

Quick Community Resource Guide

The Community Resource Guide was developed as a tool to provide various mental health, social and emotional, and community supports to students, families, teachers, staff and administrators. **Note:** This guide is not an endorsement of any specific agency or organization.

A very special thank you to the NPS School Social Workers for the initial compilation of the 2014 Community Resource Guide. An extended thank you to the members of the Proactive Student Supports Committee for the revision and updating of the material.

CHILD/PARENT RESOURCES

Child/Parent Resources

Boy Scouts of America-Tidewater Council	(757) 497-2688	http://www.tidewaterbsa.com/
Boys and Girls Club of Southeastern Virginia	(757) 321-6219 (757) 853-5632	Contact: ReggieLCarter@BGCSEVA.org https://www.bgcseva.org/
CHKD	(757) 668-7000	https://www.chkd.org/Patients-and-Families/Health-Library/
Child Support Services	(800) 468-8894	https://www.dss.virginia.gov/family/dcse/
EDMARC Hospice for Children	(757) 967-9251	https://edmarc.org/
Girl Scouts Council of Colonial Courts	(757) 547-4405	https://www.gsccec.org/
Hampton Roads Parenting Education Network (HRPEN)	(757) 668-9304 (757) 727-1300	https://www.chkd.org/patients-and-families/parenting-classes-and-resources/hampton-roads-parenting-education-network/
Norfolk Juvenile and Domestic Relations Court	(757) 664-7340	http://www.courts.state.va.us/courts/jdr/norfolk/home.html
PBS Kids	n/a	https://www.pbs.org/parents/
Tidewater Family	(757) 204-4688	https://www.tidewaterfamily.com/
Virginia Department of Social Services	(804) 726-7000 (800) 552-3431	https://www.dss.virginia.gov/family/children.cgi
Virginia Family & Fatherhood Initiative	(800) 901-6260	https://virginiafamilies.org/
YMCA	(757) 622-9622	https://www.ymcashr.org/programs-classes

Developmental Milestones and Screening

American Academy of Pediatrics	(800) 433-9016	https://www.aap.org/en-us/Pages/Default.aspx
CHKD	(757) 668-7000	https://www.chkd.org/Patients-and-Families/Health-Library/
Infant and Toddler Connection of Virginia	(800) 234-1448 (757) 441-1186	http://www.infantva.org/
Zero to Three	(800) 899-4301	https://www.zerotothree.org/

Education

Commonwealth Challenge	(757) 491-5932	http://www.vachallenge.org/
Cox Internet (Connect2Compete)	(855) 222-3252 (877) 404-2568	https://www.cox.com/residential/internet/connect2compete.html
Hampton Roads Workforce Council	(757) 629-4702	http://www.vcwhamptonroads.org/
Job Corps	(800) 733-JOBS	https://www.jobcorps.gov/
Life Enrichment Center	(757) 623-6001	http://lecliteracy.org/
Norfolk City Library	(757) 664-7323	https://www.norfolkpubliclibrary.org/
Norfolk Public Schools	(757) 670-3945	https://www.npsk12.com/
PBS Kids	n/a	https://www.pbs.org/parents/
Planning Council, The	(757) 622-9268	https://www.theplanningcouncil.org/families-and-children/parent-resources/
Project Hope Virginia (Education for Children and Youth Experiencing Homelessness)	(757) 221-4002 (877) 455-3412	https://education.wm.edu/centers/hope/index.php
REACH, Inc. (Reading Enriches All Children)	(757) 627-4722	https://www.reachreads.org/
Scholastics, Inc.	n/a	https://www.scholastic.com/parents/school-success.html
STOP, Inc.	(757) 858-1360	https://www.stopinc.org/programs
Urban League of Hampton Roads	(757) 627-0864	https://www.ulhr.org/

Recreation

Girls on the Run	(757) 965-9040	https://www.gotrhr.org/
Norfolk Parks and Recreation	(757) 823-4291	https://www.norfolk.gov/3443/Recreation-Parks-Open-Space
Primeplus (Norfolk Senior Center)	(757) 625-5857	https://primeplus.org/
YMCA	(757) 622-9622	https://www.ymcashr.org/

CHILD/PARENT RESOURCES (continued)...

