Virginia
Suicide Prevention
Resources Directory
2009, 1st Edition
Dear Stakeholders,

The Virginia Department of Health’s Suicide Prevention Program and the Virginia Suicide Prevention Coalition are pleased to present the Virginia Suicide Prevention Resource Directory, the first statewide publication of its kind in Virginia. 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 Christina Sloan at 804-864-7736 or Christina.Sloan@vdh.virginia.gov.

The Virginia Department of Health, Suicide Prevention Program offers suicide prevention materials and evidence-based/best practice programs and training free of charge to communities all across Virginia. For more information or to request materials or trainings please visit our website, www.preventsuicideVA.org.

Copies of this document are available for download through the Youth Suicide Prevention Program's website, www.preventsuicideVA.org.

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,

Christina Sloan
Suicide Prevention Manager
Division of Injury and Violence Prevention
Virginia Department of Health

Christy Letsom
Chairperson
Virginia Suicide Prevention Coalition
# Table of Contents

Crisis Hotlines .................................................................................................................................................................................. 4
  Teen/Youth Hotlines ........................................................................................................................................................................... 6
Crisis Response Team ........................................................................................................................................................................... 6
Coalitions ............................................................................................................................................................................................. 7
Survivors of Suicide Loss Support Groups/Services/Meetings ................................................................................................................. 10
Internet Resources/National .................................................................................................................................................................. 14
Internet Resources/State and Local ..................................................................................................................................................... 15
Local Suicide Prevention Sites ............................................................................................................................................................. 16
Community Services Boards/Mental Health Centers ......................................................................................................................... 18
Statewide Mental Health Facilities ..................................................................................................................................................... 28
About Suicide ....................................................................................................................................................................................... 31
The Step of a Referral ......................................................................................................................................................................... 33
When You Need Professional Help: A Referral Handout .................................................................................................................. 35
How to Play for Mental Health Services ......................................................................................................................................... 37
CRISIS HOTLINES

National
The National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1
Spanish: Press 2

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

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

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
concern@visuallink.com
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

Crisis Line of Central Virginia
P.O Box 3074
Lynchburg, VA 24503
Crisis Line: 434-947-HELP (4357)
Suicide: 800-273-TALK (8255)
Teen Talk: 434-947-7277
ChatterLine: 434-947-KIDS (5437)
Sexual Assault Response Program: 434-947-RAPE (7273)
www.crisislineofcentralvirginia.org

The Crisis Line of Norfolk
P.O. Box 3278
Norfolk, VA 23514
Hotline: 800-273-TALK (8255)
www.preventsuicidetpc.org

CrisisLink
2503 D N. Harrison St.
PMB #114
Arlington, VA 22207
Hotline: 703-527-4077
www.crisislink.org

Madison House
170 Rugby Road
Charlottesville, VA 22903
Phone: 434-977-7051
Fax: 434-977-7339
www.madisonhouse.org

The Raft Crisis Hotline
700 University City Boulevard
Blacksburg, VA 24068
Hotline: 540-961-8400
www.nrvcs.org
YOUTH/TEEN HOTLINES

ACTS/ Helpline (Dumfries, Manassas, Manassas Park)
   Teenline: 703-368-4141

Crisis Line of Central Virginia
   Teen Talk: 434-947-7277
   Chatterline: 434-947-KIDS (5437)

CRISIS RESPONSE TEAM

CrisisLink’s Crisis Response Team is trained in an internationally recognized crisis response model by the National Organization for Victim Assistance to offer immediate assistance to the Greater Washington, DC community in the event of natural and manmade disasters, including acts of terrorism, transportation and industrial accidents, suicide and homicide.

When a dramatic event occurs, the immediate goal of crisis response is to reclaim a sense of safety and security. The Crisis Response Team helps victims through the process of restoring order to a chaotic situation and gives them the information and resources needed to continue with the healing process.

