

# Community Resources

Chesapeake, Norfolk, Portsmouth, Virginia Beach, Eastern Shore

## SUICIDE PREVENTION

### National Suicide Prevention Lifeline:

800-273-8255

*Providing 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.*

**I Need A Lighthouse:** 757-567-5429

[www.ineedalighthouse.org](http://www.ineedalighthouse.org)

**The Sarah Michelle Peterson Foundation:**

[info@sarahmpetersonfoundation.org](mailto:info@sarahmpetersonfoundation.org)

## CRISIS TEXTLINE

*Safely and confidentially connect with a live, trained crisis counselor for free 24/7 support. Text NAMI or HOME to 741-741*

## CRISIS INTERVENTION

### Emergency Mental Health Services/Intake

*(24/7) If unsure where to call, begin here for referrals*

**Chesapeake:** 757-548-7000

**Norfolk:** 757-664-7690

**Portsmouth:** 757-393-8990

**Suffolk/Isle of Wight:** 757-925-2484

**Virginia Beach:** 757-385-0888

**Eastern Shore:** 757-442-7707

**Military and Veterans:** 1-800-273-8255, press 1 or Text 838255

**TAPS 24/7 National Military Hotline:**

1-800-959-TAPS (9277)

**Samaritan House:**

757-631-0710, [samaritanhouseva.org](http://samaritanhouseva.org)

## POLICE - EMERGENCY

*Call 911. Explain there is a mental health emergency, ask for CIT (Crisis Intervention Team) officers who are trained to manage mental health crises.*

## PSYCHIATRIC HOSPITALS

### Kempsville Center for Behavioral Health:

757-461-4565 (child/adolescent facility)

**Bon Secours Maryview Medical Center:**

757-395-2200

Crisis Intervention Counselor -

757-398-2400

**Sentara Norfolk General:**

757-388-3000

**Sentara Virginia Beach General:**

757-395-8000

**Virginia Beach Psychiatric Center:**

*(free confidential assessments)*

757-496-6000 / 757-627-5433 Intake

## CITY COMMUNITY SERVICES BOARDS

*(Mental Health)*

**Chesapeake Integrated Behavioral Health:**

757-547-9334

**Norfolk Community Services Board:**

757-756-5600

**Portsmouth Behavioral Healthcare Services:**

757-393-5357

**Va. Beach Behavioral Health Services**

**Mental Health/Substance:** 757-385-0800

**Eastern Shore Community Services Board:**

757-442-3636

## MILITARY/VETERAN RESOURCES

[www.va.gov](http://www.va.gov)

[www.ptsd.va.gov](http://www.ptsd.va.gov)

**Hampton VA Medical Center:** 757-722-9961

**Stephen A. Cohen Military Family Clinic,**

**VA Beach:** 757-965-8686

**Military One Source:** 800-342-9647

## YOUTH SERVICES

**Kempsville Center for Behavioral Health:**

757-461-4565

**The Barry Robinson Center:** 757-455-6100

**Children's Hospital of the King's Daughters (CHKD):** 757-668-7000

**The Chas Foundation:** 757-489-2427

**United Methodist Family Services (UMFS):**

757-490-9791

**The Up Center:** 757-965-8683

## LGBTQ+ RESOURCES

**The Trevor Project:** Call 1-866-488-7386 or text START to 678-678 *Trained counselors supporting youth in crisis and/or in need of a safe and judgment-free place to talk 24/7*

**LGBT Life Center:** 757-640-0929

## REDUCED COST MENTAL HEALTH SERVICES

**EVMS Hope Free Clinic:** 757-446-0366

**Catholic Charities:** 757-533-5217

**Jewish Family Services:** 757-321-2222

**Tidewater Pastoral Counseling:**

757-623-2700

## FREE/REDUCED COST HEALTH CLINICS

**Chesapeake Care Clinic:** 757-545-5700

**Hampton Roads Community Health Center:**

757-393-6363

**Norfolk Hopes Free Clinic:** 757-446-0366

**Virginia Beach Health Clinic:** 757-428-5601

**Hampton Roads Community Health Center:**

757-393-6363

## Virginia Beach Mercy Dental:

757-490-1110

**ODU Dental Hygiene Care Facility:**

757-683-4308

**Bon Secours Care-A-Van:** 757-889-5121

**Eastern Shore:** Bayview Community Health

Center, Cheriton: 757-331-1086

Onley Community Health Center:

757-787-7374

## HOMELESS RESOURCES

**Regional Housing Crisis Hotline:**

757-227-5932

**Virginia Supportive Housing:**

[www.virginiassupportivehousing.org](http://www.virginiassupportivehousing.org)

**Hampton Roads Housing Consortium:**

757-420-8300

**PiN Ministry:** 757-962-3567

**Seton Youth Shelter:** 757-498-4357

**Vetshouse for Veterans:** 757-724-8614

**Norfolk Housing & Redevelopment**

**Authority:** 757-623-1111

**VA Beach Community Development**

**Corporation:** 757-463-9516

## SHERIFF'S OFFICES

**Chesapeake:** 757-382-6159

**Norfolk:** 757-664-4700

**Portsmouth Police:** 757-393-5300

**Suffolk:** 757-514-7840

**Virginia Beach:** 757-385-4555

**Eastern Shore:** 757-678-0458

## OTHER RESOURCES

**National Alliance on Mental Illness (NAMI):**

NAMI Coastal Virginia: 757-499-2041

[www.namicoastalvirginia.org](http://www.namicoastalvirginia.org)

*Free support groups/classes/programs*

**NAMI Helpline:** 800-950-NAMI (6264)

M-F 10 am-6 pm

**Virginia Department of Behavioral Health:**

804-786-3921 *State agency for mental health*

**SAMSHA (Substance Abuse & Mental Health**

**Services Administration)** [www.samhsa.gov](http://www.samhsa.gov)

**Emotions Anonymous:**

[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

**VB Strong Center:**

[www.thevbstrongcenter.org](http://www.thevbstrongcenter.org)

**Independence Center:**

*Disability advocacy & services, 757-461-8007*

**The Up Center:**

*Counseling and mental health skill building*

757-965-8683

NAMI Coastal Virginia is part of a nationwide nonprofit, organization whose mission is to support, educate, and advocate for those affected by mental illness, and their families. We offer free ongoing educational classes, free peer-led support groups, in-person and virtual groups, community programs and socials, and a helpline. We connect to people with the goal of improving the quality of life for recovering individuals and their families.

Anyone can experience the challenges of mental illness...one in five people do. We are here for you.

*You are not alone.*

 **NAMI** Coastal Virginia

 [NAMICoastalVirginia](https://www.facebook.com/NAMICoastalVirginia)  [NAMICoastalVA](https://www.instagram.com/NAMICoastalVA)

291 Independence Blvd., Ste. 542, Virginia Beach, VA 23462

757-499-2041 • [www.namicoastalvirginia.org](http://www.namicoastalvirginia.org) • [contact@namicoastalvirginia.org](mailto:contact@namicoastalvirginia.org)