Support Groups and Parenting Classes

Catholic Charities of Eastern Virginia	(757) 456-2366	https://www.cceva.org/
CHKD Parent and Family Support Group	(757) 668-7273	https://www.chkd.org/our-services/specialty-care-and-programs/support-services/support-groups/
CHKD Parenting Classes	(757) 668-9304	https://www.chkd.org/patients-and-families/parenting-classes-and-resources/
Jewish Family Services of Tidewater	(757) 459-4640	https://jfshamptonroads.org/
Mothers of Preschoolers	(888) 910-MOPS (6677)	https://www.mops.org/
Peace by Piece-Edmarc	(757) 967-9251	https://edmarc.org/services/patient-family-support/
UP Center, The	Ghent Office: (757) 622-7017	https://www.theupcenter.org/

FINANCIAL ASSISTANCE

Financial/Housing/Utility

American Red Cross-Southeastern VA	(757) 446-7000	http://www.redcross.org/va/norfolk
Catholic Charities of Eastern VA	(757) 456-2366	www.cceva.org
Habitat for Humanity of South Hampton Roads	(757) 640-0590	http://shrhabitat.org
Homeless Action Response Team (HART Program)	(757) 587-4202 (757) 664-6000	http://www.norfolk.gov/2697/Homeless-Action-Response-Team-HART
Jewish Family Services of Tidewater	(757) 459-4640	www.jfshamptonroads.org
Norfolk Department of Human Services	(757) 664-6000 (757) 664-6035	https://www.norfolk.gov/295/Human-Services
Salvation Army-Tidewater	(757) 543-8100	http://www.virginiasalvationarmy.org/
STOP Organization	(757) 858-1360	https://www.stopinc.org/
UP Center, The	(757) 622-7017	https://www.theupcenter.org/
Virginia Housing Development Authority	(804) 782-1986 (877) 834-2123	https://www.vhda.com/Pages/Home.aspx

Food and Clothing

Food Bank of Southeastern Virginia	(757) 627-6599	https://foodbankonline.org/
Judeo-Christian Outreach Center	(757) 491-2846	https://jcoc.org/about-us/feeding-programs/
Norfolk Department of Human Services	(757) 664-6000	https://www.norfolk.gov/295/Human-Services
Salvation Army	(757) 543-8100	http://www.virginiasalvationarmy.org/
Union Mission Ministries	(757) 627-8686	https://www.unionmissionministries.org/
Berkley WIC Clinic Women, Infant and Children Program (WIC)	(757) 355-5567	https://www.norfolk.gov/2941/WIC-Program
Huntersville WIC Clinic Women, Infant and Children Program (WIC)	(757) 683-9280	https://www.norfolk.gov/2941/WIC-Program
Little Creek WIC Clinic Women, Infant and Children Program (WIC)	(757) 531-2150	https://www.norfolk.gov/2941/WIC-Program
Park Place WIC Clinic Women, Infant and Children Program (WIC)	(757) 683-9230	https://www.norfolk.gov/2941/WIC-Program

MEDICAL ASSISTANCE/SUPPORTIVE SERVICES

Autism Resources

Autism Society of America (ASA)	(800) 328-8476	www.autism-society.org
Autism Society-Tidewater	(757) 461-4474	Resource Directory: http://chapter.tidewaterasa.org/localres.php
Autism Speaks	(888) 288-4762	http://www.autismspeaks.org/
Commonwealth Autism Services	(804) 355-0300	www.autismva.org
Families of Autistic Children (FACT)	(757) 422-2040	http://www.camp4autism.com

MEDICAL ASSISTANCE/SUPPORTIVE SERVICES (continued)...

Autism Resources (continued)...

