolk

A GUIDE TO MENTAL
HEALTH SERVICES,
RESOURCES AND SUPPORT
IN HAMPTON ROADS



@TalkAboutItNorfolk

CRISIS SERVICES

In the event of a mental health emergency, call the **Suicide and Crisis Life Line: 988**

If your area code is not 757, call the local line: 757.656.7755
988va.org/

Veterans Crisis Line 988, then press 1
TEXT 838255
Confidential chat: www.veteranscrisisline.net

Call 911 and ask that a CIT officer respond.

Crisis Intervention Team (Norfolk) 757.664.6681
www.norfolk.gov/3419

Child and Adolescent Mobile Crisis 757.823.1666
www.norfolk.gov/4082

Crisis Text Line 24/7 Text CONNECT TO 741741
www.crisistextline.org

National Disaster Distress Helpline, Call or Text 1.800.985.5990

Local Hospitals

Sentara Leigh Emergency Services 757.261.6804
Sentara Norfolk General 757.388.3000

COMMUNITY SERVICES BOARD

Norfolk 757.756.5600
www.norfolk.gov/NCSB/

Emergency Services Warm Line, 24/7 757.664.7690
Peer Recovery Support Warm Line 757.664.6683

FAMILY AND CHILD RESOURCES

The CHAS Foundation (Non-Emergency Help Line): 757.489.2427
thechasfoundation.org

EVMS Loving Steps 757.407.0897

Infant and Toddler Connection of Norfolk 757.441.1186
www.norfolk.gov/infant

Education and Training

CHKD Parenting Classes and Resources 757.668.9304
www.chkd.org

Family Services, Norfolk DHS 757.664.6000
www.norfolk.gov/1937

The Sarah Michelle Peterson Foundation
sarahmpetersonfoundation.org

Treatment

CHKD Mental Health Therapy 757.668.HOPE (4673)
www.chkd.org/our-services/mental-health/

Residential and Outpatient Treatment:
Barry Robinson Center 757.455.6100
www.barryrobinson.org

Kempville Center for Behavioral Health (Ages 4+) 757.461.4565
kempvillecbh.com

Jewish Family Services 757.459.4640
jifshamptonroads.org/services/counseling-and-support-services/

MENTAL HEALTH SERVICES

The UP Center 757.622.7017
theupcenter.org

EVMS Psychiatry and Behavioral Health 757.446.5888
https://www.evms.edu/psychiatry/patient_care/

EVMS HOPES Free Clinic 757.446.0366
evms.edu/hopes

Mental Health America of VA Warm Line 1.866.400.MHAV (6428)
(Mon-Fri, 9 a.m.-9 p.m. ; Sat./Sun./Hol. 5 p.m.-9 p.m.)
MHAV.org

Park Place Medical Center 757.533.9108
www.hrhc.org/

Tidewater Pastoral Counseling Services 757.623.2700
tidewaterpastoral.org

Catholic Charities of Eastern Virginia, Norfolk Office 757.533.5217
cceva.org

Hampton Roads Behavioral Health 757.587.4744
www.hrbhgroup.com

SAMHSA: Behavioral Health Treatment Locator
findtreatment.gov/locator

AFSP: Find a Mental Health Professional
afsp.org/find-a-mental-health-professional/

Vibrant: Emotional Health Safe Space 1.800.273.8255
safespace.vibrant.org/en/

MILITARY, FAMILY AND VETERANS

Coast Guard SUPRT 1.855.247.8778

Naval Station Fleet and Family Support
Little Creek 757.462.7563
Norfolk 757.444.2102

Hampton VA Medical Center, MH Clinic 757.722.9961 x3584
va.gov/hampton-health-care

Military One Source 1.800.342.9647
www.militaryonesource.mil

Portsmouth Naval Medical Center 757.953.5269
portsmouth.tricare.mil

Steven A. Cohen Military Family Clinic 757.965.8686
www.theupcenter.org/cohenclinic

SUBSTANCE USE SERVICES

Alcoholics Anonymous 24/7 Help Line 757.490.3980
www.tidewaterintergroup.org/

Opioid Warm Line Norfolk (Daily 9 a.m. - 8 p.m.) 757.664.6683

Narcotics Anonymous 757.459.8467
tidewaterareana.org/

Salvation Army (Mens ARC) 757.499.0032

The UP Center 757.965.8623
theupcenter.org/substance-use/

Mental Health America VA Recovery Support Warm Line
1.833.473.3782