CrisisLink
2503D N. Harrison Street, #114
Arlington, VA 22207
(703) 527-6603
www.crisislink.org
COALITIONS

State and local coalitions build opportunities to continue to help educate the public in suicide prevention and intervention. They are typically comprised of all types of stakeholders. 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

CENTRAL REGION
FACES
Family Advocacy Creating Education and Services
11601 Lucks Lane
Midlothian, VA 23114
804-378-0035 (phone)
804-378-0052 (fax)
facesorg1@comcast.net
www.FACESVA.org

EASTERN REGION
I Need A Lighthouse Foundation
Chairperson: Kathleen Wakefield
2600 Barrett Street
Virginia Beach, VA 23452
757-496-9775
wakefield1@cox.net
www.ineedalighthousefoundation.org

NORTHWESTERN
CADRE of Fauquier
Warrenton, Virginia
Chairperson: Doug Harpole
Director: Tom Harris
fcadre@mindspring.com
Fauquier Mental Health Advisory Coalition  
Warrenton, Virginia  
Chairperson: Mary Schlegel  
mhafc1@gmail.com

Healthy Culpeper Prevention Coalition  
Culpeper, Virginia  
Chairperson: Alan Rasmussen  
arasmussen@rrcsb.org

Madison County Prevention Coalition  
Madison, Virginia  
Chairperson: Alan Rasmussen  
arasmussen@rrcsb.org

Orange County Interagency Council  
Orange, Virginia  
Chairperson: Alan Rasmussen  
arasmussen@rrcsb.org

Rappahannock County Prevention Coalition  
Washington, Virginia  
Chairperson: Alan Rasmussen  
arasmussen@rrcsb.org

**SOUTHWESTERN REGION**  
Danville and Pittsylvania County  
SEAS – Suicide Education Awareness and Support  
Contact: Camilla McCoy, Chair  
Hughes Center for Exceptional Children  
1601 Franklin Turnpike  
Danville, Virginia 24540  
434-836-8500.

Lee County Suicide Prevention Coalition  
4th Thursday of each month @ 2:00pm  
Lee County Behavioral Health Services  
PO Box 740 Hwy 58  
Jonesville, VA 24263
Lenowisco Suicide Prevention Coalition
Regional Meeting
Bill and Phyllis Russell
bprussell@verizon.net
276-436-1641
Every four months – 2\textsuperscript{nd} Monday @ 10:00am
Wise County Developmental Services
3169 2\textsuperscript{nd} Avenue East
Big Stone Gap, VA 24219
276-523-8300

Lynchburg
Suicide Prevention Coalition
Contact: Amy Hart, Suicide Prevention Coordinator
Crisis Line of Central Virginia
P.O. Box 3074
Lynchburg, VA 24503
434.947.5921
Website: [www.suicidepreventioncoalition.org](http://www.suicidepreventioncoalition.org)

Scott County Suicide Prevention Coalition
1\textsuperscript{st} Thursday of each month @ 3:30pm
Addington Hall
1431 Duff Patt Highway
Duffield, VA 24244
276-431-4370

Wise County Suicide Prevention Coalition
2\textsuperscript{nd} Thursday of each month @ 10:00am
UVA Wise Baptist Student Center
One College Avenue
Wise, VA 24293
276-523-8300
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. You should contact the meeting in your area for the most up-to-date information.

**Annandale**
Survivors of Suicide
Haven of Northern Virginia
4606 Ravensworth Rd.
Annandale, VA 22003
Contact Person: Call Office between 9:30am-2:30pm
703-941-7000
Closed Group: 6 week session (call for details)
Website: www.havenofnova.org

**Arlington**
Support for Suicide Loss
Contact Person: Mary Azoy
703-516-5771
marya@crisislink.org
Support for Adults. Meets the 2nd and 4th Mondays of the month from 7-8:30 PM in North Arlington. Prospective group members need to meet individually with facilitator before attending a meeting.