Independence Child Therapy Services, LLC	(757) 345-6428	http://independencechildtherapy.com/Home.html
National Autism Center	(877) 313-3833	www.nationalautismcenter.org
Organization for Autism Research (OAR)	(703) 243-9710	www.researchautism.org
VCU Autism Center for Excellence	(855) 711-6987	https://vcuautismcenter.org/about/

Health/Dental/Vision

American Red Cross	(757) 446-7700	https://www.redcross.org/
Bon Secours Care-A-Van	(757) 889-5121	https://www.bonsecours.com/locations/community-services/hampton-roads/care-a-van
Centers for Disease Control/Prevention	(800) 232-4636	https://www.cdc.gov/
CHIP-Norfolk	(757) 543-9100	https://www.chipshr.org/
Crisis Pregnancy Center of Tidewater	(757) 410-9703	https://cpcfriends.org/
Healthy Smiles Dental Center	(757) 393-6363	664 Lincoln St., Portsmouth, VA 23704 Ocean View- 9581 Shore Dr., Norfolk, VA 23518
Kool Smiles	(757) 644-5821 (888) 544-9644	https://www.mykoolsmiles.com/
Lens Crafters Gift of Sight Program	(757) 533-5200 (877) 753-6727	https://www.lenscrafters.com/onesight
LGBT Life Center	(757) 640-0929	https://lgbtlifecenter.org/clinic/
Lions Club-Ocean View	(757) 478-1485	Email: ovlions@yahoo.com
March of Dimes	(757) 361-0000	https://www.marchofdimes.org/
Norfolk Health Department	(757) 683-2800	https://www.norfolk.gov/185/Clinical-Services
Park Place Health and Dental Clinic-Norfolk	(757) 683-2692	http://www.parkplaceclinic.org/
St. Jude Children's Research Hospital-VA	(757) 687-1200 (800) 822-6344	https://www.stjude.org/about-st-jude/visit/locations.html
Urban League of Hampton Roads	(757) 226-7589	https://www.ulhr.org/
VA Cooperative Extension Services	(757) 683-2816	https://norfolk.ext.vt.edu/

Immunizations

Centers for Disease Control Prevention	(800) 232-4636	https://www.cdc.gov/
Norfolk Health Department	(757) 683-2800	https://www.norfolk.gov/153/Public-Health
Virginia Department of Health	(800) 568-1929	https://www.vdh.virginia.gov/immunization/

Medical Insurance

Affordable Health Coverage	(855) 242-8282	https://coverva.org/ https://www.commonhelp.virginia.gov/access/
Norfolk Department of Human Services	(757) 664-6000	https://www.norfolk.gov/295/Human-Services

Therapy Services (Physical Therapy, Occupational Therapy and Speech Therapy)

Aveanna Healthcare	(757) 490-3223	https://www.aveanna.com/our-locations/
CHKD	(757) 668-7083	https://www.chkd.org/our-services/specialty-care-and-programs/rehabilitative-services-and-therapy/
Select Physical Therapy	(757) 361-3951	https://www.selectphysicaltherapy.com/
Southeastern Physical Therapy	(757) 423-8885	https://www.ivyrehab.com/partner/southeastern-physical-therapy/

COUNSELING/THERAPY/MENTAL HEALTH SERVICES

ABA Therapy Providers

Autism Consulting and Therapy, LLC	(757) 639-2218	https://www.autismconsultingandtherapy.com/
Butterfly Effects	(866) 530-5601 (888) 880-9270	http://www.butterflyeffects.com/
Cornerstone Service Intervention Systems, LLC	(757) 464-2470	www.cornerstonechildfamilyservices.com
EMG Consulting	(757) 615-3003	http://autismservicesaba.com/
Mea'Alofa Autism Support Center	(757) 465-3933	www.learnwithmasc.org
Paradigm Pathway Consulting	(757) 286-2786	http://www.paradigmpathwaytherapy.com/

COUNSELING/THERAPY/MENTAL HEALTH SERVICES (continued)...

