

Programs and Help Lines

StillStanding- Depression & Suicide Education Program 757.464.9289

Virginia Department of Health

www.vdh.virginia.gov/livewell/programs/suicide

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

The Trevor Project 1.866.488.7386 (1.866.4.U.TREVOR)

www.thetrevorproject.org

RELATIONSHIP VIOLENCE AND HUMAN

TRAFFICKING RESOURCES

YWCA of South Hampton Roads 757.625.4248

www.ywca-shr.org

Samaritan House 757.631.0710

www.Samaritanhouseva.org

24-Hour Crisis Line 757.430.2120

SUPPORT GROUPS

Alcoholics Anonymous 757.490.3980

Eating Disorders 757.404.3010

or crhmail@verizon.net

LGBT Life Center 757.640.0929

www.lgbtlifecenter.org

NAMI- The National Alliance on Mental Health 757.499.2041

Warm Line 1.800.950.6428

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

Narcotics Anonymous Tidewater Area Help Line 757.459.8467

Postpartum Support Virginia 703.829.7152

postpartumsupportva.org/hamptonroads

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It is OK to ask for help!

- Half of all mental illnesses begin before age 14.
- 16% of high school students seriously considered attempting suicide in the past year.
- Approximately 1 in 5 adults in the United States (*46.6 million*) experience mental illness in a given year.
- Among the 20.2 million adults in the United States who experienced a substance abuse disorder, 50.5% (*10.2 million adults*) had a co-occurring mental illness.

SOURCES

National Alliance on Mental Illness | Voices for Virginia's Children

OUTPATIENT SERVICES

Community Psychological Resources 757.622.6794

www.cpcares.com

The Psychotherapy Center 757.622.9852

www.thepsychotherapycenter.com

Finney-Zimmerman Psychiatric Associates 757.351.6400

www.psych-therapy.com

Hampton Roads Behavioral Health 757.587.4744

www.hrbhgroup.com

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talkaboutitnorfolk.com



Revised January 2020



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Mentally Healthy Norfolk RESOURCE GUIDE



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

For help with resources, please contact: THE CHAS FOUNDATION 757.489.2427

For more information, visit our website at: talkaboutitnorfolk.com/

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CRISIS SERVICES

In the event of a mental health emergency, call 911 and ask that a CIT officer respond.

Text: CONNECT TO 741741

www.crisistextline.org

Crisis Intervention Team (Norfolk) 757.664.6681

www.norfolk.gov/index.aspx?NID=3419

Local Hospitals

Bon Secours DePaul Medical Center

Crisis Intervention Counselor 757.398.2400

Sentara Leigh Emergency Services 757.261.6804

Sentara Norfolk General 757.388.3000

Veterans Crisis Line 1.800.273.8255, press 1

TEXT 838255

Confidential chat: www.veteranscrisisline.net

COMMUNITY SERVICES BOARD

Norfolk 757.823.1600

<https://www.norfolk.gov/NCSB/>

Emergency Services 24 hour Warm Line 757.664.7690

Norfolk Prevention Coalition

Peer Recovery Support Warm Line 757.664.6683

NORFOLK POLICE DEPARTMENT Emergency 911

Non-Emergency Dispatch 757.441.5610

First Precinct 757.664.7016

Second Precinct 757.664.6900

Third Precinct 757.823.4433

PEER RECOVERY WARMLINE

DIAL #250, KEYWORD: RECOVERY

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CHILD AND FAMILY RESOURCES

EVMS Loving Steps 757.683.9173

The Planning Council 757.622.9268

www.theplanningcouncil.org

Resources 757 757.244.5373

www.Resources757.org

Infant and Toddler Connection of Norfolk 757.441.1186

<https://www.norfolk.gov/infant>

Crisis Services

Child and Adolescent Mobile Crisis 757.823.1666

www.norfolk.gov/index.aspx?NID=4082

Education and Training

CHKD- Parenting Classes and Resources 757.668.9304

www.chkd.org

Parent Education and Support,

Norfolk Department of Human Services 757.664.7790

www.norfolk.gov/index.aspx?nid=1939

Inpatient Care

CHKD Mental Health Therapy 757.668.7525

<https://www.chkd.org/our-services/specialty-care-and-programs/>

Residential and Outpatient Treatment for

Children and Teens | Barry Robinson Center 757.455.6100

www.barryrobinson.org

Kempville Center for Behavioral Health Ages 4+ 757.461.4565

www.kempvillecbh.com

Cohen Military Family Clinic 757.965.8692

www.theupcenter.org/how-we-help/crisis/cohenclinic

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MENTAL HEALTH SERVICES

EVMS Psychiatry and Behavioral Sciences 757.446.5888

www.evms.edu/patient_care/specialties/psychiatry_and_behavioral_sciences/

EVMS HOPES Free Clinic 757.446.0366

www.evms.edu/hopes

Mental Health America Warm Line (Monday-Friday, 9am-5pm) 1.866.400.MHAV (6428)

www.mentalhealthamerica.net/

Park Place Medical Center 757.533.9108

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

Tidewater Pastoral Counseling Services 757.323.2700

www.tidewaterpastoral.org

The CHAS Foundation 757.489.2427

www.thechasfoundation.org

The UP Center 757.622.7017

www.theupcenter.org

MILITARY AND VETERAN SUPPORT SERVICES

EVMS Arts for Optimal Health

Virginia Veterans Project 757.446.5895

Coast Guard SUPRT 1.855.247.8778

Fleet and Family Support

Little Creek 757.462.4444

Norfolk 757.444.3333

<https://www.navywmavalstationnorfolk.com/programs/c2c28f41-3526-4d40-babd-bd8f894b7781>

Hampton VA Medical Center 757.722.9961

<https://hampton.gov/2000/>

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<https://hampton.gov/2000/>

Military-Veteran-Family-Resources

Military One Source 1.800.342.9647

www.militaryonesource.mil

Portsmouth Naval Medical Center 757.953.5269 or 953.6271

<https://www.med.navy.mil/sites/nmcp/Dept/SitePages/MentalHealth/MentalHealth.aspx>

Steven A. Cohen Military Family Clinic 757.965.8686

www.theupcenter.org/how-we-help/crisis/cohenclinic/

SUBSTANCE USE SERVICES

Alcoholics Anonymous 757.490.3980

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

Catholic Charities of Eastern Virginia 757.533.5217

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

Opioid Warm Line 757.402.6190

Narcotics Anonymous Tidewater Area Help Line 757.459.8467

<https://tidewaterarena.org/index.html>

Norfolk Prevention and Pathways to Life 757.395.4122

<https://www.norfolk.gov/index.aspx?nid=1792>

Salvation Army 757.543.8100

The UP Center 757.965.8622

www.theupcenter.org

SUICIDE PREVENTION RESOURCES**Education and Training**

I Need a Lighthouse 757.567.5429

www.ineedalighthouse.org

The Sarah Michelle Peterson Foundation

www.worldwithoutsuicide.org

Military-Veteran-Family-Resources

Military One Source 1.800.342.9647

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