**Charlottesville**
Survivors of Suicide
Church of the Incarnation
767 Exton Court
Charlottesville, VA 22901
Contact Person: Margie Howell
434-974-9314
MashRN@aol.com
Meetings per Month: One - 1st Thursday, 7 p.m.
Counties Served: Albemarle and surrounding counties; call for directions

**Dumfries**
Survivors of Suicide
ACTS Helpline
P.O. Box 74
Dumfries, VA 22026
Contact Person: Victoria L. Graham
703-368-4141
Meetings per Month: Two

**Harrisonburg / Rockingham County**
Grief Support
RMH Center for Behavioral Health
235 Cantrell Avenue
Harrisonburg, VA 22801
Contact Person: Nancy J Shomo, BSW
Coordinator, Grief and Loss Services
540-433-4427
1-877-294-5731
Meetings per Month: Please call

**Hopewell**
Healing After Suicide
John Randolph Medical Center
411 West Randolph Road
Hopewell, VA 23860
Contact Person: Mary Douglas Krout
804-541-7787
mkrou@Firstsaga.com
Meetings per Month: Two - First and Third Wednesday, 7 p.m.

**Lynchburg**
Healing After Suicide
Mental Health Association of Central Virginia
1010 Miller Park Square
Lynchburg, VA 24502
Support Group
Contact Person: Vicki Sandifer
434-847-9055
Meetings per Month: Please call
Website: [www.mhacv.org](http://www.mhacv.org)

Kids' Haven: A Center for Grieving Children
P. O. Box 3508, Lynchburg VA 24503
434-845-4072
After hours phone contact number on answering machine
Specialty/Interest: group peer support for children, ages 3-18, who are grieving a death
Group Support gatherings held twice monthly
Office hours: 9-noon, Monday-Friday
Intake: by phone
Newport News
Healing After Suicide
Catholic Charities
12829 Jefferson Ave, Suite 101
Newport News, VA 23608
Contact Person: Tom Crossman
(757) 875-0060
Meetings per Month: One - Third Tuesdays, 7 p.m.

Pennington Gap
Healing After Suicide
Lee Regional Medical Center
1800 W. Morgan Ave.
Pennington Gap, VA 24263
Contact Person: Bill & Phyllis Russell
276-346-1641
Meetings per Month: Two - First and Third Mondays at 6 p.m.

Portsmouth
Name of Group: Healing After Suicide
St. Andrews Lutheran Church
4811 High Street, West
Portsmouth, VA 23707
Contact Person: Christine Gilchrist
757-483-5111 or 757-518-1818
Meetings per Month: One - Third Wednesday

Richmond
Suicide Survivor Group
Sandston Library
23 E. Williamsburg Rd.
Sandston, VA (close to Richmond International Airport)
Contact/facilitator: Karen R. Gill
804-909-0123
kgill@nelsenfh.com
Meetings: Fourth Thursday, 6 p.m.

Springfield
Survivors of Suicide
Fairfax/Falls Church Community Services Board
Springfield, VA
Contact Person: Annemarie Bezold, L.C.S.W.
703-866-2119
Annemarie.Bezold@fairfaxcounty.gov
Meetings per Month: One - Third Monday of each month, from 7p.m.

**Staunton**
Suicide Survivors Support Group
Rockbridge Area Hospice
315 Myers Street
Staunton, Va. 24450
Contact Person: Vickie L. Kave, L.C.S.W
540-463-1848
vk@rockbridgeareahospice.org
Meetings per Month: One - Third Wed. 5:30p.m.