Referral List

Affiliated Clinical Therapists	(757) 623-2228	142 W. York St., Ste. 710, Norfolk, VA
Catholic Charities	(757) 456-2366	4855 Princess Anne Rd., Norfolk, VA
Lafayette Psychiatric Services	(757) 489-4700	160 Kingsley Ln., Ste. 204, Norfolk, VA
Norfolk Community Services Board	(757) 823-1600 (757) 664-7699	<i>(No insurance required)</i>
Psychotherapy Associates of Ghent	(757) 622-9852	327 W. 21 st St., Ste. 205, Norfolk, VA
The UP Center – Jessica (contact person)	(757) 354-3819 ext. 155	222 W. 19 th Street, Norfolk, VA
Tidewater Pastoral	(757) 623-2700	7305 Hampton Blvd., Norfolk, VA <i>(No insurance required)</i>

Counseling Services (providers in Norfolk, VA)

Adela S. Roxas, Ph.D., LLC	(757) 296-0694	5660 E. Virginia Beach Blvd., Ste. 202, Norfolk, VA
Cheryl Cox	(757) 490-5500	1709 Colley Ave., Norfolk, VA
CHKD Child Abuse Program	(757) 686-6100	935 Redgate Ave., Norfolk, VA
Churchland Psychological Center	(757) 438-3404	1709 Colley Ave., Ste. 310, Norfolk, VA
Community Psychological Resources	(757) 622-6794	919 21 st , Norfolk, VA
EVMS Health Services	(757) 446-5888	825 Fairfax Ave., Ste. 710, Norfolk, VA
Finney Zimmerman Associates	(757) 351-6400	324 Louisa Ave., Ste. 125, Norfolk, VA
Hampton Roads Behavioral Health	(757) 587-4744	1500 E. Little Creek Rd., Ste. 250, Norfolk, VA
Judith Saxon, Ph.D.	(757) 850-9785	Granby St., Norfolk, VA
Lafayette Psychiatric Associates	(757) 489-4700	160 Kingsley Ln., #204, Norfolk, VA
Norfolk Psychiatric Associates	(757) 461-3313	6353 Center Drive, #204, Norfolk, VA
Psychotherapy Resources	(757) 640-0400	1709 Colley Ave., #312, Norfolk, VA
The UP Center	(757) 622-7017 (757) 965-8652	222 W. 19 th St., Norfolk, VA
Watermark Psychological Services	(757) 349-8832	821 W. 21 st St., Ste. 206, Norfolk, VA

Counseling Services (providers in Virginia Beach, VA)

Catholic Charities of Hampton Roads	(757) 456-2366 ext. 1001	4855 Princess Anne Rd., Virginia Beach, VA <i>(offices located in Chesapeake, Norfolk, Newport News, Virginia Beach)</i>
Clinical Associates: David Reid (psychiatric services)	(757) 456-0505	1060 Laskin Rd., Virginia Beach, VA <i>(\$250-1st Session; \$170/session)</i>
Jewish Family Services	(757) 459-4640	5000 Corporate Woods Dr., Ste. 400 Virginia Beach, VA <i>(sliding scale offered)</i>
Spectrum Psychological Services	(757) 640-1882	4542 Bonney Rd., Ste. B., Virginia Beach, VA

Additional Service Providers

CHKD (Child and Family Psychology & Psychiatry)	(757) 668-8866	601 Children's Lane, Norfolk, VA
Christian Psychotherapy Services (Chesapeake) <i>(therapy, psychiatric and teletherapy services)</i>	(757) 420-8002	1564 Crossways Blvd., Chesapeake, VA <i>(Insurance accepted; sliding scale offered and payment plans available)</i>
Christian Psychotherapy Services (Norfolk) <i>(therapy, psychiatric and teletherapy services)</i>	(757) 622-2114	142 W. York St., Norfolk, VA <i>(Insurance accepted; sliding scale offered and payment plans available)</i>
Christian Psychotherapy Services (Suffolk) <i>(therapy, psychiatric and teletherapy services)</i>	(757) 394-1961	3897 Bridge Rd., Suffolk, VA <i>(Insurance accepted; sliding scale offered and payment plans available)</i>
Christian Psychotherapy Services (Virginia Beach) <i>(therapy, psychiatric and teletherapy services)</i>	(757) 490-0377	4460 Corporation Lane, Virginia Beach, VA <i>(Insurance accepted; sliding scale offered and payment plans available)</i>
Churchland Psychiatric Associates <i>(therapy and psychiatric services)</i>	(757) 483-6404	3300 Academy Ave., Portsmouth, VA <i>(Insurance accepted)</i>
Community Psychological Resources <i>(counseling, therapy and psychological services)</i>	(757) 622-6794	919 W. 21 st St., #B, Norfolk, VA
Compass Youth and Family Services (outpatient)	(757) 644-6391	7460 Central Business Park Dr., Norfolk, VA <i>(Most insurance accepted; Medicaid accepted; Self-pay: \$85/session)</i>
Dr. Lawrence M. Ross, Ph.D.	(757) 623-2228	142 W. York St., Ste. 710, Norfolk, VA
Eden Counseling Center and Counseling <i>(therapy and teletherapy services)</i>	(757) 466-3336	6330 Newton Rd., Norfolk, VA

