

# Mental Health Resources

Chesapeake, Norfolk, Portsmouth, Virginia Beach, Eastern Shore

## SUICIDE/MENTAL HEALTH CRISIS

**Call or Text 988 Suicide & Crisis Lifeline** for 24/7, free and confidential support for anyone in distress. Prevention and crisis resources for you or your loved ones. Press 2 for veteran or service member, 3 for youth/young adult LGBTQIA+

## SUICIDE AWARENESS/SUPPORT GROUPS

**Sarah M Peterson Foundation:**  
info@sarahmpetersonfoundation.org  
**American Foundation for Suicide Prevention (AFSP):** [AFSP.org](http://AFSP.org)  
**Still Standing** for those who have lost a loved one to suicide <https://stillstanding2.org>

## NAMI RESOURCES

**NAMI Helpline:** can be reached Monday-Friday, 10 a.m. - 10 p.m., ET. Call 1-800-950-NAMI (6264), Text "Helpline" to 6240 or email at [helpline@nami.org](mailto:helpline@nami.org)  
NAMI Coastal VA Helpline 757-499-2041, M-F 10-4

## CRISIS INTERVENTION

**Emergency Mental Health Services/Intake(24/7)**  
**Chesapeake:** 757-548-7000  
**Cares Crisis Center at Heron's Cove** (18 or older)  
844-621-2683  
**Norfolk:** 757-664-7690  
**Portsmouth:** 757-393-8990  
**Suffolk/Isle of Wight:** 757-925-2484  
**Virginia Beach:** 757-385-0888  
**Eastern Shore:** 757-442-3636  
**Military and Veterans:** 1-800-273-8255, press 1 or Text 838255  
**Samaritan House** (sexual assault, domestic violence): 757-631-0710  
**YWCA Crisis Line** (domestic violence): 757-251-0144

## POLICE EMERGENCY

Call 911, Explain there is a mental health emergency, ask for a CIT (trained mental health Crisis Intervention Team) member.

## PSYCHIATRIC HOSPITALS

**Bon Secours Maryview Medical Center:**  
757-398-2367  
Crisis Counselor: 757-398-2404  
**Sentara Norfolk General:** 757-388-3000  
**Sentara Virginia Beach General:** 757-395-8000  
Behavioral Health Program 757-395-1850  
**Sentara Obici Hospital:** 757-934-4000  
**Virginia Beach Psychiatric Center:** (free confidential assessments) 757-496-6000/  
757-627-5433 Intake  
**Children's Hospital of the Kings Daughters (CHKD)** 757-668-7000  
Mental Health Crisis 757-668-4673  
**Kempville Center for Behavioral Health:**  
757-461-4565 (child/adolescent facility)

## COMMUNITY SERVICES BOARDS

(Mental Health Services/Behavioral Health Services)  
**Chesapeake:** 757-547-9334  
**Norfolk:** 757-756-5600  
**Portsmouth:** 757-393-5357  
**Virginia Beach:** Adult 757-385-0511  
Youth 757-385-0850  
**Eastern Shore:** 757-665-1260  
**Western Tidewater:** 757-758-5106

## CHILD & YOUTH SERVICES

**Children's Hospital of the Kings Daughters (CHKD):** 757-668-7000  
**Kempville Center for Behavioral Health:**  
757-461-4565  
**The Barry Robinson Center:** 757-455-6100  
**Sarah Michelle Peterson Foundation:**  
info@sarahmpetersonfoundation.org  
**Seton Youth Services** 757-306-1840  
**Stand Up For Kids:** 757-818-4901  
**United Methodist Family Services (UMFS):**  
757-490-9791  
**NAMI:** Text "friend" to 62640

## SENIOR SERVICES

**Senior Services of Southeastern Virginia:**  
757-461-9481  
**Office for Aging Services:** 800-552-3402

## FREE/REDUCED COST HEALTH CLINICS:

**Chesapeake Care Clinic:** 757-545-5700  
**Hampton Roads Community Health Center:**  
757-393-6363 (Norfolk/Portsmouth)  
**Norfolk Hopes Free Clinic:** 757-446-0366  
**Bon Secours Care-A-Van:** 757-889-5121  
**Eastern Shore Bay Health, Cheriton:** 757-331-1066  
**Eastern Shore Rural Health Center:** 757-787-7374

