Dear Stakeholders,

The Virginia Department of Health's Suicide Prevention Program and the Virginia Suicide Prevention Coalition are pleased to present the 4th edition *Virginia Suicide Prevention Resource Directory*, updated for 2016. This directory is designed to provide an easy to use reference of programs available in Virginia to assist individuals who may need suicide prevention resources.

The directory provides a list of available resources that are needed when people are impacted by suicide. The directory is organized into the following categories: hotlines, community mental health centers, statewide mental health facilities, coalitions, support groups, and resources. Whenever possible, all known national, state, and local resources are provided.

If you know of a resource that should be added to the directory please let us know. This directory is by no means complete and any needed updates will be made on a regular basis. Requests for changes or additions to the *Virginia Suicide Prevention Resource Directory* should be directed to Anya Shaffer at 804-864-7736 or Anya.Shaffer@vdh.virginia.gov.

Copies of this document are available for download through the Youth Suicide Prevention Program’s website, [www.VDHLiveWell.com/suicide](http://www.VDHLiveWell.com/suicide)

Thank you for being a part of our suicide prevention efforts. Together we can decrease the impact of this preventable public health crisis in our families, communities and Virginia.

Respectfully,

Anya Shaffer
Violence and Suicide Prevention Coordinator
Division of Injury and Violence Prevention
Virginia Department of Health

Nicole Gore
Suicide Prevention Coordinator
Virginia Department of Behavioral Health and Developmental Services
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### Crisis Hotlines

#### The National Suicide Prevention Lifeline
- 1-800-273-TALK (8255)
- Veterans: Press 1
- TTY: 1-800-799-4TTY (4889)
- Spanish Language line: 1-888-628-9454

#### Veterans Crisis Line
- 1-800-273-8255, press 1
- Text to 838255
- Confidential chat at VeteransCrisisLine.net

#### Military One Source
- (24 hour resource for military members, spouses and families)
- 1-800-342-9647

#### LGBT Youth Suicide Hotline
- Trevor Project
- 1-866-4-U-TREVOR

### Virginia Crisis Centers

#### ACTS/Helpline*
- P.O. Box 74
- Dumfries, VA 22026
- Hotline: 703-368-4141
- [http://www.actspwc.org](http://www.actspwc.org)

#### Concern Hotline
- PO Box 2032
- Winchester, VA 22604
- [www.concernhotline.com](http://www.concernhotline.com)
- Clarke Hotline: 540-667-0145
- Frederick Hotline: 540-667-0145
- Page Hotline: 540-743-3733
- Shenandoah Hotline: 540-459-4742
- Warren Hotline: 540-635-4357
- Winchester Hotline: 540-667-0145

#### The Crisis Center*
- 100 Oakview Ave.
- Bristol, VA 24201
- 1-866-953-0484
- Hotline: 800-273-TALK (8255)
- [www.crisiscenterinc.org](http://www.crisiscenterinc.org)

#### CONTACT Crisis Helpline*
- Address: P.O. Box 1287
- Martinsville, VA 24114
- Hotline: 1-877-WE-HELP6
- Tel: (276) 638-8980 – Office
- Fax: (276) 632-6133 – FAX
- Email: info@listenline.org
- [www.ListenLine.org](http://www.ListenLine.org)

#### PRS/CrisisLink*
- 1761 Old Meadow Road, Suite 100
- McLean, VA 22102
- Hotline: 703-527-4077 or 1-800-273-TALK (8255)
- Text: 85511
- [https://prsinc.org/crisislink/services/crisislink-hotlines/](https://prsinc.org/crisislink/services/crisislink-hotlines/)

#### Madison House
- 170 Rugby Road
- Charlottesville, VA 22903
- *Serving University of Virginia Students*
- Phone: 434-295-TALK
- [www.madisonhouse.org](http://www.madisonhouse.org)

#### The Raft Crisis Hotline
- 700 University City Boulevard
- Blacksburg, VA 24068
- Monday through Friday, 4 p.m. – 8 a.m. and 24 hours on the weekends.
- Hotline: 540-961-8400
- [www.nrvcs.org](http://www.nrvcs.org)

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*These crisis centers are all part of the National Suicide Prevention Lifeline Network*
Virginia Crisis Response Team

The Virginia Crisis Response Team is trained in the crisis response model by the National Organization for Victim Assistance to offer immediate assistance in Virginia in the event of a critical incident. According to legislation passed in 2011, HB 2612, all emergency response plans must include a provision that the Department of Criminal Justice Services and the Virginia Criminal Injuries Compensation Fund shall be contacted immediately to deploy assistance in the event of an emergency as defined in the emergency response plan when there are victims as defined in § 19.2-11.01. The Department of Criminal Justice Services and the Criminal Injuries Compensation Fund shall be the lead coordinating agencies for those individuals determined to be victims, and the plan shall also contain current contact information for both agencies. Please refer to the contact information below.