COUNSELING/THERAPY/MENTAL HEALTH SERVICES (continued)...

Additional Service Providers (continued)...

EVMS Psychiatry and Behavioral Sciences	(757) 446-5888	825 Fairfax Ave., Ste. 710, Norfolk, VA
Jeninne McNeil-Therapy and Testing	(757) 347-8798 (757) 222-0814	6330 Newtown Rd., Ste. 525, Norfolk, VA
Norfolk Community Services Board (outpatient)	(757) 756-5600	7447 Central Business Drive, Norfolk, VA (sliding scale available)

Mental Health

Agape Counseling & Therapeutic Services, Inc.	(757) 962-2218	http://agapecounselingva.com/
Balance Behavioral Health	(757) 626-3733	http://www.balancebehavior.com/
Barry Robinson Center, The	(757) 455-6100 (800) 221-1995	https://www.barryrobinson.org/
Camp Lighthouse	(757) 553-3330	https://www.sentara.com/hampton-roads-virginia/medicalservices/services/hospice/support/camp-lighthouse.aspx
Catholic Charities of Eastern VA, Inc.	(757) 456-2366	https://www.cceva.org/
Cheryl Cox, LPC, MFT	(757) 490-5500	n/a
Children's Hospital of the King's Daughters (CHKD)	(757) 668-7473 (757) 668-4673	https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/
CHKD Child Abuse Program	(757) 668-6100	https://www.chkd.org/our-services/specialty-care-and-programs/child-abuse-program/
Churchland Psychiatric Associates	(757) 483-6404	n/a
Comfort Zone Camp	(804) 377-3430	https://comfortzonecamp.org/
Community Psychological Resources	(757) 622-6794	www.cprcares.com
Compass Youth Services	(757) 644-6391	https://compassva.com/about/
Cornerstone Service Intervention Systems, LLC	(757) 464-2470	http://www.cornerstonechildfamilyservices.com/
Eden Counseling Center	(757) 466-3336	http://www.edencounseling.com/
Envision Family Services, LLC	(757) 350-3020	500 E. Main Street, Ste. 1604, Norfolk, VA 23510
Helpguide.org	n/a	https://www.helpguide.org/
Independence Child Therapy Services, LLC	(757) 345-6428	http://independencechildtherapy.com/
Infinity Counseling Group	(757) 227-3636	http://infinitycounselinggroup.com/
Intercept Health	(757) 389-4556	https://www.intercepthealth.com/
Jewish Family Services of Tidewater	(757) 459-4640	https://jfshamptonroads.org/services/counseling-and-support-services/
Kempsville Center for Behavioral Health	(877) 409-2228 (757) 461-4565	https://kempsvilcebh.com/
Lafayette Psychiatric Services	(757) 489-4700	https://www.lafayettepsychiatricservices.com/
Lutheran Family Services	(757) 722-4707	https://lfsva.org/
Maryview Behavioral Medicine Center	(757) 398-2367	https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health/bon-secours-maryview-behavioral-medicine-center
National Counseling Group	(757) 467-8184	https://www.ncgcommunity.com/about-ncg
Norfolk Community Services Board	(757) 756-5600	(757) 664-7690 (crisis) https://www.norfolk.gov/996/Norfolk-Community-Services-Board
Spectrum Psychological Services	(757) 640-1882	http://www.spectrumpsychological.net/
United Methodist Family Services	(757) 490-9791	https://www.umfs.org/
Virginia Beach Psychiatric Hospital	(757) 496-6000 (757) 627-LIFE	(757) 496-3500 (intake) https://vbpcweb.com/

