Dear Stakeholders,

The Virginia Department of Health’s Suicide Prevention Program and the Virginia Department of Behavioral Health and Developmental Services are pleased to present the 5th edition of the Virginia Suicide Prevention Resource Directory, updated for 2020. 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 Alisha Anthony at 804-864-7868 or Alisha.Anthony@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,

Alisha Anthony
Alisha Anthony
Community Systems 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

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

Warm/Support Lines

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

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)

Military and Veterans Crisis Line
1-800-273-8255, press 1
text to 838255 confidential chat at
VeteransCrisisLine.net
https://www.militaryonesource.mil/

Virginia Crisis Centers

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

Concern Hotline
301 North Cameron Street,
Suite 201
Winchester, VA 22601
http://www.concernhotline.org

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)
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@listentline.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 CONNECT to 8551
https://prsinc.org/crisislink/

Madison House
170 Rugby Road
Charlottesville, VA 22903
Serving University of Virginia Students
Phone: 434-295-TALK
www.madisonhouse.org/home

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:
    - Julia Fuller-Wilson, Critical Response Coordinator
    - During office hours: (804) 371-0386
    - After hours: (804) 840-4276
  
    Kristina Vadas, Manager Victim Services
    - During Office Hours (804) 786-7802
    - After Hours: (804) 921-6933
  
  - CICF: (804-205-3531
    - Kassandra (Kay) Bullock, Director
    - During Office Hours: (804) 205-3531
    - After hours: 804-366-2954
  
    Leigh Snellings, Assistant Director
    - During Office Hours: (804) 205-3531
    - After Hours (804) 212-4232
  
    Cathy Day, Training and Outreach Coordinator
    - During Office Hours: (804) 205-3531
    - After Hours (804) 840-4802

- **Online:**
  - [www.dcjs.virginia.gov](http://www.dcjs.virginia.gov)
  - [www.cicf.state.va.us/](http://www.cicf.state.va.us/)
Military, Service Members, Veterans and their Families

For immediate assistance:

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.
Department of Veterans Affairs Suicide Prevention Coordinator Points of Contact, by region:

<table>
<thead>
<tr>
<th>Medical Center</th>
<th>Name</th>
<th>Phone</th>
<th>Ext.</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richmond VA Medical Center</td>
<td>Laura Pond</td>
<td>(804) 675-5000 ext. 4554</td>
<td></td>
<td><a href="mailto:Laura.Pond@va.gov">Laura.Pond@va.gov</a></td>
</tr>
<tr>
<td>Salem VA Medical Center</td>
<td>Alicia Dudley</td>
<td>(540) 982-2463 ext. 2436</td>
<td></td>
<td><a href="mailto:Alicia.Dudley@va.gov">Alicia.Dudley@va.gov</a></td>
</tr>
<tr>
<td>Washington VA Medical Center</td>
<td>Valerie Ajuonuma</td>
<td>(202) 745-8000 ext. 54999</td>
<td></td>
<td><a href="mailto:Valerie.Ajuonuma@va.gov">Valerie.Ajuonuma@va.gov</a></td>
</tr>
<tr>
<td>Hampton VA Medical Center</td>
<td>Susan Lawver</td>
<td>(757) 722-9961 ext. 3355</td>
<td></td>
<td><a href="mailto:Susan.Lawver@va.gov">Susan.Lawver@va.gov</a></td>
</tr>
<tr>
<td>Mountain Home VA Medical Center</td>
<td>Laura Rasnake</td>
<td>(423) 926-1171 ext. 7703</td>
<td></td>
<td><a href="mailto:Laura.Rasnake@va.gov">Laura.Rasnake@va.gov</a></td>
</tr>
<tr>
<td>Martinsburg VA Medical Center</td>
<td>Jill Finkle</td>
<td>(304) 263-0811 ext. 3624</td>
<td></td>
<td><a href="mailto:Jill.Finkle@va.gov">Jill.Finkle@va.gov</a></td>
</tr>
</tbody>
</table>
Regional Suicide Prevention Initiative

The Department of Behavioral Health and Developmental Services (DBHDS) supports regional suicide prevention initiatives across the Commonwealth of Virginia. These initiatives 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 and other suicide prevention strategies. This initiative resulted in the establishment of six regional suicide prevention coalitions comprised of diverse stakeholders that align with the Community Service Board (CSB) service areas. For more information on the regional initiative, please contact the individual groups.
Regional Suicide Prevention Initiative

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: Linh Nghe, (703) 383-8451, (Arlington Prevention Director)
Fairfax-Falls Church Community Service Board Participating Localities/CSBs: Alexandria Arlington
Fairfax-Falls Church
Loudoun County
Prince William County

Region 3 East
Main Contact: Regina Clark (540) 420-0745,
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: Ava Lawerence, (757) 385-3200, 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
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

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

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
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
City: 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.brbh.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.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/

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

Dickenson County  
*County: Dickerson*  
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

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.hnnnssb.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.highlandscsbg.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 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

