

RAHD RESOURCE GUIDE

General Information & Helplines

Child/Adult Abuse/Neglect	800-552-7096
Domestic Violence Helpline	540-373-9373
Fire/Police/Rescue (Emergency)	911
Sexual Assault Hotline	540-371-1666
Suicide and Crisis Lifeline	988
2-1-1 Virginia	211

Abuse/Violence

Adult Protective Services	Call local DSS
Victim Witness Assistance	Call local #
• Caroline	804-633-8037
• Fredericksburg City	540-372-1038
• Spotsylvania	540-507-7650
• Stafford	540-658-4301

Childcare

The Child Care Network	540-940-6286
Healthy Families	540-374-3366

Counseling

Catholic Charities	540-371-1124
Mental Health America Fredericksburg	540-371-2704
Rappahannock Area Community Services Board	Call local office
Snowden at Fredericksburg	540-741-3900
Spotsylvania Regional Behavioral Health	540-498-4344

Criminal Justice Reform

Failsafe ERA	540-479-3021
Family Engagement Services	540-681-2454

Dental Services

VCU School of Dentistry	804-828-9190
Spotsylvania Career & Technical Center	Request "Free Dental Care" at germanna.edu/ programs/dental

Department of Health (RAHD)

Caroline	804-633-5465
Fredericksburg City	540-899-4142
King George	540-775-3111
Spotsylvania	540-507-7400
Stafford	540-659-3101

Department of Social Services (DSS)

Caroline	804-633-5071
Fredericksburg City	540-372-1032
King George	540-775-3544
Spotsylvania	540-507-7898
Stafford	540-658-8720

Disability Services - Developmental

Rappahannock Area Community Services Board	Call local office
VCU Developmental Pediatrics	888-628-4240

Disability Services - Physical

disAbility Resource Center	540-373-2559
Department of Aging and Rehabilitative Services	540-899-4161

Disaster Services

Fire/Police/Rescue (Emergency)	911
American Red Cross – Rapp. Area	540-735-0500

Employment

Department of Rehabilitative Services	540-899-4161
Germanna Adult Career Center	540-834-1941
Rapp. Goodwill Industries	540-371-3070
Virginia Employment Commission	540-322-5768

Eye Exam/Glasses/Hearing Aids

Spotsylvania Lions Club	540-898-5656
VA Dept. for the Deaf/Hard of Hearing	800-552-7917

Family Planning Services

Health Department	Call local office
Planned Parenthood	804-355-4358

Financial Assistance

2-1-1 Virginia	211
The Salvation Army	540-373-3431
SERVE (Stafford Only)	540-288-9603

Financial Counseling and Education

Central Virginia Housing	540-604-9943
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Food	
SNAP	Call local DSS
FXBG Food Finder	fxbgfoodfinder.com
Fredericksburg Regional Food Bank (Pantry and SNAP)	540-371-7666
St. George's - Community Dinner – Mondays at 5-6PM - The Table (Market) – Tuesdays at 12-1PM	905 Princess Anne St., Fredericksburg, VA 22401
Micah (Sunday-Saturday Meals)	540-479-4116

Health/Medical Care	
Central Virginia Health Services - Caroline - Fredericksburg	Call local # 804-632-1030 540-735-0560
Fredericksburg Christian Health Center	540-785-8500
Living Water Community Clinic (Spotsylvania Residents)	540-854-5922
Massaponax Community Clinic	540-370-4468
Mosaic Care Center	540-993-4473
VCU Medical	804-828-9000
Northern Neck Free Health Clinic	804-435-0575
Caroline Christian Health Clinic	804-448-0198
Department of Health	Call local #
Mary Washington Discount Program	540-741-1041
SingleCare Prescription Discounts	844-234-3057
FAMIS/Medicaid	Call local office
FXBG VA Health Care Center	540-707-7074

Housing	
Regional Continuum of Care	540-358-5801
Central Virginia Housing	540-604-9943
Micah Ecumenical Ministries	540-358-5801
Central Rapp. Habitat	804-633-1000

Insurance	
Enroll VA and Healthcare Navigator VA Medical Plans	888-392-5132

Legal Assistance	
Legal Aid Works	540-371-1105

Mental Health	
Mental Health America	540-371-2704
RACSB & 24-Hour Emergency Services - FXBG/Stafford/Spotsylvania - Caroline - King George	Call local # 540-373-6876 804-633-4148 540-775-5064
National Alliance on Mental Illness	NAMIrapp.org
Fredericksburg Christian Health Center	540-785-8500

Pregnancy Services	
Birthright of Fredericksburg	540-898-8558
Choices Women's Center	540-370-1800
Healthy Families	540-374-3366

Rappahannock Area Community Services Board (RACSB)	
Caroline	804-633-9997
Fredericksburg City	540-373-3223
King George	540-775-9879
Spotsylvania	540-582-3980
Stafford	540-659-2725

Senior Services	
Healthy Generations Area Agency on Aging	540-371-3375

Transportation Services	
FXBGO! Regional Transit	540-372-1222
LifeCare Medical Transportation	540-752-7721
Modivcare Medicaid Transportation	866-386-8331
Healthy Generations Mobility Options	540-656-2985

Utility Assistance	
Department of Social Services	Call local DSS
The Salvation Army	540-373-3431
Spotsylvania Emergency Concerns Association	540-582-2465
Catholic Charities of the Diocese of Arlington	703-841-3830

If you need help navigating these resources, or if your need is not listed here, please use the QR code to submit a UniteUs request. A specialist will be in contact shortly.

