

Mental Health Community Resources

in Hampton Roads for Children and Youth

What To Do If Your Child is in a Mental Health Crisis

- CALL: 911** if your child is in danger of hurting themselves or others, or go to the nearest emergency room immediately. Ask for a Crisis Intervention Team (CIT).
- CALL: National Suicide Prevention Lifeline** - (800) 273-8255
Providing 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- TEXT: Crisis Text Line**
Safely and confidentially connect with a live, trained crisis counselor for free 24/7 support. Text NAMI or HOME to 741-741.
- CALL: REACH** - (888) 908-0486
Statewide 24/7 crisis system for individuals with developmental disabilities with co-occurring mental illness.
- CALL: Community Services Board 24-hour Crisis Line**
 - Chesapeake: (757) 548-7000
 - Norfolk: (757) 664-7690
 - Portsmouth: (757) 393-8990
 - Suffolk, Franklin, Southampton County, Isle of Wight County: (757) 925-2484
 - Virginia Beach: (757) 385-0888
 - Hampton and Newport News: (757) 788-0011
 - Eastern Shore, Accomack County, Northampton County: (757) 442-7707 or (800) 764-4460
 - James City and County, York County, Poquoson, Williamsburg: (757) 378-5555
 - Middle Peninsula/Northern Neck: (800) 542-2673

If your child is experiencing a mental health emergency, please proceed to the closest emergency room. If you have general mental health questions, please visit [CHKD.org/MentalHealth](https://www.chk.org/MentalHealth) or call 757-668-HOPE (4673).

Community Mental Health Services

- LGBTQ+ Resources**
 - The Trevor Project:** (866) 488-7386 or text START to 678-678.
Trained counselors supporting youth in crisis and/or in need of a safe and judgment-free place to talk 24/7.
 - LGBT Life Center:** (757) 640-0929
- Psychiatric Acute Care and Treatment Facilities**
 - Kempsville Center for Behavioral Health:** (757) 461-4565
(child/adolescent facility)
 - Newport News Behavioral Health Center:** (757) 888-0400
 - Riverside Behavioral Health Center:** (757) 827-1001
- Mental Health Services**
 - Department of Behavioral Health and Development Services:** (804) 786-3921
State agency for mental health
 - Catholic Charities:** (757) 533-5217
 - Children's Hospital of The King's Daughters (CHKD):**
757-668-HOPE (4673)
 - Compass Youth and Family Services:** (757) 644-6391
 - Endeppence Center:** (757) 461-8007
Disability advocacy and services.
 - EVMS HOPES Free Clinic:** (757) 446-0366
 - Jewish Family Services:** (757) 321-2222
 - National Counseling Group, Inc.:** (757) 467-8184
 - Odyssey Community Services, Inc.:** (757) 240-2571
 - The Barry Robinson Center:** (757) 455-6100
 - The Chas Foundation:** (757) 489 2427
 - The Up Center:** (757) 965-8622
Counseling and mental health skill building.
 - Tidewater Pastoral Counseling:** (757) 623-2700

Local Support, Education, and Resources

The CHAS Foundation

[TheCHASfoundation.org](https://www.TheCHASfoundation.org)
(757) 489-2427

Offers resources, support, and greater access to mental health treatment for local families suffering from the effects of mental illness.

Children's Hospital of The King's Daughters

[CHKD.org/Classes](https://www.CHKD.org/Classes)

Offers free parenting classes, resources, blogs, and community outreach related to social and emotional child development.

Infant Toddler Connection

[Norfolk.gov/1788/Infant-Toddler-Connection-of-Norfolk](https://www.Norfolk.gov/1788/Infant-Toddler-Connection-of-Norfolk)

Provides early intervention support for infants and toddlers (ages 0-36 months) with disabilities and their families.

Home Visiting

[EarlyImpactVA.org](https://www.EarlyImpactVA.org)

Home visiting programs for early childhood concerns, from pregnancy through age 5.

NAMI Coastal Virginia

[NAMICoastalVirginia.org](https://www.NAMICoastalVirginia.org)
(757) 499-2041

NAMI offers free support, education, and advocacy for those affected by mental illness and their families.

NAMI Helpline: (800) 950-NAMI (6264)
Monday - Friday, 10 a.m. - 5 p.m.

Postpartum Support Virginia

[Postpartumva.org](https://www.Postpartumva.org)

A parent and professional resource addressing preinatal mood and anxiety disorders.

The Sarah Michelle Peterson Foundation

[WorldWithoutSuicide.org](https://www.WorldWithoutSuicide.org)
Info@SarahMPetersonFoundation.org

Provides lifesaving programs for teens and adults that address depression, anxiety, and suicide prevention awareness.

Tidewater Autism Society

[Chapter.TidewaterASA.org](https://www.Chapter.TidewaterASA.org)

Promotes a family systems approach to the planning of individualized, appropriate services and supports for individuals with autism.



Online National Resources

American Academy of Child and Adolescent Psychiatry

[AACAP.org](https://www.AACAP.org)

A family resource site with the latest mental health information and resources.

American Academy of Pediatrics

[HealthyChildren.org](https://www.HealthyChildren.org)

Provides emotional wellness and resiliency education for children and teens.

American Foundation for Suicide Prevention

[AFSP.org](https://www.AFSP.org)

Offers online suicide prevention education, advocacy, and support resources.

Child Mind Institute

[ChildMind.org](https://www.ChildMind.org)

Provides mental health resources and education for parents, caregivers, educators, and children.

This Is My Brave

[ThisIsMyBrave.org](https://www.ThisIsMyBrave.org)

Organization that uses storytelling to eliminate stigma associated with mental health.