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.nwcsb.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
<table>
<thead>
<tr>
<th>Planning District One</th>
<th>Rappahannock Area</th>
<th>Richmond Behavioral Health</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>City:</strong> Norton</td>
<td><strong>City:</strong> Fredericksburg</td>
<td><strong>City:</strong> Richmond</td>
</tr>
<tr>
<td><strong>Counties:</strong> Lee, Scott, Wise</td>
<td><strong>Counties:</strong> Caroline, King George, Spotsylvania, Stafford</td>
<td>107 South 5th Street, Richmond, VA 23219</td>
</tr>
<tr>
<td>1941 Park Avenue, S.W.</td>
<td><strong>Emergency,</strong>: Fredericksburg, Spotsylvania County &amp; Stafford County:</td>
<td>Crisis: (804) 819-4100</td>
</tr>
<tr>
<td>P.O. Box 1130</td>
<td>(540) 373-6876</td>
<td>TDD: (804) 819-4145</td>
</tr>
<tr>
<td>Norton, VA 24273</td>
<td><strong>Caroline County:</strong></td>
<td>Main: (804) 819-4000</td>
</tr>
<tr>
<td>Crisis:</td>
<td>(540) 633-4148</td>
<td>Fax: (804) 819-4263</td>
</tr>
<tr>
<td>Lee County: 276-346-3590</td>
<td><strong>King George County:</strong></td>
<td><strong><a href="http://www.rbha.org">http://www.rbha.org</a></strong></td>
</tr>
<tr>
<td>Scott County: 276-225-0976</td>
<td>(540) 373-3223</td>
<td></td>
</tr>
<tr>
<td>Wise County/City of Norton:</td>
<td>Fax: (540) 371-3753</td>
<td></td>
</tr>
<tr>
<td>276-523-8300</td>
<td><strong>Rappahannock-Rapidan:</strong></td>
<td></td>
</tr>
<tr>
<td>Main: (276) 679-5751</td>
<td><strong>Counties:</strong> Culpeper, Fauquier, Madison, Orange, Rappahannock</td>
<td></td>
</tr>
<tr>
<td>Fax: (276) 523-6964</td>
<td><strong>P.O. Box 1568</strong></td>
<td><strong><a href="http://www.racsb.org">http://www.racsb.org</a></strong></td>
</tr>
<tr>
<td><a href="http://www.pd1bhs.org/">http://www.pd1bhs.org/</a></td>
<td>Culpeper, VA 22701</td>
<td></td>
</tr>
<tr>
<td>Portsmouth Department of Behavioral Healthcare Services</td>
<td>Crisis:</td>
<td>Richmond Behavioral Health</td>
</tr>
<tr>
<td><strong>City:</strong> Portsmouth</td>
<td><strong>Culpeper:</strong></td>
<td><strong><a href="http://www.sscsb.org">http://www.sscsb.org</a></strong></td>
</tr>
<tr>
<td>1811 King Street</td>
<td>(540) 825-5656</td>
<td></td>
</tr>
<tr>
<td>Portsmouth, VA 23704</td>
<td><strong>Fauquier:</strong></td>
<td></td>
</tr>
<tr>
<td>Crisis: (757) 393-8990</td>
<td>(540) 347-7620</td>
<td></td>
</tr>
<tr>
<td>Main: (757) 393-8618</td>
<td><strong>Madison:</strong></td>
<td></td>
</tr>
<tr>
<td>Fax: (757) 393-5184</td>
<td>(540) 948-5911</td>
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<td>Rappahannock:</td>
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<td>Prince William County</td>
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<td><strong>Cities:</strong> Manassas, Manassas Park</td>
<td>(540) 675-3329</td>
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<td><strong>County:</strong> Price William</td>
<td>Main: (540) 825-3100</td>
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<td>8033 Ashton Avenue</td>
<td>Fax: (540) 825-6245</td>
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<td>Suite 103</td>
<td><a href="http://www.rrcsb.org">http://www.rrcsb.org</a></td>
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<td>Manassas, VA 20109</td>
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<td>Services and Emergency, Manassas: 703-792-7800</td>
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<td>Woodbridge 703-792-4900</td>
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<td>Fax: (703) 792-7817</td>
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<td>Lexington, VA 24450</td>
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<td>Crisis: (540) 463-3141</td>
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<td>Bath County Crisis:</td>
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<td>(540) 839-3162</td>
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<td>Behavioral Health Crisis Hotline: 1-855-222-2046</td>
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<td><strong>Counties:</strong> Culpeper, Fauquier, Madison, Orange, Rappahannock</td>
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<td><strong>P.O. Box 1568</strong></td>
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<td>Culpeper: (540) 825-5656</td>
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<td>Fauquier: (540) 347-7620</td>
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<td>Madison: (540) 948-5911</td>
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<td><strong>City:</strong> Charlottesville</td>
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<td><strong>Counties:</strong> Albemarle, Fluvanna, Greene, Louisa, Nelson</td>
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<td>502 Old Lynchburg Road</td>
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<td>Charlottesville, VA 22903</td>
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<td>Crisis:</td>
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<td>Toll Free: 866-694-1605</td>
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<td>Main: (434) 972-1800</td>
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<td>Fax: (434) 984-1297</td>
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<td><a href="http://www.regionten.org">http://www.regionten.org</a></td>
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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  

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

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

**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

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

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

**Virginia Center for Behavioral Rehabilitation (VCBR)**
(434) 767-7800
P.O. Box 548
4901 E Patrick Henry Highway
Burkeville, VA 23922

**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

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**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:
- 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 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/

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.
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/

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