- **By phone:**
  - DCJS:
    - Melissa Roberson, Critical Response Coordinator
      - During office hours: (804) 225-3456
      - After hours: (804) 840-4276
  
    Kassandra Bullock, Manager Victim Services
    - During Office Hours (804) 786-3973
    - After Hours: (804) 921-6933

  - CICF: (804) 399-8966
    - Jack Ritchie, Director
    - During Office Hours: (804) 367-1018
    - After hours: (804) 307-5431

  - Leigh Snellings, Assistant Director
    - During Office Hours: (800) 552-4007
    - After Hours (804) 212-4232

- **Online:** [www.dcjs.virginia.gov](http://www.dcjs.virginia.gov)
Veterans Services

Each Veteran’s Affairs Medical Center in the state employees a Suicide Prevention Coordinator. VA Suicide Prevention Coordinators (SPC) are specialized case managers who ensure that veterans at high risk of suicide receive the care they need. Furthermore, they are involved in training and education, both within the VA and in the community. Contact information for local VA Suicide Prevention Coordinators can be found below: For the most updated information on Suicide Prevention contacts, please go to: https://www.veteranscrisisline.net/GetHelp/ResourceLocator.aspx
Select Suicide Prevention Coordinators, and then add zip code or state to search.

Hampton VA Medical Center
Lillie Mells, LCSW
100 Emancipation Drive
Hampton, VA  23667
Phone:  (757) 722-9961 extension 1490
Lillie.Mells@va.gov

Hampton VAMC also includes a Community-Based Outpatient Clinics (CBOC’s) in Virginia Beach.

Cities and Counties Served
- Accomack
- Gloucester
- Isle of Wight
- James City
- Mathews
- Northampton
- York
- Chesapeake
- Hampton
- Newport News
- Norfolk City
- Portsmouth
- Suffolk
- Virginia Beach
- Williamsburg

Richmond VA Medical Center
Laura Pond, LCSW
Suicide Prevention Coordinator
Hunter Holmes McGuire VAMC
1201 Broad Rock Boulevard
Richmond, VA  23249
Phone: 804-675-5000 ext. 4554
Laura.Pond@va.gov

Richmond VAMC also includes Community-Based Outpatient Clinics (CBOC’s) in Charlottesville, Emporia, and Fredericksburg
Cities and Counties Served

• Albemarle
• Brunswick
• Buckingham
• City of Charlottesville
• City of Colonial Heights
• City of Emporia
• City of Franklin
• City of Fredericksburg
• City of Hopewell
• City of Petersburg
• City of Richmond
• Caroline
• Charles City
• Charlotte
• Chesterfield
• Culpeper
• Cumberland
• Dinwiddie
• Essex
• Fluvanna
• Goochland
• Greene
• Greensville
• Halifax
• Hanover
• Henrico
• King and Queen
• King George
• King William
• Lancaster
• Louisa
• Lunenburg
• Madison
• Mecklenberg
• Middlesex
• Nelson
• New Kent
• Northumberland
• Nottoway
• Orange
• Powhatan
• Prince Edward
• Richmond
• Southampton
• Spotsylvania
• Stafford
• Surry
• Sussex
• Westmoreland

Salem VAMC, Virginia
Keith Lewis, LCSW
Suicide Prevention Coordinator
Salem VAMC
1970 Roanoke Blvd.
Salem, Virginia 24153
540.982.2463, extension 2512 (dial 1 before extension)
Keith.Lewis2@va.gov

Salem VAMC also includes Community-Based Outpatient Clinics (CBOC’s) in Danville, Tazewell, Lynchburg, Wytheville, Staunton

Cities and Counties Served

• Alleghany
• Amherst
• Augusta
• Bath
• Bedford
• Bland
• Botetourt
• Campbell
• Carroll
• Craig
• Floyd
• Franklin
• Giles
• Grayson
• Henry
• Highland
• Montgomery
• Patrick
• Pittsylvania
• Pulaski
• Roanoke
• Rockbridge
• Smyth
• Tazewell
• Wythe
• City of Bedford
• City of Buena Vista
• City of Clifton Forge
• City of Covington
• City of Danville
• City of Galax
• City of Lexington
• City of Lynchburg
• City of Martinsville
• City of Radford
• City of Roanoke
• City of Salem
• City of Staunton
• City of Waynesboro
Veterans Affairs Medical Center’s in other states serving Virginia Veterans:

**Mountain Home Healthcare Systems, Tennessee**
Pam Paranac, LCSW
Suicide Prevention Coordinator
James H. Quillen VA Medical Center
Corner of Lamont & Veterans Way
Mountain Home, TN 37684
Phone: 423.926.1171, extension 2837
Pamela.Paranac@va.gov
Serves veterans in northeast Tennessee, western North Carolina, and southwestern Virginia

**Washington, DC VA Medical Center**
Valarie Jones-Rojas
Phone: 202-745-8000 extension 4999
Valarie.jones-rojas@va.gov

**Martinsburg VA Medical Center**
April Hamilton
Phone: 304-263-0811 extension 3624
April.Hamilton@va.gov

**Knoxville VA Outpatient Clinic**
(William C. Tallent Outpatient Clinic)
Debra Cohan, LCSW
Suicide Prevention Coordinator
8033 Ray Mears Blvd.
Knoxville, TN 37919
Phone: 1-865-545-4592, extension 4213
Debra.cohan@va.gov
Serves Veteran in the Knox, Sevier, Campbell counties
Coalitions

State and regional coalitions build opportunities to continue to help educate the public in suicide prevention and intervention. In 2014 DBHDS launched a regional suicide prevention initiative within each of the five DBHDS health planning regions to support the development of comprehensive regional suicide prevention plans to extend the reach and impact of suicide prevention efforts, afford greater access to suicide prevention resources by affected communities and leverage and reduce costs for individual localities related to training or other suicide prevention action strategies. This initiative resulted in the establishment of six regional suicide coalitions comprised of all types of stakeholders that align with Community Service Board (CSB) service areas. For more information on each coalition and its activities, please contact the individual groups.

