It is OK to ask for help!

- Half of all mental illnesses begin before age 14.
- 16% of high school students seriously considered attempting suicide in the past year.
- Approximately 1 in 5 adults in the United States (46.6 million) experience mental illness in a given year.
- Among the 20.2 million adults in the United States who experienced a substance abuse disorder, 50.5% (10.2 million adults) had a co-occurring mental illness.

SOURCES
National Alliance on Mental Illness | Voices for Virginia's Children

OUTPATIENT SERVICES
Community Psychological Resources
757.622.6794
www.cpcare.com
The Psychotherapy Center
757.622.9852
www.thepsychotherapycenter.com
Finney-Zimmerman Psychiatric Associates
757.351.6400
www.psychotherapy.com
Hampton Roads Behavioral Health
757.587.4744
www.hrhhgroup.com

MENTALLY HEALTHY NORFOLK RESOURCE GUIDE
This resource is supported by the Mentally Healthy Norfolk Coalition, a broad group of healthcare professionals and community leaders.

For help with resources, please contact: THE CHAS FOUNDATION 757.489.2427
For more information, visit our website at: talkaboutitnorfolk.com/
CRISIS SERVICES
In the event of a mental health emergency, call 911 and ask that a CIT officer respond.
Text: CONNECT TO 741741
www.crisistimeline.org
Crisis Intervention Team (Norfolk) 757.664.6681

Local Hospitals
Bon Secours DePaul Medical Center
Crisis Intervention Counselor
757.398.2400
Sentara Leigh Emergency Services
757.261.6804
Sentara Norfolk General
757.388.3000
Veterans Crisis Line 1.800.273.2525, press 1

COMMUNITY SERVICES BOARD
Norfolk 757.823.1600
https://www.norfolk.gov/NCSB/
Emergency Services 24 hour Warm Line
757.664.7690
Norfolk Prevention Coalition
Peer Recovery Support Warm Line 757.664.6683

NORFOLK POLICE DEPARTMENT
Emergency 911
Non-Emergency Dispatch 757.441.5610
First Precinct 757.664.7016
Second Precinct 757.664.6900
Third Precinct 757.823.4433

PEER RECOVERY WARMLINE
DIAL #250, KEYWORD: RECOVERY

PEER RECOVERY WARMLINE
DIAL #250, KEYWORD: RECOVERY

CHILD AND FAMILY RESOURCES
EVMS Loving Steps 757.683.9173
The Planning Council 757.622.9268
www.theplanningcouncil.org
Resources 757 757.244.5373
Infant and Toddler Connection of Norfolk 757.441.1186
CRISIS SERVICES
Child and Adolescent Mobile Crisis 757.823.1666
Education and Training
CHRD - Parenting Classes and Resources www.chrd.org
Inpatient Care
CHRD Mental Health Therapy 757.668.7525
Kempsville Center for Behavioral Health Ages 4+
www.kempsvillecbh.com
Cohen Military Family Clinic 757.796.8692
www.theupcenter.org/how-we-help/crisis/cohenclinic

Mental Health Services
EVMS Psychiatry and Behavioral Sciences 757.446.5705
www.evms.edu/patient_care/specialties/psychiatry_and_behavioral_sciences/evms-hopes-free-clinic 757.446.0366
Mental Health America Warm Line (Monday, Friday, 9am-5pm) 1.866.400.MHAV (6428)
www.mentalhealthamerica.net/park-place-medical-center
Tidewater Pastoral Counseling Services www.tidewaterpastoral.org
The CHAS Foundation 757.489.2427
www.thechasfoundation.org
The UP Center 757.662.7017

Military and Veteran Support Services
EVMS Arts for Optimal Health Virginia Veterans Project 757.446.5895
Coast Guard SUPRT 1.855.247.8778
www.navywmanmavstationnorfolk.org/programs/c22841-3526-4640-bb9d-bd89184b781
Hampton VA Medical Center 757.772.9961
www.hampton.va.gov/2000/

Military and Veteran-Family-Resources
www.militaryonesource.mil
Portsmouth Naval Medical Center 757.953.5269 or 953.6271
www.med.navy.mil/sites/npmed/Dept/SitePages/MentalHealth/MentalHealth.aspx
Steven A. Cohen Military Family Clinic 757.965.8868
www.theupcenter.org/how-we-help/crisis/cohenclinic

Substance Use Services
Alcoholics Anonymous
757.490.3980
www.tidewaterintegroup.org
Catholic Charities of Eastern Virginia 757.533.5217
www.cceva.org
Opioid Warm Line 757.402.6190
Narcotics Anonymous Tidewater Area Help Line 757.495.8467
www.tidewaterareana.org/index.html
Norfolk Prevention and Pathways to Life 757.395.4122
Salvation Army 757.543.8100
www.theupcenter.org

Suicide Prevention Resources
Education and Training
I Need a LightHouse www.ineedalighthouse.org
The Sarah Michelle Peterson Foundation www.worldwithoutsuicide.org