It is **OK** to ask for help!

According to the National Alliance on Mental Illness:

- Approximately 1 in 5 adults in the United States (46.6 million) experience mental illness in a given year.
- Half of mental illnesses begin before age 14.

---

**IF YOU WOULD LIKE ASSISTANCE ACCESSING RESOURCES IN THIS GUIDE, PLEASE CALL THE CHAS FOUNDATION AT 757.489.2427**

---

**FIND OTHER RESOURCES IN HAMPTON ROADS**

2-1-1 Virginia  
Dial 2-1-1 or Text CONNECT to 247211  
Resources 757  
[www.resource757.org](http://www.resource757.org)

SAMHSA: Behavioral Health Treatment Locator  
[www.findtreatment.samhsa.gov/locator](http://www.findtreatment.samhsa.gov/locator)

AFSP: Find a Mental Health Professional  
[www.afsp.org/find-a-mental-health-professional](http://www.afsp.org/find-a-mental-health-professional)

Vibrant: Emotional Health Safe Space  
1.800.273.8255

---

**SUPPORT GROUPS**

Eating Disorders  
757.404.3010  
or crhmail@verizon.net

NAMI- The National Alliance on Mental Health Norfolk  
757.664.7960  
[https://www.namicoastalvirginia.org/](https://www.namicoastalvirginia.org/)

Postpartum Support Virginia 24/7 Warm Line Call or Text  
703.829.7152  
[postpartumva.org](http://postpartumva.org)

---

**RELATIONSHIP VIOLENCE AND HUMAN TRAFFICKING RESOURCES**

YWCA of South Hampton Roads, 24/7 Crisis Hotline  
757.251.0144  

Samaritan House  
757.587.4202

24-Hour Crisis Line  
757.430.2120  
[www.Samaritanhouseva.org](http://www.Samaritanhouseva.org)

---

**LGBTQIA+**

Trans Life Line  
877.565.8860  
[https://translifeline.org](https://translifeline.org)

LGBT National Hotline  
888.843.4564  
[www.lgbtnationalhotline.org](http://www.lgbtnationalhotline.org)

LGBT Life Center  
757.640.0929  
[www.lgbtlifecenter.org](http://www.lgbtlifecenter.org)

---

**Virginia Department of Health**


The Trevor Project  
[www.thetrevorproject.org/get-help](http://www.thetrevorproject.org/get-help)

---

**Mentally Healthy Hampton Roads**

This resource is sponsored by the Mentally Healthy Norfolk Collaborative, a broad group of healthcare professionals and community leaders.

---

**Resources**

**VA**  
[2-1-1 Virginia](https://211virginia.org/syrstrate/index.php)  
[www.resource757.org](http://www.resource757.org)

**SAMHSA**  
[www.findtreatment.samhsa.gov/locator](http://www.findtreatment.samhsa.gov/locator)

**AFSP**  
[www.afsp.org/find-a-mental-health-professional](http://www.afsp.org/find-a-mental-health-professional)

**Vibrant**  
1.800.273.8255

---

**Support Groups**

**Eating Disorders**  
757.404.3010  
or crhmail@verizon.net

**NAMI- The National Alliance on Mental Health Norfolk**  
757.664.7960  
[https://www.namicoastalvirginia.org/](https://www.namicoastalvirginia.org/)

**Postpartum Support Virginia 24/7 Warm Line Call or Text**  
703.829.7152  
[postpartumva.org](http://postpartumva.org)
CRISIS SERVICES
In the event of a mental health emergency, call 911 and ask that a CIT officer respond.

Crisis Intervention Team (Norfolk)  757.664.6681
Child and Adolescent Mobile Crisis  757.823.1666
www.norfolk.gov/4082
Crisis Text Line 24/7: Text CONNECT TO 741741
www.crisistextline.org
Veterans Crisis Line  1.800.273.8255, press 1
TEXT 838255
Confidential chat:
www.veteranscrisisline.net
National Disaster Distress Helpline, Call or Text  1.800.985.5990
Local Hospitals
Sentara Leigh Emergency Services  757.261.6804
Sentara Norfolk General  757.388.3000
COMMUNITY SERVICES BOARD
Norfolk  https://www.norfolk.gov/NCSB/
Emergency Services 24/7 Warm Line  757.664.6683
Peer Recovery Support Warm Line  757.664.6683
CHILD AND FAMILY RESOURCES
EVMS Loving Steps  757.407.0897
Infant and Toddler Connection of Norfolk  757.441.1186

Education and Training
CHKD - Parenting Classes and Resources  757.668.9304
www.chkd.org
Family Services, Norfolk DHS  757.664.6000
The Sarah Michelle Peterson Foundation www.worldwithoutsuicide.com
Treatment
CHKD Mental Health Therapy  757.668.7525
https://chkd.org/Our-Services/Mental-Health/Mental-Health-Therapy/
Barry Robinson Center  757.455.6100
Kempsville Center for Behavioral Health Ages 4+  757.461.4565
Jewish Family Services  757.459.4640
MENTAL HEALTH SERVICES
EVMS Psychiatry and Behavioral Sciences  757.446.5888
https://www.evms.edu/psychiatry/patient-care/
EVMS HOPES Free Clinic  757.446.0366
Mental Health America of VA Warm Line (Mon-Fri, 9am-9pm; Sat./Sun./Hol. 5pm-9pm) 1.866.400.MHAV (6428)
www.MHAV.org
Maternal Mental Health Hotline
Call or Text 1.833.9.HELP4MOMS (1.833.943.5746)
Park Place Medical Center  757.533.9108
Tidewater Pastoral Counseling Services www.tidewaterpastoral.org
The CHAS Foundation www.thechasfoundation.org
The UP Center www.theupcenter.org
Catholic Charities of Eastern Virginia, Norfolk Office  757.533.5217
Community of Change, Inc.  757.966.1689
Hampton Roads Behavioral Health www.hrbhgroup.com
MILITARY, FAMILY, AND VETERAN SUPPORT SERVICES
EVMS Arts for Optimal Health
Virginia Veterans Project  757.446.5895
Coast Guard SUPRT  1.855.247.8778
Naval Station Fleet and Family Support Little Creek  757.462.7563
Norfolk  757.444.2102
Hampton VA Medical Center, MH Clinic www.hrbhgroup.com
Military-Veteran-Family-Resources
Military One Source  1.800.342.9647
Portsmouth Naval Medical Center  757.953.5269
Norfolk  757.965.8686
Steven A. Cohen Military Family Clinic www.theupcenter.org/cohenclinic
Military-Veteran-Family-Resources
SUBSTANCE USE SERVICES
Alcoholics Anonymous 24/7 Help Line  757.664.6683
Opioid Warm Line Norfolk (Daily 9am - 8pm)
Narcotics Anonymous Help Line  757.459.8467
Salvation Army (Mens ARC)  757.499.0032
The UP Center www.theupcenter.org
Mental Health America VA Recovery Support Warm Line  1.833.473.3782
SUICIDE PREVENTION AND RESOURCES
The Sarah Michelle Peterson Foundation www.sarahmpetersonfoundation.org
National Suicide Prevention Lifeline  1.800.273.8255
Text TALK to 741741 www.suicidepreventionlifeline.org
American Foundation for Suicide Prevention www.afsp.org/chapter/virginia

www.chkd.org
www.norfolk.gov/4082
www.crisistextline.org
www.veteranscrisisline.net
www.norfolk.gov/infant
https://www.evms.edu/hopes
www.evms.edu/hopewww.hamptonhealth-care
va.gov/hampton-health-care
www.militaryonesource.mil
www.militaryonesource.mil
www.militaryonesource.mil