**Statewide**
Virginia Suicide Prevention Coalition
Christy Letsom, Chair
cletsom@theplanningcouncil.org
757-622-1309

**Regional**

![Map of Virginia showing regions](image)
Coalitions

Region 1:
Main Contact: Erin Botkin, (540) 887-3200, Valley Community Service Board
Participating Localities/CSBs:
Alleghany Highlands
Harrisonburg-Rockingham
Horizon
Northwestern
Rappahannock Area
Rappahannock-Rapidan
Region Ten
Rockbridge Area
Valley

Region 2:
Main Contact: Jamie MacDonald, (703) 324-7000, Fairfax-Falls Church Community Service Board
Participating Localities/CSBs:
Alexandria
Arlington
Fairfax-Falls Church
Loudoun County
Prince William County

Region 3 East
Main Contact: Bonnie Favero (276) 632-7128, Piedmont Community Service Board
Participating Localities/CSBs:
Blue Ridge
Danville Pittsylvania
New River Valley
Piedmont
Southside

Region 3 West
Main Contact: Lori Gates-Addison, (276) 964-6702, Cumberland Mountain Community Service Board
Participating Localities/CSBs:
Cumberland Mountain
Dickenson County
Highlands
Mt Rogers
Planning District 1

Region 4
Main Contact: Charlene Edwards, (804) 819-4068, Richmond Behavioral Health Authority
Participating Localities/CSBs:
Chesterfield
Crossroads
Goochland-Powhatan
Hanover
Henrico Area
Planning District 19
Richmond

Region 5
Main Contact: Courtney Dowell, (757) 220-3200, Colonial Behavioral Health Authority
Participating Localities/CSBs:
Chesapeake
Colonial
Eastern Shore
Hampton-Newport News
Middle Peninsula-Northern Neck
Norfolk
Portsmouth
Virginia Beach
Western Tidewater
Survivors of Suicide Loss Support Groups and Resources

Support groups are meant as a support to someone who has lost a loved one to suicide. Participation in a suicide loss group can help at a time when nothing seems to help. Support groups can vary greatly; meeting times and locations can change.

The American Foundation for Suicide Prevention maintains a page with resources for survivors and listing of support groups by locality
http://afsp.org/find-support/ive-lost-someone/

The American Association of Suicidology maintains a resource page for survivors of suicide loss

Internet Resources for Suicide Prevention - National

| American Association of Suicidology        | National Suicide Prevention Lifeline                  |
|                                          | www.suicidology.org                                   |
| American Foundation for Suicide Prevention | www.suicidepreventionlifeline.org                     |
| Jed Foundation                           | With Help Come Hope                                   |
| www.jedfoundation.org                    | http://lifelineforattemptsurvivors.org                |
| LivingWorks Education                    | Navy Suicide Prevention                                |
| www.livingworks.net                       | www.suicide.navy.mil                                  |
| Military One Source                      | QPR Institute                                         |
| www.militaryonesource.com                | www.qprinstitute.com                                  |
| National Alliance for the Mentally Ill    | Society for the Prevention of Teen Suicide            |
| www.nami.org                             | http://www.sptsnj.org                                 |
| Nat. Org. of People of Color Against Suicide | Suicide Prevention Resource Center                  |
| www.nopcas.org                           | www.sprc.org                                          |
| National Strategy for Suicide Prevention  | Yellow Ribbon Campaign                                |
| www.surgeongeneral.gov/library/reports/  | www.yellowribbon.org                                  |
| national-strategy-suicide-prevention      | The Trevor Project                                    |
|                                          | http://www.thetrevorproject.org                       |
Internet Resources for Suicide Prevention - State and Local

ACTS/Helpline
www.actspwc.org
The Campus Suicide Prevention Center of Virginia
www.CampusSuicidePreventionVA.org

Hampton Road Survivors of Suicide
www.sos-walk.org

NAMI Central Virginia
http://www.namicentralvirginia.org/

NAMI Virginia
http://namivirginia.org

Virginia Department of Behavioral Health and Developmental Services
www.dbhds.virginia.gov

Virginia Department of Health

Virginia Suicide Prevention Coalition
http://vaspc.blogspot.com

Campus Based Suicide Prevention

The Campus Suicide Prevention Center of Virginia

The Campus Suicide Prevention Center of Virginia is part of a statewide effort, coordinated by the Virginia Department of Health, to reduce risk for suicide on Virginia’s college and university campuses. Specifically, this program supports the individuals and teams on each campus as they build the infrastructure necessary to promote mental health for all within a campus community, promote help-seeking and treatment options for those with mental health concerns, increase awareness and early identification of suicide risk, and effectively respond to individuals who are at risk for suicide.

Contact Information:
Jane Wiggins, Ph.D.
The Campus Suicide Prevention Center of Virginia
MSC 9008 James Madison University
601 University Blvd.
Harrisonburg, VA 22801
540-568-8901
wigginjr@jmu.edu
Website: www.CampusSuicidePreventionVA.org
A community services board (CSB) is the point of entry into the publicly-funded system of services for mental health, intellectual disability, and substance abuse. CSBs provide pre-admission screening services 24-hours per day, 7 days per week.

