Community Resource List Physical & Mental Wellness, Housing/Food and Crisis Support

*This information is provided as possible resource options. Please make the choice for services that meet your needs and consult your insurance provider for approved providers, required referrals, other resources, and services requiring payment. Some of these organizations may provide financial assistance resources.

Virginia 211: Dial 211 from any phone for any resource https://www.211virginia.org/consumer/index.php	Want a detailed listing of therapists in your area? Click the link below and enter your zip code. http://www.psychologytoday.com/
Western Tidewater Community Services Board & Mobile Crisis HELPLINE: (757) 758-5106 Main Number: (757) 942-1069 Same Day Access: (757) 758-5106 24 hr. Crisis Line (757) 925-2484 https://www.wtcsb.org/	Blakey Weaver Counseling Center Inc. (757) 255-8099 3614 Pruden Blvd., Suffolk, VA 23434 (nonprofit, mental health organization that provides mental health counseling, substance abuse treatment, and supportive services to underserved individuals/families) http://www.blakeyweaver.org/
The UP Center (Mental Wellness) Services for children, families and individuals Suffolk Office 109.5 Clay St. Suffolk, VA 23434 (757) 965-8663 www.theupcenter.org	JAKAFI Behavioral Care Center (757) 539-1656 495 Carolina Rd, Suffolk, VA 23434 (Individual/Families and Group Therapy, Mental Health Skills-building Services, 24/7-365 Crisis Response, Intensive In-Home Services, Substance Abuse Services) http://jakafibcc.com/
ForKids (Homelessness/Housing/Support Resources) (757) 622-6400 https://www.forkids.org/ ~Housing, Food, Support Resources Directory~ https://www.resources757.org/ Housing Crisis Hotline 757-587- 4202	Bon Secours Maryview Behavioral Medicine Center 3636 High Street Portsmouth, Virginia 23707 (757) 398-2367 https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health/bon-secours-maryview-behavioral-medicine-center
The Salvation Army (Emergency Assistance/Food) 400 Bank Street Suffolk, Virginia 23434 757-539-5201 http://virginiasalvationarmy.org/suffolkvacorp/	Virginia Beach Psychiatric Center 1100 First Colonial Road Virginia Beach, VA 23454 757-627-LIFE (24 hours a day) https://vbpcweb.com/
The Genieve Shelter (Domestic Violence) Office: (757) 925-4365 Helpline: 1-800-838-8238 OR (757) 705-2025 OR (757) 353-1439 http://thegenieveshelter.org/	Southside Counseling Center 6072 Godwin Blvd Suffolk, VA 23432 (757) 255-2555 https://www.southsidecounseling.net/
Children's Hospital of the King's Daughters Mental Health Program (757) 668-4673 (HOPE) https://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Mental-Health/	Suffolk Department of Social Services 135 Hall Avenue Suffolk, VA 23434 757-514-7450 http://www.suffolkva.us/760/Social-Services

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Crisis Support/Hotlines

Western Tidewater Community Services Board 24 hr. Behavioral Health Emergency Line (757) 925-2484

https://www.wtcsb.org/

Suicide Prevention Lifeline 1-800-273-8255

https://suicidepreventionlifeline.org/talk-tosomeone-now/

Virginia Sexual and Domestic Violence Action Alliance

Family Violence and Sexual Assault Virgnia Hotline 1-800-838-8238

http://www.vsdvalliance.org/resources-helpayuda/ get-help/?view=mobile

RAINN: (Rape, Abuse & Incest National Network) 800.656.HOPE (24 Hours a day)

https://www.rainn.org/

National Domestic Violence Hotline 1-800-799-7233

https://www.thehotline.org/

Virginia Beach Psychiatric Center (757) 627-LIFE (24 hours a day) https://vbpcweb.com/

National Mental Health Support

National Alliance on Mental Illness (NAMI) www.nami.org/Find-Support/NAMI-HelpLine /Top-HelpLine-Resources

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

U.S. Department of Health and Human Services Mental Health

www.mentalhealth.gov

Military Crisis, Health, Financial and Various Support Services

Military Helpline (24 Hours a day) 1-888-457-4838

TEXT MIL1 to 839863 (11am-2 pm EST daily)

http://militaryhelpline.org/

Military One Source 800-342-9647

https://www.militaryonesource.mil/

PHCoE: Psychological Health Center of Excellence Military Family Support

https://www.pdhealth.mil/resource-center/military-fa mily-support

National Military Family Association https://www.militaryfamily.org/

Child Mind Institute: Support for Military Families https://childmind.org/our-impact/support-for-militar v-families/

Physical Wellness

Children's Hospital of the King's Daughters

601 Children's Lane Norfolk, VA 23507 https://www.chkd.org/

Western Tidewater Free Clinic

2019 Meade Pkwy Suffolk, VA 23434 (757) 923-1060 https://wtfreeclinic.org/

Main Street Physicians

157 N. Main Street Suffolk, VA 23434 Phone: (757) 925-1866 Fax: (757) 942-1282