DISABILITIES AND SPECIAL NEEDS

Disabilities and Special Needs

Ability Center of VA	(757) 497-7474	http://www.abilitycenterva.org/
American Speech-Language-Hearing Association	Members: (800) 498-2071 Non Members: (800) 638-8255	https://www.asha.org/
CHKD Care Connections for Children	(757) 668-7132 (800) 864-8903	https://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/

DISABILITIES AND SPECIAL NEEDS (continued)...

Disabilities and Special Needs (continued)...

Dept. of Pediatrics of CHKD	(757) 668-7473	https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/
Eggleston Services	(757) 858-8011	https://www.egglestonservices.org/
Exceptional Family Member Program-Navy	(800) FSC-LINE	https://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx
Hope House Foundation	(757) 625-6161	https://www.hope-house.org/
Infant and Toddler Connection of Virginia	(757) 441-1186 (800) 234-1448	http://www.infantva.org/
Lee's Friends	(757) 440-7501	https://www.leesfriends.org/
Parent's Guide to Special Education-VDOE	n/a	http://www.doe.virginia.gov/special_ed/parents/parents_guide.pdf
Project Lifesaver	(757) 546-5502 (877) 580-LIFE	https://projectlifesaver.org/
Seton Youth Shelters	Admin. Office: (757) 963-5795	Confidential #: (757) 498-HELP or 24 Hr. Hotline: (866) 751-7640 http://setonyouthshelters.org/
Sickle Cell Association	(757) 466-0332	https://sicklecellhrva.net/
St. Mary's Home for Disabled Children	(757) 622-2208	https://saintmaryshome.org/
Supplemental Security Income (SSI)	(800) 722-1213	https://www.ssa.gov/ssi/
Triple-R Ranch Therapeutic Riding	(757) 421-4177	https://triplerranch.org/
UP Center, The	Corporate: (757) 965-8683	Ghent Office: (757) 622-7017 https://www.theupcenter.org/how-we-help/disabilities/
VDOE	n/a	http://www.doe.virginia.gov/special_ed/parents/index.shtml
Virginia Family Special Education Connection	n/a	https://vafamilysped.org/

MILITARY RESOURCES

Military Resources

Family Advocacy Program	(757) 444-2230	n/a
Fleet and Family Support Centers	(757) 444-2102	https://www.cnrc.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html
Hampton Roads Resource Guide	n/a	https://www.cnrc.navy.mil/regions/cnrma.html
Navy Marine Corps Relief Society	(757) 322-3134 (757) 322-1171	https://www.nmcrs.org/locations/entry/norfolk
Navy Medical Center-Portsmouth (757) 953-5000/ (information)	(757) 953-2600 (757) 953-4560 (customer service)	https://www.med.navy.mil/sites/nmcp/SitePages/home.aspx

MISCELLANEOUS

Holiday Assistance

Jewish Family Services	(757) 321-2238 (757) 459-4640	https://jfshamptonroads.org/
Salvation Army-Tidewater	(757) 543-8100	http://www.virginiasalvationarmy.org/
U.S. Marine Corps-Toys for Tots	(757) 589-1452	https://virginia-beach-va.toysfortots.org/local-coordinator-sites/lco-sites/local-contact-us.aspx

Legal Assistance

Legal Aid Society of Eastern Virginia	(757) 627-5423	https://www.laseva.org/
---------------------------------------	----------------	---

TRANSPORTATION

Transportation

Amtrak Train	(800) 872-7245	https://www.amtrak.com/home
Greyhound	(800) 231-2222	https://www.greyhound.com/
Hampton Roads Regional Transit (HRT)	(757) 222-6100	https://gohrt.com/ https://gohrt.com/programs/student-freedom-pass/
Transportation-Logisticare (Medicaid)	(866) 386-8331	http://transportation.dmas.virginia.gov/

CRISIS CENTER SERVICES AND HOTLINES

For an emergency, please call 911.