### Alexandria
**City:** Alexandria  
**Address:** 720 N. Asaph Street, 4th Fl  
Alexandria, VA 22314-1941  
**Crisis:** (703) 746-3401  
**Main:** (703) 746-3400  
**Fax:** (703) 838-5062  
[https://www.alexandriava.gov/DCHS](https://www.alexandriava.gov/DCHS)

### Alleghany Highlands
**City:** Covington  
**County:** Allegheny  
**Address:** 601 Main Street  
Clifton Forge, VA 24422  
**Days:** (540) 965-2100  
**Crisis:** (540) 965-6537  
**Emergency Services (After 5pm):** 1-800-446-0128  
**Main:** (540) 965-2135  
**Fax:** (540) 965-6371  
[http://www.ahcsb.org](http://www.ahcsb.org)

### Arlington
**County:** Arlington  
**Address:** 1725 N. George Mason Drive Suite 216  
Arlington, VA 22205  
**Crisis:** (703) 228-5160  
**Main:** (703) 228-4871  
**Fax:** (703) 228-5190  
[http://www.arlingtonva.us/csb](http://www.arlingtonva.us/csb)

### Blue Ridge Behavioral Healthcare
**Cities:** Roanoke, Salem  
**Counties:** Botetourt, Craig, Roanoke  
**Address:** 611 McDowell Avenue  
Roanoke, VA 24016  
**Crisis:** (540) 981-9351  
**Main:** (540) 343-3007  
**Fax:** (540) 342-1029  
[http://www.brbh.org](http://www.brbh.org)

### Horizons Behavioral Health Services - Central Virginia
**Cities:** Bedford, Lynchburg  
**Counties:** Amherst, Appomattox, Bedford, Campbell  
**Address:** 2235 Landover Place  
Lynchburg, VA 24501  
**Crisis:** (434) 522-8191  
**Main:** (434) 477-5000  
**Fax:** (434) 847-6091  
[http://www.cvcsb.org](http://www.cvcsb.org)

### Chesterfield
**County:** Chesterfield  
**P.O. Box 92**  
Chesterfield, VA 23832-0092  
**Crisis:** (804) 748-6356  
**Main:** (804) 748-1227  
**Fax:** (804) 717-6660  
[http://www.bewellva.com/chesterfield](http://www.bewellva.com/chesterfield)

### Colonial Behavioral Health
**Cities:** Williamsburg, Poquoson  
**Counties:** James City, York  
**Address:** 1657 Merrimac Trail  
Williamsburg, VA 23185  
**Crisis:** (757) 220-3200  
**Main:** (757) 253-4061  
**Fax:** (757) 253-4118  
[http://www.colonialcsb.org](http://www.colonialcsb.org)

### Crossroads Community Service Board
**Counties:** Amelia, Buckingham, Charlotte, Cumberland, Lunenburg, Nottoway, Prince Edward  
**Address:** P.O. Drawer 248  
Farmville, VA 23901-0248  
**Crisis:** 1-800-548-1688  
**Main:** (434) 392-7049  
**Fax:** (434) 392-5789  
[http://www.crossroadscsb.org](http://www.crossroadscsb.org)
Cumberland Mountain  
**Counties:** Buchanan, Russell, Tazewell  
P.O. Box 810  
Cedar Bluff, VA 24609-0810  
Crisis: (276) 964-6702  
Crisis After Hours: (800) 286-0586  
Main: (276) 964-6702 or 964-6703  
Fax: (276) 964-5669  
http://www.cmcsb.com

Danville-Pittsylvania  
**City:** Danville  
**County:** Pittsylvania  
245 Hairston Street  
Danville, VA 24540  
Crisis: 1-877-793-4922  
Main: (434) 799-0456  
Fax: (434) 799-3100  
http://www.dpcs.org

Dickenson County  
**County:** Dickenson  
P.O. Box 309  
Clintwood, VA 24228  
Crisis: (276) 926-1650  
Main: (276) 926-1682  
Fax: (276) 926-9179  
http://www.dcbhs.com

District 19  
**Cities:** Colonial Heights, Emporia, Hopewell, Petersburg  
**Counties:** Dinwiddie, Greensville, Prince George, Sussex, Surry  
222 N. Main Street, Suite 320  
Hopewell, VA 23860  
Crisis: (804) 862-8000  
Toll Free: 1-866-365-2130  
Main: (804) 862-8054  
Fax: (804) 541-6708  
http://www.d19csb.com

Eastern Shore  
**Counties:** Accomack, Northampton  
10129 Rogers Drive  
Nassawadox, VA 23413  
Crisis: (757) 442-7707  
Toll Free: 1-800-764-4460  
Main: (757) 442-3636  
Fax: (757) 442-3940  
http://www.escsb.org/

Fairfax-Falls Church  
**Cities:** Fairfax, Falls Church; County of Fairfax  
12011 Government Center Parkway, Suite 836  
Fairfax, VA 22035  
Crisis: (703) 573-5679  
Main: (703) 324-7000  
Fax: (703) 876-1640  
http://www.fairfaxcounty.gov/csb/

Goochland-Powhatan  
**Counties:** Goochland, Powhatan  
Powhatan  
3910 Old Buckingham Road  
Powhatan, VA 23139  
Crisis: (804) 598-2697  
Main: (804) 598-2200  
Fax: (804) 598-3114  
http://www.gpcsbgov.org