**Staunton/Waynesboro**
Survivors of Suicide
Christ Lutheran Church
2807 N. Augusta St.
Staunton, VA 24401
Contact Person: Dr. Cynthia Long Lasher
(540) 383-2902
clonglasher@lfsva.org
Meetings per Month: Second & Fourth Tuesdays from 7:30p.m.
Website: [www.griefvirginia.org](http://www.griefvirginia.org)

**Winchester**
Name of Group: Survivors of Suicide Loss
Contact Person: Pat Brown
540-667-5676
upndown66@yahoo.com
Meetings per Month: First Thursday, 6:30p.m.
# Internet Resources for Suicide Prevention

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
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<tbody>
<tr>
<td>American Association of Suicidology</td>
<td><a href="http://www.suicidology.org">www.suicidology.org</a></td>
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<tr>
<td>American Foundation for Suicide Prevention</td>
<td><a href="http://www.afsp.org">www.afsp.org</a></td>
</tr>
<tr>
<td>Central Florida Police Stress Unit</td>
<td><a href="http://www.policestress.org">www.policestress.org</a></td>
</tr>
<tr>
<td>Jed Foundation</td>
<td><a href="http://www.jedfoundation.org">www.jedfoundation.org</a></td>
</tr>
<tr>
<td>LivingWorks Education</td>
<td><a href="http://www.livingworks.net">www.livingworks.net</a></td>
</tr>
<tr>
<td>Military One Source</td>
<td><a href="http://www.militaryonesource.com">www.militaryonesource.com</a></td>
</tr>
<tr>
<td>National Alliance for the Mentally Ill</td>
<td><a href="http://www.nami.org">www.nami.org</a></td>
</tr>
<tr>
<td>Nat. Org. of People of Color Against Suicide</td>
<td><a href="http://www.nopcas.org">www.nopcas.org</a></td>
</tr>
<tr>
<td>National P.O.L.I.C.E. Suicide Foundation</td>
<td><a href="http://www.psf.org">www.psf.org</a></td>
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<tr>
<td>National Suicide Prevention Lifeline</td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>Navy Suicide Prevention</td>
<td><a href="http://www.suicide.navy.mil">www.suicide.navy.mil</a></td>
</tr>
<tr>
<td>QPR Institute</td>
<td><a href="http://www.qprinstitute.com">www.qprinstitute.com</a></td>
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<tr>
<td>Society for the Prevention of Teen Suicide</td>
<td><a href="http://www.sptsnj.org">http://www.sptsnj.org</a></td>
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<tr>
<td>Suicide Prevention Resource Center</td>
<td><a href="http://www.sprc.org">www.sprc.org</a></td>
</tr>
<tr>
<td>Yellow Ribbon Campaign</td>
<td><a href="http://www.yellowribbon.org">www.yellowribbon.org</a></td>
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</tbody>
</table>
# Internet Resources for Suicide Prevention State/Local

211 Virginia  
[www.211virginia.org](http://www.211virginia.org)

ACTS/Helpline  
[www.actspwc.org](http://www.actspwc.org)

The Campus Suicide Prevention Center of Virginia  
[www.CampusSuicidePreventionVA.org](http://www.CampusSuicidePreventionVA.org)

Concern Hotline  
[www.concernhotline.com](http://www.concernhotline.com)

The Crisis Center  
[www.crisiscenterinc.org](http://www.crisiscenterinc.org)

The Crisis Line of Central Virginia  
[www.crisislineofcentralvirginia.org](http://www.crisislineofcentralvirginia.org)

The Crisis Line of The Planning Council  
[www.preventsuicidetpc.org](http://www.preventsuicidetpc.org)

Hampton Road Survivors of Suicide  
[www.sos-walk.org](http://www.sos-walk.org)

Madison House  
[www.madisonhouse.org](http://www.madisonhouse.org)

The Raft Crisis Hotline  
[www.nrvcs.org](http://www.nrvcs.org)

Virginia Department of Behavioral Health and Developmental Services  

Virginia Department of Health/Suicide Prevention  
[www.preventsuicideva.org](http://www.preventsuicideva.org)

Virginia Department of Health/Violence Prevention  
[www.preventviolenceva.org](http://www.preventviolenceva.org)

Virginia Suicide Prevention Coalition  
[http://vaspc.blogspot.com](http://http://vaspc.blogspot.com)
LOCAL SUICIDE PREVENTION SITES

The Division of Injury and Violence Prevention supports community based prevention planning through partnerships with four sites across the state. For information on suicide prevention activities in localities not listed below, please contact Christina Sloan, Suicide Prevention Manager at christina.sloan@vdh.virginia.gov.

