

Virginia Department of Health  
[www.RecognizeTalkAct.org](http://www.RecognizeTalkAct.org)

The Trevor Project 1.866.488.7386  
[www.thetrevorproject.org/get-help](http://www.thetrevorproject.org/get-help)

#### RELATIONSHIP VIOLENCE AND HUMAN TRAFFICKING RESOURCES

YWCA of South Hampton Roads, 24/7 Crisis Hotline 757.251.0144  
[www.ywca-shr.org/what-we-do/crisis-services](http://www.ywca-shr.org/what-we-do/crisis-services)

Samaritan House 757.587.4202  
24-Hour Crisis Line 757.430.2120  
[www.Samaritanhouseva.org](http://www.Samaritanhouseva.org)

#### LGBTQIA+

Trans Life Line 877.565.8860  
<https://translifeline.org>

LGBT National Hotline 888.843.4564  
[www.lgbtnationalhelpcenter.org/](http://www.lgbtnationalhelpcenter.org/)

LGBT Life Center 757.640.0929  
[www.lgbtlifecenter.org](http://www.lgbtlifecenter.org)

#### SUPPORT GROUPS

Eating Disorders 757.404.3010  
or [crhmail@verizon.net](mailto:crhmail@verizon.net)

NAMI- The National Alliance on Mental Health Norfolk 757.664.7960  
<https://www.namicoastalvirginia.org/>

Postpartum Support Virginia 24/7 Warm Line Call or Text 703.829.7152  
[postpartumva.org](http://postpartumva.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**

#### FIND OTHER RESOURCES IN HAMPTON ROADS

2-1-1 Virginia  
Dial 2-1-1 or Text CONNECT to 247211  
<https://211virginia.org/consite/index.php>

Resources 757  
[www.resources757.org](http://www.resources757.org)

SAMHSA: Behavioral Health Treatment Locator  
[www.findtreatment.samhsa.gov/locator](http://www.findtreatment.samhsa.gov/locator)

AFSP: Find a Mental Health Professional  
[www.afsp.org/find-a-mental-health-professional](http://www.afsp.org/find-a-mental-health-professional)

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



[talkaboutitnorfolk.com](http://talkaboutitnorfolk.com)



*For more information and/or to request copies of physical resource guides, please email:*  
[brockinstitute@evms.edu](mailto:brockinstitute@evms.edu)

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*Mentally Healthy Hampton Roads*

## RESOURCE GUIDE



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



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**CRISIS SERVICES**

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

Crisis Intervention Team (Norfolk) 757.664.6681  
[www.norfolk.gov/index.aspx?NID=3419](http://www.norfolk.gov/index.aspx?NID=3419)

Child and Adolescent Mobile Crisis 757.823.1666  
[www.norfolk.gov/4082](http://www.norfolk.gov/4082)

Crisis Text Line 24/7: Text CONNECT TO 741741  
[www.crisistextline.org](http://www.crisistextline.org)

Veterans Crisis Line 1.800.273.8255, press 1  
TEXT 838255  
Confidential chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

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

Emergency Services 24/7 Warm Line 757.664.7690  
Norfolk Prevention Coalition  
Peer Recovery Support Warm Line 757.664.6683

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**CHILD AND FAMILY RESOURCES**

EVMS Loving Steps 757.407.0897  
Infant and Toddler Connection of Norfolk 757.441.1186  
<https://www.norfolk.gov/infant>

**Education and Training**

CHKD- Parenting Classes and Resources 757.668.9304  
[www.chkd.org](http://www.chkd.org)

Family Services, Norfolk DHS 757.664.6000  
[www.norfolk.gov/1937](http://www.norfolk.gov/1937)

The Sarah Michelle Peterson Foundation  
[www.worldwithoutsuicide.com](http://www.worldwithoutsuicide.com)

**Treatment**

CHKD Mental Health Therapy 757.668.7525  
<https://www.chkd.org/Our-Services/Mental-Health/Mental-Health-Therapy/>

Barry Robinson Center 757.455.6100  
[www.barryrobinson.org](http://www.barryrobinson.org)

Kempsville Center for Behavioral Health Ages 4+ 757.461.4565  
[www.kempsvillecbh.com](http://www.kempsvillecbh.com)

Jewish Family Services 757.459.4640  
<https://jfshamptonroads.org/services/counseling-and-support-services/>

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**MENTAL HEALTH SERVICES**

EVMS Psychiatry and Behavioral Sciences 757.446.5888  
[https://www.evms.edu/psychiatry/patient\\_care/](https://www.evms.edu/psychiatry/patient_care/)

EVMS HOPES Free Clinic 757.446.0366  
[www.evms.edu/hopes](http://www.evms.edu/hopes)

Mental Health America of VA Warm Line  
(Mon-Fri, 9am-9pm ; Sat./Sun./Hol. 5pm-9pm) 1.866.400.MHAV (6428)  
[www.MHAV.org](http://www.MHAV.org)

Maternal Mental Health Hotline  
Call or Text 1.833.9.HELP4MOMS (1.833.943.5746)

Park Place Medical Center 757.533.9108  
<https://www.hrhc.org/>

Tidewater Pastoral Counseling Services 757.623.2700  
[www.tidewaterpastoral.org](http://www.tidewaterpastoral.org)

The CHAS Foundation 757.489.2427  
[www.thechasfoundation.org](http://www.thechasfoundation.org)

The UP Center 757.622.7017  
[www.theupcenter.org](http://www.theupcenter.org)

Catholic Charities of Eastern Virginia, Norfolk Office 757.533.5217  
[www.cceva.org](http://www.cceva.org)

Community of Change, Inc. 757.966.1689  
<https://www.communityofchangeinc.org/>

Hampton Roads Behavioral Health 757.587.4744  
[www.hrbhgroup.com](http://www.hrbhgroup.com)

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**MILITARY, FAMILY, AND VETERAN SUPPORT SERVICES**

EVMS Arts for Optimal Health  
Virginia Veterans Project 757.446.5895

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 757.722.9961x3584  
[va.gov/hampton-health-care](http://va.gov/hampton-health-care)

Military-Veteran-Family-Resources

Military One Source 1.800.342.9647  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

Portsmouth Naval Medical Center 757.953.5269  
[portsmouth.tricare.mil](http://portsmouth.tricare.mil)

Steven A. Cohen Military Family Clinic 757.965.8686  
[www.theupcenter.org/cohenclinic](http://www.theupcenter.org/cohenclinic)

Trails of Purpose 757.655.5566  
<https://www.communityofchangeinc.org/>

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**SUBSTANCE USE SERVICES**

Alcoholics Anonymous 24/7 Help Line 757.490.3980  
<https://www.tidewaterintergroup.org/>

Opioid Warm Line Norfolk (Daily 9am - 8pm) 757.664.6683  
Narcotics Anonymous Help Line 757.459.8467  
<https://tidewaterareana.org/>

Salvation Army (Mens ARC) 757.499.0032

The UP Center 757.965.8623  
[www.theupcenter.org](http://www.theupcenter.org)

Mental Health America VA Recovery Support Warm Line 1.833.473.3782

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**SUICIDE PREVENTION AND RESOURCES**

The Sarah Michelle Peterson Foundation  
[www.sarahmpetersonfoundation.org](http://www.sarahmpetersonfoundation.org)

National Suicide Prevention Lifeline 1.800.273.8255  
Text TALK to 741741

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
American Foundation for Suicide Prevention  
[www.afsp.org/chapter/virginia](http://www.afsp.org/chapter/virginia)