Hampton-Newport News  
**Cities:** Hampton, Newport News  
300 Medical Drive  
Hampton, VA 23666  
Crisis: (757) 788-0011  
Main: (757) 788-0300  
Fax: (757) 244-1806  
http://www.hnnccsb.org

Hanover County  
**County:** Hanover  
12300 Washington Highway  
Ashland, VA 23005  
Crisis: (804) 365-4200  
Main: (804) 365-4222  
Fax: (804) 365-4252  
http://www.hanovercounty.gov/Community-Services-Board/862/

Harrisonburg-Rockingham  
**City:** Harrisonburg  
**County:** Rockingham  
1241 North Main Street  
Harrisonburg, VA 22802  
Crisis: (540) 434-1766  
Main: (540) 434-1941  
Fax: (540) 434-4378  
http://www.hrccsb.org

Henrico Area  
**Counties:** Charles City, Henrico, New Kent  
10299 Woodman Road  
Glen Allen, VA 23060  
Crisis: (804) 727-8484  
Main: (804) 727-8500  
Fax: (804) 727-8580  
http://henrico.us/mhds/
| Highlands | City: Bristol  
County of Washington  
Highlands Community  
Counseling Center  
802 Hillman Highway  
Abingdon, VA 24216  
Crisis: (276) 645-7400 Central Dispatch – Bristol  
(276) 676-6277 Central Dispatch – Washington County  
After Hours: 1-866-589-0269  
Main: (276) 525-1550  
Toll Free: 1-855-426-5263  
Fax: (276) 628-3871  
[http://www.highlandscsb.org](http://www.highlandscsb.org) |
| --- | --- |
| Warsaw | Warsaw Counseling Center:  
Cope Crisis Hotline: 1-800-542-2673  
Main: (804) 333-3671  
Toll Free: 1-800-639-9882  
Fax: (804) 333-3657  
[http://www.mpnnncsb.org](http://www.mpnnncsb.org) |
| Mount Rogers | City: Galax  
Counties: Bland, Carroll, Grayson, Smyth, Wythe  
770 West Ridge Road  
Wytheville, VA 24382  
Crisis: Wythe/Bland: (276) 223-3202  
Smyth: (276) 783-8185  
Fernwood (serving Grayson, Carroll Counties and City of Galax): (276) 238-9700  
After Hours/Emergency Crisis: 1-866-589-0265  
Main: (276) 223-3200  
Fax: (276) 223-3250  
[http://www.mtrogerscsb.com](http://www.mtrogerscsb.com) |
| Northwestern | City: Winchester  
Counties: Clarke, Frederick, Page, Shenandoah, Warren  
209 West Criser Road  
Suite 300  
Front Royal, VA 22630  
Crisis: 540-635-4804  
Toll Free: 800-342-1462  
Winchester, Clarke and Frederick: (540) 667-0145  
Page: (540) 743-3733  
Shenandoah: (540) 459-4742  
Warren: (540) 635-4357  
Main: (540) 636-4250  
Fax: (540) 635-3080  
[http://www.nwcsb.com](http://www.nwcsb.com) |
| Loudoun County | County: Loudoun  
906 Trailview Blvd SE  
Leesburg, VA 20176  
Crisis: (703) 777-0320  
Main: (703) 777-0378  
Fax: (703) 777-0170  
[https://www.loudoun.gov/mhsads](https://www.loudoun.gov/mhsads) |
| Middle-Peninsula-Northern Neck | Counties: (G) Gloucester, Mathews, Middlesex, King & Queen, King William  
Counties: (W) Essex, Lancaster, Richmond, Northumberland, Westmoreland  
P.O. Box 40  
Saluda, VA 23149  
Gloucester Counseling Center:  
COPE Crisis Hotline: (804) 693-COPE (2673)  
Main: (804) 693-5057  
Toll Free: 1-800-639-9668  
Fax: (804) 693-7407 |
| New River | City: Radford  
Counties: Floyd, Giles, Montgomery, Pulaski  
700 University City Blvd.  
Blacksburg, VA 24060  
Crisis: (540) 961-8400  
Main: (540) 961-8300  
Fax: (540) 961-8469  
[http://www.nrvcs.org](http://www.nrvcs.org) |
| Piedmont | City: Martinsville  
Counties: Franklin, Henry, Patrick  
24 Clay Street  
Martinsville, VA 24112-3715  
Crisis: 888-819-1331  
Contact Listen Line: 1-877-934-3576  
Martinsville Main: (276) 632-7128  
Franklin County Main: (540) 483-0582  
Patrick County Main: (276) 694-4361  
Fax: (276) 632-9998  
[http://www.piedmontcsb.org](http://www.piedmontcsb.org) |
| Norfolk | City: Norfolk  
225 West Olney Road  
Norfolk, VA 23510  
Crisis: (757) 664-7690  
Main: (757) 823-1600  
Fax: (757) 441-5546  
Planning District One  
City: Norton  
Counties: Lee, Scott, Wise  
1941 Park Avenue, S.W.  
P.O. Box 1130  
Norton, VA 24273  
Crisis:  
Lee County: 276-346-3590  
Scott County: 276-225-0976  
Wise County/City of Norton: 276-523-8300  
Main: (276) 679-5751  
Fax: (276) 523-6964  
http://www.pd1bhs.org/

Portsmouth Department of Behavioral Healthcare Services  
City: Portsmouth  
1811 King Street  
Portsmouth, VA 23704  
Crisis: (757) 393-8990  
Main: (757) 393-8618  
Fax: (757) 393-5184  
http://www.portsmouthva.gov/149/Behavioral-Healthcare