Central Virginia
Crisis Line of Central Virginia desires to empower individuals within our communities to help their families, friends and fellow citizens who may be dealing with thoughts of suicide. We do that by working with schools, agencies and other organizations to promote suicide prevention awareness and help them implement suicide prevention and intervention programs at all levels.

Contact Information:
Amy Hart
Suicide Prevention Coordinator
Crisis Line of Central Virginia
P.O. Box 3074
Lynchburg, VA 24503
Work: (434)-947-5921
Fax: (434)-947-5501
amy@crisislineofcentralvirginia.org
Website: www.crisislineofcentralvirginia.org

Central Shenandoah Valley
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
**Rappahanock-Rappidan**

The Rappahannock-Rapidan Suicide Prevention Program is dedicated to reducing the risk of suicide among youth in Madison, Culpeper, Orange, Fauquier and Rappahannock counties.

Formal suicide prevention coalitions are a key to preventing suicide. The RRCSB Suicide Prevention Program works to create community coalitions in each county we serve to address teen suicide, suicide risk and protective factors.

Suicide prevention staff also provides suicide prevention education, awareness, recognition and referral training to local agencies, schools, churches and community organizations in an effort to train key individuals to be community gatekeepers and be a part of preventing suicide.

**Contact Information:**

Alan C. Rasmussen  
650 Laurel St.  
Culpeper, VA 22701  
arasmussen@rrcsb.org  
Work: 540-825-5656 ext.117  
Fax: 540-825-1612

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**Southwest Virginia**

The Crisis Center's Suicide Prevention Program is staffed by two Suicide Prevention Specialists who provide training and awareness to the communities in Lee, Scott, Wise, Russell and Washington Counties and the Cities of Norton and Bristol. We are actively working to build relationships with schools, agencies and other community organizations. Our goal is to bring awareness to the community and, in working together, build the foundations of a commitment to provide prevention services to people at risk of suicide.

**Contact Information:**

Laura Weaver or Adam Kennedy  
The Crisis Center  
PO Box 642  
Bristol, VA 24203  
lweaver@crisiscetnerinc.org  
akennedy@crisiscetnerinc.org  
Work: 276-466-2218  
Fax: 276-466-5481  
Website: [www.crisiscetnerinc.org](http://www.crisiscetnerinc.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) 838-6400
Main: (703) 746-3400
Fax: (703) 838-5062
http://www.alexandriava.gov/mhmrsa

Alleghany Highlands
City: Covington
County: Allegheny
601 Main Street
Clifton Forge, VA 24422
Days: (540) 965-2100
Crisis: (540) 965-1770
Main: (540) 965-1180
Fax: (540) 965-2105
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
Cities: Roanoke, Salem
Counties: Botetourt, Craig, Roanoke
611 McDowell Avenue
Roanoke, VA 24016
Crisis: (540) 981-9351
Main: (540) 343-3007
Central Virginia
Cities: Bedford, Lynchburg
Counties: Amherst, Appomattox, Bedford, Campbell
2235 Landover Place
Lynchburg, VA 24501
Crisis: (434) 847-8065
Main: (434) 847-8035
Fax: (434) 847-6091
http://www.cvcsb.org

Chesapeake
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/services/depart/com-ser

Chesterfield
County: Chesterfield
P.O. Box 92
Chesterfield, VA 23832-0092
Crisis: (804) 748-6356
Main: (804) 768-7220
Fax: (804) 717-6660
http://www.chesterfield.gov/administration/communityservicesboard/csbhome.asp

