

2016 VIRGINIA SUICIDE PREVENTION RESOURCE DIRECTORY

4th Edition

VDH VIRGINIA
DEPARTMENT
OF HEALTH



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

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

Warm/ Support Lines

National Alliance on Mental Illness Warm line

800-950-NAMI (6264)

Mental Health America Virginia Warm line

Monday – Friday 9 am – 5 pm
1-866-400-MHAV (6428)

Virginia Crisis Centers

ACTS/Helpline*

P.O. Box 74
Dumfries, VA 22026
Hotline: 703-368-4141
<http://www.actspwc.org>

Concern Hotline

PO Box 2032
Winchester, VA 22604
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

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

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/>

Madison House

170 Rugby Road
Charlottesville, VA 22903
Serving University of Virginia Students
Phone: 434-295-TALK
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

***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

Veterans Services

Each Veteran's Affairs Medical Center in the state employs 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

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

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

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

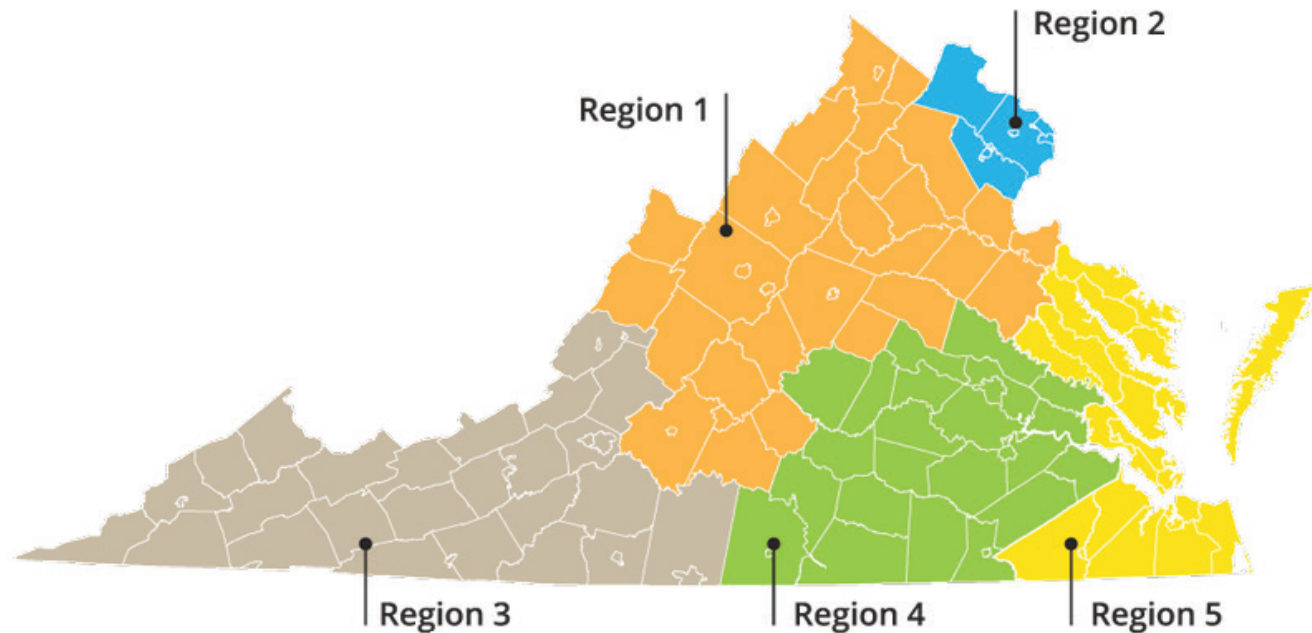
Virginia Suicide Prevention Coalition

Christy Letsom, Chair

cletsom@theplanningcouncil.org

757-622-1309

Regional



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
Gochland-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

<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

Internet Resources for Suicide Prevention - National

American Association of Suicidology

www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org

Jed Foundation

www.jedfoundation.org

LivingWorks Education

www.livingworks.net

Military One Source

www.militaryonesource.com

National Alliance for the Mentally Ill

www.nami.org

Nat. Org. of People of Color Against Suicide

www.nopcas.org

National Strategy for Suicide Prevention

www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

With Help Come Hope

<http://lifelineforattemptsurvivors.org>

Navy Suicide Prevention

www.suicide.navy.mil

QPR Institute

www.qprinstitute.com

Society for the Prevention of Teen Suicide

<http://www.sptsnj.org>

Suicide Prevention Resource Center

www.sprc.org

Yellow Ribbon Campaign

www.yellowribbon.org

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
www.dbhds.virginia.gov

Developmental Services

Virginia Department of Health

<http://www.vdh.virginia.gov/livewell/programs/suicide>

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

Community Services Boards/ Mental Health Centers

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
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>

Alleghany Highlands

City: Covington
County: Allegheny
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>

Arlington

County: Arlington
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>

Blue Ridge Behavioral Healthcare

Cities: Roanoke, Salem
Counties: Botetourt, Craig,
Roanoke
611 McDowell Avenue
Roanoke, VA 24016
Crisis: (540) 981-9351
Main: (540) 343-3007
Fax (540) 342-1029
<http://www.brhb.org>

Horizons Behavioral Health Services - Central Virginia

Cities: Bedford, Lynchburg
Counties: Amherst, Appomattox,
Bedford, Campbell
2235 Landover Place
Lynchburg, VA 24501
Crisis: (434) 522-8191
Main: (434) 477-5000
Fax: (434) 847-6091
<http://www.cvcsb.org>