Prince William County  
Cities: Manassas, Manassas Park  
County: Prince William  
8033 Ashton Avenue  
Suite 103  
Manassas, VA 20109  
Services and Emergency, Manassas: 703-792-7800  
Services and Emergency, Woodbridge 703-792-4900  
Fax: (703) 792-7817  
http://www.pwcqgov.org/csb

Rappahannock Area  
City: Fredericksburg  
Counties: Caroline, King George, Spotsylvania, Stafford  
600 Jackson Street  
Fredericksburg, VA 22401  
Crisis:  
Fredericksburg, Spotsylvania County & Stafford County: (540) 373-6876  
Caroline County: (804) 633-4148  
King George County: (540) 775-5064  
Main: (540) 373-3223  
Fax: (540) 371-3753  
http://www.racsb.state.va.us

Rappahannock-Rapidan  
Counties: Culpeper, Fauquier, Madison, Orange, Rappahannock  
P.O. Box 1568  
Culpeper, VA 22701  
Crisis:  
Culpeper: (540) 825-5656  
Fauquier: (540) 347-7620  
Madison: (540) 948-5911  
Orange: (540) 672-2718  
Rappahannock: (540) 675-3329  
Main: (540) 825-3100  
Fax: (540) 825-6245  
http://www.rrcsb.org

Richmond Behavioral Health  
City: Richmond  
107 South 5th Street, Richmond, VA 23219  
Crisis: (804) 819-4100  
TDD: (804) 819-4145  
Main: (804) 819-4000  
Fax: (804) 819-4263  
http://www.rbha.org

Rockbridge Area  
Cities: Buena Vista, Lexington  
Counties: Bath, Rockbridge  
241 Greenhouse Road  
Lexington, VA 24450  
Crisis: (540) 463-3141  
Bath County Crisis: (540) 839-3162  
Behavioral Health Crisis Hotline: 1-855-222-2046  
Main: (540) 463-3141  
Fax: (540) 462-6700  
http://www.racsb.org

Southside  
Counties: Brunswick, Halifax, Mecklenburg  
P.O. Box 1478  
Clarksville, VA 23927  
Crisis:  
Brunswick: (434) 848-4121  
Halifax: (434) 572-2936 or 572-2420  
Mecklenburg: (434) 738-0154  
Main: (434) 572-6916  
http://www.sscsfb.org

Region Ten  
City: Charlottesville  
Counties: Albemarle, Fluvanna, Greene, Louisa, Nelson  
502 Old Lynchburg Road  
Charlottesville, VA 22903  
Crisis: (434) 972-1800  
Toll Free: 866-694-1605  
Main: (434) 972-1800  
Fax: (434) 984-1297  
http://www.regionten.org
Valley
Cities: Staunton, Waynesboro
Counties: Augusta, Highland
85 Sanger's Lane
Staunton, VA 24401
Crisis: (540) 885-0866
Main: (540) 887-3200
Fax: (540) 887-3273
http://www.myvalleycsb.org/

Western Tidewater
Cities: Franklin, Suffolk
Counties: Isle of Wright, Southampton
5268 Godwin Boulevard
Suffolk, VA 23434
Crisis: (757) 925-2484
Main: 757-255-7133
Fax: (757) 925-2205
http://wtcsb.org

Virginia Beach
City: Virginia Beach
Crisis: (757) 385-0888
Main: (757) 385-0871
Fax: (757) 671-8536

Statewide Mental Health Facilities

Virginia operates 15 facilities: seven behavioral health facilities, four training centers, a psychiatric facility for children and adolescents, a medical center, a psychiatric geriatric hospital and a center for behavioral rehabilitation. State facilities provide highly structured, intensive services for citizens of the Commonwealth of Virginia who have mental illness, intellectual disability or are in need of substance abuse services.

Catawba Hospital (CH)
Main: (540) 375-4200
5525 Catawba Hospital Drive
Catawba VA 24070-2006

Central State Hospital (CSH)
(804) 524-7000
P.O. Box 4030
26317 W. Washington Street
Petersburg, VA 23803-0030
http://www.csh.dbhds.virginia.gov

Central Virginia Training Center (CVTC)
(434) 947-6000
P.O. Box 1098
Lynchburg VA 24505-1098
521 Colony Road
Madison Heights VA 24572
http://www.cvtc.dbhds.virginia.gov

Commonwealth Center for Children & Adolescents (CCCA)
(540) 332-2100
P.O. Box 4000
1355 Richmond Road
Staunton, VA 24402-4000
http://www.ccca.dbhds.virginia.gov

Eastern State Hospital (ESH)
(757) 253-5161
4601 Ironbound Road
Williamsburg, VA 23188-2652
http://www.esh.dbhds.virginia.gov