Colonial
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
Counties: Amelia, Buckingham, Charlotte, Cumberland, Lunenburg, Nottoway, Prince Edward
P.O. Drawer 248
Farmville, VA 23901-0248
Crisis: 1-800-548-1688  
(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:  
   Buchanan (276) 935-7154  
   Russell (276) 889-3785  
   Tazewell (276) 988-7961  
After Hours: 1-800-466-6719  
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  
Cites: 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
* P.O. Box 453
* Nassawadox, VA 23413
* Crisis: (757) 442-7707
* Main: (757) 442-3636
* Fax: (757) 442-3940

**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
* 3910 Old Buckingham Road
* Powhatan, VA 23139
* Crisis:
  * Goochland: (804) 556-3716
  * Powhatan: (804) 598-2697
* Main: (804) 556-5400
* Fax: Goochland (804) 556-5403
  * Powhatan (804) 598-3114
http://www.gpcsb.org

**Hampton-Newport News**
* Cities: Hampton, Newport News
* 2501 Washington Avenue
* Newport New, VA 23607
* Crisis: (757) 380-9024
* 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.co.hanover.va.us/csb/default.htm

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.hrscsb.org

Henrico Area  
Counties: Charles City, Henrico, New Kent  
10299 Woodman Road  
Glen Allen, VA 23060  
Crisis: (804) 727-8484  
Main: (804) 727-8581  
Fax: (804) 727-8660  
http://www.co.henrico.va.us/mhmr/

Highlands  
City: Bristol  
County of Washington  
Highlands Community Counseling Center  
802 Hillman Highway  
Abingdon, VA 24216  
Crisis:  
  Bristol: (423) 989-4500  
  Bristol: 1-877-928-9062  
  Washington: (276) 628-5067  
After Hours: Central Dispatch (276) 676-6277  
Main: (276) 525-1550  
Fax: (276) 628-3871  
http://www.highlandscsb.org

Loudoun County  
County: Loudoun  
102 Heritage Way, NE  
Suite 302  
Leesburg, VA 20176
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
Crisis: Answering Service (For All Counties): (757) 875-9473
Cope Line: 1-800-542-2673
Gloucester Counseling Center: (804) 693-5057 or 1-800-639-9668
Warsaw Counseling Center: (804) 333-3671 or 1-800-639-9882
Gloucester Fax: (804) 693-7407
Warsaw 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:
  Galax: (276) 236-8101
  Bland: (276) 223-6000
  Carroll: (276) 728-4146
  Grayson: 1-800-782-7764
  Smyth: (276) 783-7204
  Wythe: (276) 223-6000
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
248 West Bute Street
Norfolk, VA 23510
Crisis: (757) 664-7690
Main: (757) 664-7699
Fax: (757) 441-5546
http://www.norfolkcsb.org

Northwestern
City: Winchester
Counties: Clarke, Frederick, Page, Shenandoah, Warren
209 West Criser Road
Suite 300
Front Royal, VA 22630
Crisis:
   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: Day (276) 632-7128
   After Hours (276) 632-7295
Main: (276) 632-7128
Fax: (276) 632-9998
http://www.piedmontcsb.org

Planning District One
City: Norton
Counties: Lee, Scott, Wise
3169 2nd Avenue, East
Big Stone Gap, VA 24219
Crisis: (276) 523-8300
Main: (276) 679-5751
Fax: (276) 523-6964
Portsmouth
City: Portsmouth
505 Washington Street,
Suite 506
Portsmouth, VA 23704
Crisis: (757) 393-8990
Main: (757) 393-8618
Fax: (757) 393-5184
http://www.portsmouthva.gov/behaviorhealthcareservices