Chesapeake Integrated Behavioral Healthcare

City: Chesapeake
224 Great Bridge Blvd.
Chesapeake, VA 23320
Crisis: (757) 548-7000
Main: (757) 547-9334
Fax: (757) 819-6326
<http://www.cityofchesapeake.net/page2085.aspx>

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>

Colonial Behavioral Health

Cities: Williamsburg, Poquoson
Counties: James City, York
1657 Merrimac Trail
Williamsburg, VA 23185
Crisis: (757) 220-3200
Main: (757) 253-4061
Fax: (757) 253-4118
<http://www.colonialcsb.org>

Crossroads Community Service Board

Counties: Amelia, Buckingham,
Charlotte, Cumberland,
Lunenburg, Nottoway, Prince
Edward
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>

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

(434) 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

Goochland

3058 River Road West

Goochland, VA. 23063

Crisis: (804) 556-3716

Main: (804) 556-5400

Fax: (804) 556-5403

<http://www.gpcsb.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.hnncsb.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.hrcsb.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>

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/mh-sads>

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

Gloucester Counseling Center:
COPE Crisis Hotline: (804) 693-
COPE (2673)

Main: (804) 693-5057

Toll Free: 1-800-639-9668

Fax: (804) 693-7407

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.mpnnscsb.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>

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>

Norfolk

City: Norfolk

225 West Olney Road

Norfolk, VA 23510

Crisis: (757) 664-7690

Main: (757) 823-1600

Fax: (757) 441-5546

<http://www.norfolk.gov/Index.aspx?NID=996>

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.nwscsb.com>

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>

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: Price 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.pwcgov.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>

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>

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.sscsb.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/>

Virginia Beach

City: Virginia Beach
Crisis: (757) 385-0888
Main: (757) 385-0871
Fax: (757) 671-8536
<https://www.vbgov.com/government/departments/human-services/Pages/mental-health-substance-abuse.aspx>

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>

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
<http://www.catawba.dbhds.virginia.gov>

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
Lynchburg, VA 24505-1098
<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

Northern Virginia Mental Health Institute (NVMHI)
(703) 207-7100
3302 Gallows Road
Falls Church, VA 22042-3398
<http://www.nvmhi.dbhds.virginia.gov>

Northern Virginia Training Center (NVTC)
(703) 323-4000
9901 Braddock Road
Fairfax, VA 22032-1941
<http://www.nvtc.dbhds.virginia.gov>

Piedmont Geriatric Hospital (PGH)
(434) 767-4401
P.O. Box 427 5001
E. Patrick Henry HWY.
Burkeville, VA 23922-0427
<http://www.pgh.dbhds.virginia.gov>

Southeastern Virginia Training Center (SEVTC)
(757) 424-8240
2100 Steppingstone Square
Chesapeake, VA 23320-2591
<http://www.sevtc.dbhds.virginia.gov>

Southern Virginia Mental Health Institute (SVMHI)
(434) 799-6220
382 Taylor Drive
Danville, VA 24541-4023
<http://www.svmhi.dbhds.virginia.gov>

Southwestern Virginia Training Center (SWVTC)
(276) 728-3121
P.O. Box 1328
160 Training Center Road
Hillsville, VA 24343-8408
<http://www.swvtc.dbhds.virginia.gov>

Southwestern Virginia Mental Health Institute (SWVMHI)
(276) 783-1200
340 Bagley Circle
Marion, VA 24354-3390
<http://www.swvmhi.dbhds.virginia.gov/swvmhi>

Virginia Center for Behavioral Rehabilitation (VCBR)
(434) 767-7800
P.O. Box 548
4901 E Patrick Henry Highway
Burkeville, VA 23922
<http://www.vcbr.dbhds.virginia.gov>

Western State Hospital (WSH)
(540) 332-8000
PO Box 2500
Staunton VA 24402-2500
103 Valley Center Drive
Staunton VA 24401
<http://www.wsh.dbhds.virginia.gov>

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>

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:

- o Threatening to hurt or kill oneself
- o Looking for ways to kill oneself (weapons, pills or other means)
- o Talking or writing about death, dying or suicide
- o Has made plans or preparations for a potentially serious attempt

Other warning signs can include:

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

Ask

Directly and clearly ask the person in 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.

- o Do not leave the person alone.
- o Remove from the vicinity any firearms, drugs or sharp objects that could be used for suicide.
- o Take the person to an emergency room or walk-in clinic at a psychiatric hospital.
- o If a psychiatric facility is unavailable, go to your nearest hospital or clinic.
- o 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.

- o **Spread the word** that you know what mental health services are available in our community.
- o **Be available.** If people know how you can help and where you are, they are likely to turn to you when they are troubled.
- o 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.

- o 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.
- o 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.
- o 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.

- o Usually, all a person needs is a gentle nudge in the right direction through simply talking about the types of help that are available.
- o Discuss several referrals whenever possible to give the person a choice.
- o 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.

- o Ask the person to let you know what happens, even if she or he is a stranger on the phone.
- o Check back whenever possible if you have not heard from the person. It can be a powerful motivator for the person to take action.
- o 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:

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

- o 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.
- o 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.
- o 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?
- o 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)
<http://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition>

Mental Health America
<http://www.mentalhealthamerica.net/paying-care>

The American Foundation for Suicide Prevention
<https://afsp.org/find-support/find-mental-health-professional/>

With Help Comes Hope/National Suicide Prevention Lifeline
<http://lifelineforattemptsurvivors.org/>