Child Abuse

Child Abuse Hotline-Virginia	(800) 552-7096	https://www.dss.virginia.gov/family/cps/index.cgi
Families Forward Virginia	(804) 359-6166	https://www.familiesforwardva.org/
Norfolk Department of Human Services	(757) 664-6022	https://www.norfolk.gov/350/Childrens-Services
Norfolk Juvenile and Domestic Relations Court	(757) 664-7340	http://www.courts.state.va.us/courts/jdr/norfolk/home.html

Hotline Emergency

Adult Protective Services	(888) 832-3858	https://www.vadars.org/aps/AdultProtServ.htm
Child Abuse	(800) 552-7096	https://www.dss.virginia.gov/about/abuse.cgi
Virginia Poison Center	(800) 222-1222	https://poison.vcu.edu/

Non-Emergency Numbers

City of Chesapeake	(757) 382-6161
City of Norfolk	(757) 441-5610
City of Portsmouth	311
City of Virginia Beach	(757) 385-5000

Shelters

ForKids	(757) 622-6400 (757) 587-4202	https://www.forkids.org/hch757
Genieve Shelter	(757) 925-4365	Crisis Line: (757) 353-1439 or (757) 705-2025 http://thegenieveshelter.org/
Help and Emergency Response Shelter (H.E.R.)	(757) 485-1445	Hotline: (757) 485-3384 http://hershelter.com/home
Judeo Christian Outreach Center	(757) 491-2846	Housing Crisis: (757) 227-5932 https://jcoc.org/about-us/housing-programs-2/
Salvation Army-Tidewater	(757) 543-8100	http://www.virginiasalvationarmy.org/
Seton Youth Shelters	Admin. Office: (757) 963-5795	Confidential #: (757) 498-HELP / 24 Hr. Line: (866) 751-7640 http://setonyouthshelters.org/
Union Mission	(757) 627-8686	https://www.unionmissionministries.org/
YWCA	(757) 625-4248	Crisis Hotline: (757) 251-0144 https://www.ywca-shr.org/

Substance Abuse

Al-Anon/Ala-Teen	(757) 563-1600 (888) 425-2666	https://al-anon.org/
Alcoholics Anonymous	(757) 490-3980	https://www.tidewaterintergroup.org/ https://www.aa.org/
Barry Robinson Center, The	(757) 455-6100 (800) 221-1995	https://www.barryrobinson.org/
Narcotics Anonymous	(866) 972-5055 (800) 777-1515	https://tidewaterareana.org/ https://www.na.org/
Norfolk Community Services Board	(757) 756-5600 (757) 664-6670	Crisis: (757) 664-7690 https://www.norfolk.gov/996/Norfolk-Community-Services-Board

Suicide Prevention

NAMI Virginia (Information Helpline)	(800) 950-NAMI	https://namivirginia.org/mental-health-resources/crisis-info/
SAMHSA's National Helpline	(800) 662-4357	https://www.samhsa.gov/find-help/national-helpline
Suicide Prevention Lifeline	(800) 273-TALK	https://suicidepreventionlifeline.org/
The Trevor Project	(866) 488-7386	https://www.thetrevorproject.org/

DATABASE LISTINGS OF RESOURCES AND SUPPORTS

211 Virginia	211	https://www.211virginia.org/consumer/index.php
COVID-19 Virginia Resources	n/a	https://covid.virginia.gov/
Federation of Virginia Food Banks	n/a	https://vafoodbanks.org/covid-19-response/
Greater Hampton Roads: COVID-19 Resources	(757) 858-7777	http://www.ghrconnects.org/tiles/index/display?alias=COVID19
Resources 757 (Operated by ForKids)	n/a	https://www.forkids.org/crisis-resources