



COVID-19: Community Mental Health Resources

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people for a number of different reasons. It is completely normal to have some fear and anxiety about the disease. Additionally, this period of change and uncertainty can be alarming and unsettling. These strong emotions can get the best of us, and during this time, it is important to know effective coping skills so that these stressful times do not implode on our health.

Effective Coping Strategies

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body: exercise, drink plenty of water, get a full night's rest, eat well-balanced healthy meals, take deep breaths, stretch, and mediate.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Utilize technology to stay social, even while we are social distancing.

Helpful Resources

- [Mental Health and Coping During COVID-19](#)
- [Virginia Department of Behavioral Health & Developmental Services COVID-19: Resources for Healthcare Providers and Front Line Personnel](#)
- Suicide hotline: 800-273-TALK
- Substance abuse hotline: 800-662-HELP
- Virginia 211
 - Offers free confidential referral and information on health services, financial assistance, housing, senior services, child care and more
- RACSB 24-hour emergency mental health services: (540) 373-6876
 - [RACSB](#)
 - The RACSB Spotsy office is able to offer virtual intake sessions and therapy appointments: 540-582-3980
- Disaster Distress Hotline
 - A free, national hotline providing 24/7, 365- day-a-year crisis counseling and support to people experiencing emotional distress related to disasters (including

infectious disease outbreak). For English speakers, call 1-800-846-8517 or text TalkWithUs to 66746. For Spanish speakers, call 1-800-985-5990 and press "2."

- Mental Health America of Fredericksburg
 - [MHAFred](#)
 - (540) 371-2704
 - Free, confidential referral and information on mental health practitioners, treatment services, community resources and educational literature
 - Offer Senior Visit: The program matches socially isolated senior citizens with trained volunteers who provide weekly, home-based visits.
 - Support Groups – Free non-therapeutic, professionally facilitated groups
- Mental Health America of Virginia Warm Line
 - [MHAV](#)
 - 886-400-6428
 - Peer-run support service for mental health resources.
- National Alliance on Mental Illness- Rappahannock
 - [NAMI](#)
 - 540-479-3044
 - Offers free education programs and support groups for family members and individuals with mental illness.
- Virginia Veteran and Family Support
 - [Virginia Veteran Services](#)
 - 540-840-3003
 - VVFS provides peer and family support and care coordination services to Virginia veterans and their families with a special emphasis on those affected by stress related conditions or traumatic brain injuries resulting from military service.
- Caroline Family Practice
 - [Caroline Family Practice](#)
 - 804-632-1030
 - Staff includes a MD and clinical psychologist; dental, health and counseling services.
- Compass Counseling Services
 - [Compass NOVA](#)
 - 540-339-3640
 - Intensive in-home, therapeutic day treatment, Mental Health support services, Autism behavioral support, outpatient services, psychological testing, play therapy.
- Dominion Day Services
 - [Dominion Youth Services](#)
 - 540-371-8750
 - Mental Health support services.
- Family Preservation Services (Pathways)
 - [Pathways](#)
 - 540-710-5810
 - Intensive in-home, therapeutic day treatment, Mental Health support services.
- Fredericksburg Counseling Services
 - [FCS](#)

- 540-373-2320
- Mental Health clinic provides counseling for uninsured, low-income individuals and families.
- Lloyd F. Moss Free Clinic
 - [Moss Free Clinic](#)
 - 540-741-1061
 - Psychiatric evaluation with medication management and therapy support for persons eligible for services at the Moss Free Clinic.
- Mary Washington Healthcare: Snowden at Fredericksburg
 - [Snowden](#)
 - 540-741-3900 or 800-362-5005
 - Free assessments and referrals; intensive outpatient treatment for adults with substance abuse; Mental Health day treatment for adolescents and adults; inpatient services.
- National Counseling Group
 - [NCGCommunity](#)
 - 540-446-0007
 - Outpatient, intensive in-home, Mental Health support, therapeutic day treatment, co-parenting, Mental Health and substance abuse outpatient, substance abuse education, in-home counseling, psychological evaluations, parenting competency evaluations, drug testing.
- Virginia Community Response Network
 - Visit [VCRN](#) to request assistance or make a referral
 - 1 to 5 free sessions via telehealth services
 - Available to any medical personnel, first responder, or affected spouses and significant others
- DHRM Employee Assistance Program
 - [EAP](#)
 - State employees and all household members (not limited to dependents) are eligible for up to four counseling sessions at no charge.