Hiram W. Davis Medical Center (HDMC)
(804) 524-7420
P.O. Box 4030
Albemarle & 7th Streets
Petersburg, VA 23803-0030
<table>
<thead>
<tr>
<th>Northern Virginia Mental Health Institute (NVMHI)</th>
<th>Southeastern Virginia Training Center (SEVTC)</th>
<th>Southwestern Virginia Mental Health Institute (SWVMHI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(703) 207-7100</td>
<td>(757) 424-8240</td>
<td>(276) 783-1200</td>
</tr>
<tr>
<td>3302 Gallows Road</td>
<td>2100 Steppingstone Square</td>
<td>340 Bagley Circle</td>
</tr>
<tr>
<td>Falls Church, VA 22042-3398</td>
<td>Chesapeake, VA 23320-2591</td>
<td>Marion, VA 24354-3390</td>
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<th>Northern Virginia Training Center (NVTC)</th>
<th>Southern Virginia Mental Health Institute (SVMHI)</th>
<th>Virginia Center for Behavioral Rehabilitation (VCBR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(703) 323-4000</td>
<td>(434) 799-6220</td>
<td>(434) 767-7800</td>
</tr>
<tr>
<td>9901 Braddock Road</td>
<td>382 Taylor Drive</td>
<td>P.O. Box 548</td>
</tr>
<tr>
<td>Fairfax, VA 22032-1941</td>
<td>Danville, VA 24541-4023</td>
<td>4901 E Patrick Henry Highway</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Piedmont Geriatric Hospital (PGH)</th>
<th>Southwestern Virginia Training Center (SWVTC)</th>
<th>Western State Hospital (WSH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(434) 767-4401</td>
<td>(276) 728-3121</td>
<td>(540) 332-8000</td>
</tr>
<tr>
<td>P.O. Box 427 5001</td>
<td>P.O. Box 1328</td>
<td>PO Box 2500</td>
</tr>
<tr>
<td>E. Patrick Henry HWY. Burkeville, VA 23922-0427</td>
<td>160 Training Center Road</td>
<td>Staunton VA 24402-2500</td>
</tr>
</tbody>
</table>

### Protection and Advocacy

The disAbility Law Center of Virginia (“dLCV”) advocates for and protects the legal rights of persons with disabilities, including individuals in state mental health facilities. This is done through education, training, the promotion of self-advocacy skills for people with disabilities, and through information and referral services.

**disAbility Law Center of Virginia**

1512 Willow Lawn Dr, Suite 100  
Richmond, VA 23230  
Phone & TDD: (804) 225-2042  
Toll-free: (800) 552-3962  
Fax: (804) 662-7431  
Email: info@dlcv.org  
[http://www.dlcv.org](http://www.dlcv.org)
About Suicide

Most suicidal individuals give some warning of their intentions. The most effective way to prevent a friend or loved one from taking his or her life is to recognize the factors that put people at risk for suicide, to take warning signs seriously and know how to respond.

Recognize the Imminent Dangers
Fifty to 75 percent of all suicides give some warning of their intentions to a friend or family member. Imminent signs must be taken seriously.

The signs that most directly warn of suicide include:
- Threatening to hurt or kill oneself
- Looking for ways to kill oneself (weapons, pills or other means)
- Talking or writing about death, dying or suicide
- Has made plans or preparations for a potentially serious attempt

Other warning signs can include:
- Insomnia
- Intense anxiety, usually exhibited as psychic
- Pain or internal tension, as well as panic attacks
- Feeling desperate or trapped -- like there’s no way out
- Feeling hopeless
- Feeling there’s no reason or purpose to live
- Rage or anger
- Acting reckless or engaging in risky activities
- Engaging in violent or self-destructive behavior
- Increasing alcohol or drug use
- Withdrawing from friends or family

Ask
Directly and clearly ask the person is crisis if they are having thoughts of suicide. Do not be afraid to say the word suicide. Do not worry about planting the idea in the person’s mind. Suicide is a crisis of non-communication and despair; by asking about it you allow for communication to occur and provide hope.

Listen
Do not attempt to argue someone out of suicide. Rather, let the person know you care, that he/she is not alone, that suicidal feelings are temporary and that depression can be treated. Avoid the temptation to say, “You have so much to live for,” or “Your suicide will hurt your family.”

Refer
Be actively involved in encouraging the person to see a physician or mental health professional immediately. Help the person find a knowledgeable mental health professional or a reputable treatment facility, and take them to the treatment.
In Cases of an Acute Crisis
If a friend or loved one is threatening, talking about or making plans for suicide, these are signs of an acute crisis.

- Do not leave the person alone.
- Remove from the vicinity any firearms, drugs or sharp objects that could be used for suicide.
- Take the person to an emergency room or walk-in clinic at a psychiatric hospital.
- If a psychiatric facility is unavailable, go to your nearest hospital or clinic.
- If the above options are unavailable, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Follow-up on Treatment
Suicidal individuals are often hesitant to seek help and may need your continuing support to pursue treatment after an initial contact. If medication is prescribed, make sure your friend or loved one is taking it exactly as prescribed. Be aware of possible side effects and be sure to notify the physician if the person seems to be getting worse. Usually, alternative medications can be prescribed. Frequently the first medication doesn’t work. It can take time and persistence to find the right medication(s) and therapist for the individual person.

If you are worried about someone:
There is support and information available if you are worried about a loved one. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255) has trained counselors available 24 hours a day, 7 days a week to talk to you or your loved one. Here are additional links and resources:

National Suicide Prevention Lifeline
http://www.suicidepreventionlifeline.org/gethelp/someone.aspx

National Alliance on Mental Illness
http://www.nami.org/Find-Support/Family-Members-and-Caregivers

American Foundation for Suicide Prevention
https://afsp.org/find-support/worried-about-someone/

Information for this section was gathered from the American Foundation for Suicide Prevention, www.afsp.org.
The Steps of a Referral

Remember – a good referral is much more than passing along a name and telephone number. If you take the time to go through the steps of a referral, the person is more likely to follow through on getting help. Just a few extra minutes can make a big difference.

