

Community Resource List

Physical & Mental Wellness, Housing/Food and Crisis Support

**This information is provided as possible resource options. Please make the choice for services that meet your needs and consult your insurance provider for approved providers, required referrals, other resources, and services requiring payment. Some of these organizations may provide financial assistance resources.*

<p>Virginia 211: Dial 211 from any phone for any resource https://www.211virginia.org/consumer/index.php</p>	<p>Want a detailed listing of therapists in your area? Click the link below and enter your zip code. http://www.psychologytoday.com/</p>
<p>Western Tidewater Community Services Board & Mobile Crisis HELPLINE: (757) 758-5106 Main Number: (757) 942-1069 Same Day Access: (757) 758-5106 24 hr. Crisis Line (757) 925-2484 https://www.wtcsb.org/</p>	<p>Blakey Weaver Counseling Center Inc. (757) 255-8099 3614 Pruden Blvd., Suffolk, VA 23434 (nonprofit, mental health organization that provides mental health counseling, substance abuse treatment, and supportive services to underserved individuals/families) http://www.blakeyweaver.org/</p>
<p>The UP Center (Mental Wellness) Services for children, families and individuals Suffolk Office 109.5 Clay St. Suffolk, VA 23434 (757) 965-8663 www.theupcenter.org</p>	<p>JAKAFI Behavioral Care Center (757) 539-1656 495 Carolina Rd, Suffolk, VA 23434 (Individual/Families and Group Therapy, Mental Health Skills-building Services, 24/7-365 Crisis Response, Intensive In-Home Services, Substance Abuse Services) http://jakafibcc.com/</p>
<p>ForKids (Homelessness/Housing/Support Resources) (757) 622-6400 https://www.forkids.org/ ~~Housing, Food, Support Resources Directory~~ https://www.resources757.org/ Housing Crisis Hotline 757-587- 4202</p>	<p>Bon Secours Maryview Behavioral Medicine Center 3636 High Street Portsmouth, Virginia 23707 (757) 398-2367 https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health/bon-secours-maryview-behavioral-medicine-center</p>
<p>The Salvation Army (Emergency Assistance/Food) 400 Bank Street Suffolk, Virginia 23434 757-539-5201 http://virginiasalvationarmy.org/suffolkvacorp/</p>	<p>Virginia Beach Psychiatric Center 1100 First Colonial Road Virginia Beach, VA 23454 757-627-LIFE (24 hours a day) https://vbpcweb.com/</p>
<p>The Genieve Shelter (Domestic Violence) Office: (757) 925-4365 Helpline: 1-800-838-8238 OR (757) 705-2025 OR (757) 353-1439 http://thegenieveshelter.org/</p>	<p>Virginia Beach Psychiatric Center 1100 First Colonial Road Virginia Beach, VA 23454 757-627-LIFE (24 hours a day) https://vbpcweb.com/</p>
<p>Children’s Hospital of the King’s Daughters Mental Health Program (757) 668-4673 (HOPE) https://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Mental-Health/</p>	<p>Southside Counseling Center (757) 255-2555 https://www.southsidecounseling.net/</p>

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Crisis Support/Hotlines

Western Tidewater Community Services Board
24 hr. Behavioral Health Emergency Line
(757) 925-2484
<https://www.wtcsb.org/>

Suicide Prevention Lifeline
1-800-273-8255
<https://suicidepreventionlifeline.org/talk-to-someone-now/>

Virginia Sexual and Domestic Violence Action Alliance
Family Violence and Sexual Assault Virginia Hotline
1-800-838-8238
<http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile>

RAINN: (Rape, Abuse & Incest National Network)
800.656.HOPE (24 Hours a day)
<https://www.rainn.org/>

National Domestic Violence Hotline
1-800-799-7233
<https://www.thehotline.org/>

Virginia Beach Psychiatric Center
(757) 627-LIFE (24 hours a day)
<https://vbpcweb.com/>

National Mental Health Support

National Alliance on Mental Illness (NAMI)
www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

U.S. Department of Health and Human Services
Mental Health
www.mentalhealth.gov

Military Crisis, Health, Financial and Various Support Services

Military Helpline (24 Hours a day)
1-888-457-4838
TEXT MIL1 to 839863 (11am-2 pm EST daily)
<http://militaryhelpline.org/>

Military One Source
800-342-9647
<https://www.militaryonesource.mil/>

Physical Wellness

Children's Hospital of the King's Daughters
601 Children's Lane
Norfolk, VA 23507
<https://www.chkd.org/>

Western Tidewater Free Clinic
2019 Meade Pkwy
Suffolk, VA 23434
(757) 923-1060
<https://wtfreeclinic.org/>

Main Street Physicians
157 N. Main Street
Suffolk, VA 23434
Phone: (757) 925-1866
Fax: (757) 942-1282

Social Services Resources

Suffolk Department of Social Services
135 Hall Avenue
Suffolk, VA 23434
757-514-7450
<http://www.suffolkva.us/760/Social-Services>