

C ompassionate

O ptimistic

P erson-Centered

E mpowering

S upport

For all
Virgininians
having
difficulty
coping with
COVID-19

Virginia COPES

You don't have to go it alone.

(877) 349-6428

Mon-Fri 9am - 9pm

Sat-Sun 5pm-9pm

Toll-free. No-cost. Anonymous.



Virginia Department of
Behavioral Health &
Developmental Services

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