CONNECT
The first step is to link with the person, that is, to have contact with them. Whether it is over the phone, in person, or in writing, you first have to be in contact with someone before you can make a referral.

- **Spread the word** that you know what mental health services are available in our community.
- **Be available.** If people know how you can help and where you are, they are likely to turn to you when they are troubled.
- **At times, you will have to reach out** to the troubled person first. Keep your eyes open to the signs of trouble, and connect with the person in need when you are concerned about what you see.

LISTEN & SHARE
You need to listen actively to understand not only the problem to be solved, but also the person who has the problem.

- You can make the best referral when you know both the problem and the person. Even if someone asks only for the name and number of a specific referral, it is still wise to invite the person to talk more about the situation with you. You will likely be more helpful if you have some basic facts.
- How you listen and share depends a lot on who made the initial link. *If the person contacted you for a referral*, he or she already recognizes that there is a problem and wants your assistance in finding the right kind of help. You can help them to keep moving along the right track.

- On the other hand, *if you started the referral process*, you may be facing some special challenges at this point. For example, the person may be in denial, unwilling to admit that there is a problem. In such a situation, you need to share, without judging or condemning, exactly what you have observed in a calm, clear, and respectful way. Through this caring process, you may bring the person face-to-face with the problem.

PUSH For ACTION
Once there is a good understanding of the person and the problem, it is time to push for them to take action.

- **Usually, all a person needs is a gentle nudge in the right direction through simply talking about the types of help that are available.**
- **Discuss several referrals whenever possible to give the person a choice.**
- **Be specific and let the person know the who, what, when, where, and how of any referral.** The more someone knows what to expect, the easier it will be for them to take action in getting help.
CHECK  
The most common mistake in making referrals is the failure to check if the person followed through.

- Ask the person to let you know what happens, even if she or he is a stranger on the phone.
- Check back whenever possible if you have not heard from the person. It can be a powerful motivator for the person to take action.
- Checking gives you another opportunity to link, and provide them with an opportunity to discuss any problems they might have with the referral.

When You Need Professional Help:  
A Referral Handout

Getting Help
At some point in our lives we all run into problems that seem too big or persistent to handle alone. Yet our pride and our fears can often get in the way of asking for help. However, making the decision to find help is a sign of strength and courage. In fact, it can make the difference between feeling that things are spinning out of control and gaining new tools to turn life around in positive ways.

If you have decided that you need professional help, you have already taken that first big step towards a better life. The next step is choosing a helper or program. The right helper can make a big difference as you go through the personal and sometimes painful process of change. However, most people spend more time buying a car than picking a professional helper. In fact, they often take the first name they get. While it is true that the sooner you get help the better, in many situations you can take a little time to choose the right help for you.

Some Tips to Follow
The purpose of this handout is to help you to make a choice that's best for you. Here are a few tips to follow:

- See your primary care physician to rule out a medical cause of any problems. If your thyroid is "sluggish," for example, symptoms such as loss of appetite or fatigue could be mistaken for depression.

- Ask people you trust for suggestions. Check with a family physician, minister, school counselor, or friend, or relative.

- Therapy is a collaborative process, so finding the right match is important. It's OK to "shop around," so feel free to call several helpers before you decide. Keep in mind that you and this person will be working as a team, and that you are the best judge of how comfortable you feel with this person.
Find out about the helper’s training and experience with a particular problem. You can do this by asking the helper’s receptionist. Since different psychotherapies are tailored to meet specific needs, the best therapists will work with you to create a treatment program that works for you.

Money is one of the factors you will need to consider. If you have insurance, check your coverage. Be sure to find out what mental health professionals it covers and if there is a ceiling level. If you cannot afford the fees of a private provider, then call one of the public helping agencies.

Time is another consideration. Can you arrange to meet with the helper at a convenient time? How frequently will you be meeting? How long is the treatment likely to last?

When you call a helper, find out all you need to know before making your decision. Ask about fees, how payment is to be made, how insurance is dealt with, how canceled appointments are handled, or any other information important to you.

Remember—you are buying a service and have a right to ask questions. And don’t worry—professional helpers do not resent being asked these questions. They want you to make an informed decision about their services.

Once you have set up an appointment, be sure that you know practical details, such as how to find the office and where you can park. The more you know, the easier it will be to begin getting the help you need.

After you find someone, keep in mind that therapy is work and sometimes can be difficult. However, it can be rewarding and life-changing as well.

One last point—most people benefit from professional help, but even the best helpers will sometimes make a mistake. Usually when that happens, it’s best to talk about it and give your helper a chance to respond to your feelings. If the mistake is serious enough, you may decide to find another helper. If you have a complaint, you can call the Virginia Department of Health Regulatory Boards at their toll-free number: 1-800-533-1560.

Accessing and Paying for Mental Health Services

The following are resources with information about how to access and/or pay for mental health services.

- National Alliance for Mental Illness (NAMI)

- Mental Health America
  [http://www.mentalhealthamerica.net/paying-care](http://www.mentalhealthamerica.net/paying-care)

- The American Foundation for Suicide Prevention
  [https://afsp.org/find-support/find-mental-health-professional/](https://afsp.org/find-support/find-mental-health-professional/)

- With Help Comes Hope/National Suicide Prevention Lifeline