

Community Resources

Chesapeake, Norfolk, Portsmouth,
Virginia Beach, Eastern Shore

*Life may be tough,
but so are you.*



291 Independence Blvd., Ste. 542
Virginia Beach, VA 23462
757-499-2041
www.namicoastalvirginia.org

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.inedalighthouse.org

The Sarah Michelle Peterson Foundation:
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)

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

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

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

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

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

Emotions Anonymous:

www.emotionsanonymous.org



National Alliance on Mental Illness

Coastal Virginia

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.

NAMI Coastal Virginia NAMI Coastal VA

You are not alone.