## HOMELESS RESOURCES

**Regional Housing Crisis Hotline:** 757-587-4202  
**Chesapeake Homeless Resource Ctr:**  
757-937-8740  
**Housing Resource Center:** 757-385-5167  
**Norfolk Housing Authority:** 757-623-1111  
**PIN Ministry:** 757-962-3567  
**Seton Youth Shelter:** 757-498-4357  
**Union Mission:** 757-627-8686 x200 (men), x331 (women), x335 (women with children)  
**Virginia Supportive Housing:**  
[www.virginiassupportivehousing.org](http://www.virginiassupportivehousing.org)  
**Vetshouse for Veterans:** 757-724-8614  
**VA Beach Community Development Corp:**  
757-463-9516

## MILITARY/VETERAN RESOURCES

**Hampton VA Medical Center:** 757-722-9961 ext. 3584  
**Stephen A. Cohen Military Family Clinic, Va Beach:** 757-965-8686  
**Veteran's Crisis Line:** 988, press 1  
[www.va.gov](http://www.va.gov) [www.ptsd.va.gov](http://www.ptsd.va.gov)  
[www.giveanhour.org](http://www.giveanhour.org) [www.dvs.virginia.gov](http://www.dvs.virginia.gov)

## LGBTQ+RESOURCES

**LGBTQ+ Crisis Line: 988, press 3**  
**The Trevor Project:** Call 1-866-788-7386 or text "START" to 678-678 Trained counselors supporting youth in crisis and/or in need of a safe place and judgement-free place to talk 24/7  
**LGBT Life Center:** 757-640-0929  
**YOU LGBTQ+ Youth Pride Night:** 757-818-4901  
[info@lgbtlifecenter.org](mailto:info@lgbtlifecenter.org)  
**Hampton Roads Pride:** 757-833-4700

## SUBSTANCE ABUSE SERVICES

**Alcoholics Anonymous** 757-490-3980  
**Narcotics Anonymous**  
[narcotics.com/na-meetings/virginia](http://narcotics.com/na-meetings/virginia)  
**Pathways** 757-385-6950  
Recovery Warm Line 757-402-6190  
**Brightview** 866-934-7450  
**Oxford House:** [www.oxfordhouse.org](http://www.oxfordhouse.org)  
**SAARA** (Substance Abuse & Addiction Recovery Alliance support groups): [www.saara.org](http://www.saara.org)

## REDUCED COST MENTAL HEALTH SERVICES

**Catholic Charities:** 757-456-2366  
**Embrace Counseling:** 757-459-4640  
**Tidewater Pastoral Counseling:**  
757-623-2700  
**EVMS Hope Free Clinic:** 757-446-0366

## SHERIFF'S OFFICE

**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  
757-678-1362 - jail

## LEGAL ASSISTANCE

**Legal Aid:** 866-534-5243  
**Disability Law Cntr of Va:** 800-552-3962

## OTHER MH RESOURCES

**Chas Foundation:** 757-489-2427  
**Emotions Anonymous:**  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)  
**Independence Center:** 757-461-8007  
Disability advocacy & services  
**Hampton Roads Survivors of Suicide Support Group:** 757-464-9289  
**Mental Health America:** 800-969-6642  
**SAMSHA** (Substance Abuse & Mental Health Services Administration) [www.samsha.gov](http://www.samsha.gov)  
**SMART 911:** [www.smart911.com](http://www.smart911.com)  
**Social Security:** [www.ssa.gov/disability](http://www.ssa.gov/disability)  
**The UP Center:** 757-965-8683  
**Virginia Department of Behavioral Health:**  
804-786-3921 State agency for mental health

## THERAPY

Go to [www.psychologytoday.com](http://www.psychologytoday.com) for practitioner suggestions, types of therapy, in person vs. telehealth assistance, and insurance coverage.

**NAMI (National Alliance on Mental Illness) Coastal Virginia is one of 650+ nationwide non-profit affiliates whose mission is to support, educate and advocate for individuals and families affected by mental illness. All support groups, classes, and programs are FREE of charge. Improving the quality of life for individuals and families going through recovery is NAMI Coastal Virginia's mission. Anyone can experience the challenges of mental illness...one in five people do. We are here for you.**



**NAMI Coastal Virginia**  
Chesapeake, Norfolk, Portsmouth, Virginia Beach & the Eastern Shore

*You are not alone*

757-499-2041

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