

Mental Health Resources

Chesapeake, Norfolk, Portsmouth,
Virginia Beach, Eastern Shore

2023 Pocket Guide

"Life might be tough,
but so are you."

~The NAMI Llama



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

The Up Center: 757-965-8683

SMART 911: www.smart911.com
Services Administration) www.samsa.gov
SAMSHA (Substance Abuse & Mental Health
Office for Aging Services: 800-552-3402
Mental Health America: 800-969-6642

Legal Aid: 866-534-5243
Group: 757-464-9289
Hampton Roads Survivors of Suicide Support
advocacy & services
Endeupence Center: 757-461-8007 Disability
www.emotionsanonymous.org

Emotions Anonymous:
M-F 10am-6pm
NAMI Helpline: 800-950-NAMI (6264)
Free support groups/classes/programs
www.namicoastalvirginia.org
NAMI Coastal Virginia: 757-499-2041

OTHER RESOURCES

National Alliance on Mental Illness (NAMI):
Eastern Shore: 757-678-0458
Virginia Beach: 757-385-4555
Suffolk: 757-514-7840

Portsmouth Police: 757-393-5300
Norfolk: 757-664-4700
Chesapeake: 757-382-6159

SHERIFFS' OFFICES

PSYCHIATRIC HOSPITALS

Bon Secours Maryview Medical Center:
757-395-2200
Crisis Intervention Counselor: 757-398-2404
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
Children's Hospital of the King's Daughters
(CHKD) 757-668-7000
Kempsville Center for Behavioral Health:
757-461-4565 (child/adolescent facility)

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 Adult Services
Mental Health/Substance: 757-385-0511
Youth: 757-385-0850
Eastern Shore Community Services Board:
757-665-1260

SUICIDE PREVENTION

Call or Text 988 Suicide & Crisis Lifeline or call (757)-656-7755: Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
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: 757-442-3636
Military and Veterans: 1-800-273-8255, press 1 or Text 838255
Samaritan House: 757-631-0710
(sexual assault, domestic violence, human trafficking)

CALL 911 Explain there is a mental health emergency, ask for CIT (Crisis Intervention Team) who are trained to manage mental health crises.
FREE/REDUCED COST HEALTH CLINICS
Chesapeake Care Clinic: 757-545-5700
757-393-6363
Norfolk Hopes Free Clinic: 757-446-0366
Bon Secours Care-A-Van: 757-889-5121
Eastern Shore Bayview Community Health Center, Chertont: 757-331-1086
Rural Health Center: 757-787-7374
REDUCED COST MENTAL HEALTH SERVICES
Catholic Charities: 757-456-2366
Jewish Family Services: 757-321-2222
Tidewater Pastoral Counseling: 757-623-2700
EVMS Hope Free Clinic: 757-446-0366
Alcoholics Anonymous: 757-490-3988
Narcotics Anonymous: 866-972-5055
Pathway: 757-385-6950 (Scheduled to reopen by end of 2023)

CHILD & YOUTH SERVICES

Children's Hospital of the King's Daughters (CHKD): 757-668-7000
Kempsville Center for Behavioral Health:
757-461-4565
The Barry Robinson Center: 757-455-6100
The Chas Foundation: 757-489-2427
Sara Michelle Peterson Foundation:
info@sarahmpetersonfoundation.org
Stand Up For Kids: 757-818-4901
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 judgement-free place to talk 24/7
LGBT Life Center: 757-640-0929
Hampton Roads Pride: 833-833-4700
"You" LGBTQ+ Youth Night: 757-818-4901

TELEHEALTH

Telehealth options may vary with regards to insurance and services provided.
Local Providers: Find local providers offering telehealth, specific insurance coverage, and specialty/areas/modalities of treatment
www.psychologytoday.com
Talkspace: www.talkspace.com
BetterHelp: www.betterhelp.com

We will never give up hope!

NAMICoastalVA Instagram NAMICoastalVA Facebook

Anyone can experience symptoms of mental illness... in 5 people do. You are not alone, we are here for you!

NAMI Coastal Virginia's mission: for individuals and families going through recovery is and a helping Monday-Friday. Improving the quality of life social/civic/business/diverse/faith communities/business mental health presentations for educational classes, programs for youth and seniors. weekly (virtually and in-person), family support groups. We offer peer recovery support groups multiple times programs are FREE of charge. individuals and families affected by mental illness. All whose mission is to support, educate and advocate for Virginia is one of 650+ nationwide non-profit affiliates NAMI (National Alliance on Mental Illness) Coastal

NAMI Coastal Virginia
National Alliance on Mental Illness

HOMELESS RESOURCES

Regional Housing Crisis Hotline:
757-587-4202
Chesapeake Homeless Resource Ctr.
757-937-8740
Norfolk Housing & Redevelopment Authority: 757-623-1111
PIN Ministry: 757-962-3567
Seton Youth Shelter: 757-498-4357
Union Mission: 757-627-8686, x 200 (men), x 354 (women), x 335 (women with children)
Virginia Supportive Housing:
www.virginiasupportivehousing.org
Vetshouse for Veterans: 757-724-8614
Va. Beach Community Development Corporation: 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
www.va.gov
www.ptsd.va.gov
www.giveanhour.org

For all of these resources and more, scan this QR code!