Prince William County
Cities: Manassas, Manassas Park
County: Prince William
8033 Ashton Avenue
Suite 103
Manassas, VA 20109
Crisis: (703) 792-7800
Main: (703) 792-7800
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: (540) 373-6876
Caroline Co. Toll Free (804) 633-4148
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.
Access office (8:30–4:30 M-F): (540) 825-3100 ext. 3600
Main: (540) 825-3100
Fax: (540) 829-4039
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
Main: (434) 970-1458
Fax: (434) 984-1297
http://www.regionten.org

Richmond Behavioral Health
City: Richmond
107 South 5th Street,
Suite 179
Richmond, VA 23219-3825
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
Main: (540) 462-6600
Fax: (540) 462-6700
http://www.racsb.org

Southside
Counties: Brunswick, Halifax, Mecklenburg
P.O. Box 488
South Boston, VA 24592
Crisis:
   Brunswick: (434) 848-4121
   Halifax: (434) 572-2936
   Mecklenburg: (434) 738-0154
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.valleycsb.org

Virginia Beach  
City: Virginia Beach  
289 Independence Blvd.  
Virginia Beach, VA 23462  
Crisis: (757) 385-0888  
Main: (757) 385-0871  
Fax: (757) 671-8536  
http://www.vbgov.com

Western Tidewater  
Cities: Franklin, Suffolk  
Counties: Isle of Wright, Southampton  
5268 Godwin Boulevard  
Suffolk, VA 23434  
Crisis: (757) 942-1069  
Main: (757) 255-7126  
Fax: (757) 925-2205  
http://wtcsb.org
Statewide Mental Health Facilities

Virginia operates 16 facilities: seven behavioral health facilities, five 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) 375-4201
P.O. Box 200 5525 Catawba Hospital
Catawba, VA 24070

**Central State Hospital (CSH)**
(804) 524-7373
P.O. Box 4030 26317 W. Washington Street
Petersburg, VA 23803-0030

**Central Virginia Training Center (CVTC)**
(434) 947-6326
P.O. Box 1098 521 Colony Road
Lynchburg, VA 24505-1098

**Commonwealth Center for Children & Adolescents (CCCA)**
(540) 332-2100
P.O. Box 4000 1355 Richmond Road
Staunton, VA 24402-4000

**Eastern State Hospital (ESH)**
(757) 253-5241
4601 Ironbound Road
Williamsburg, VA 23188-2652

**Hiram W. Davis Medical Center (HDMC)**
(804) 524-7112
P.O. Box 4030 Albemarle & 7th Streets
Northern Virginia Mental Health Institute (NVMHI)
(703) 207-7111
3302 Gallows Road
Falls Church, VA 22042-3398
http://www.nvmhidbhds.virginia.gov

Northern Virginia Training Center (NVTC)
(703) 323-4002
9901 Braddock Road
Fairfax, VA 22032-1941
http://www.nvtcdbhds.virginia.gov

Piedmont Geriatric Hospital (PGH)
(434) 767-4414
P.O. Box 427 5001 E. Patrick Henry HWY.
Burkeville, VA 23922-0427
http://www.pgdbhds.virginia.gov

Southeastern Virginia Training Center (SEVTC)
(757) 424-8201
2100 Steppingstone Square
Chesapeake, VA 23320-2591
http://www.sevtdbhds.virginia.gov

Southern Virginia Mental Health Institute (SVMHI)
(434) 773-4230
382 Taylor Drive
Danville, VA 24541-4023
http://www.svmdbhds.virginia.gov

Southside Virginia Training Center (SVTC)
(804) 524-7208
P.O. Box 4030
26317 W. Washington Street
Petersburg, VA 23803-0030
http://www.dbhds.virginia.gov

Southwestern Virginia Mental Health Institute (SWVMHI)
(276) 783-1201
340 Bagley Circle
Marion, VA 24354-3390

Southwestern Virginia Training Center (SWVTC)
(276) 728-1125
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) 767-7803
P.O. Box 548 4901 E Patrick Henry Highway
Burkeville, VA 23922

Western State Hospital (WSH)
(540) 332-8200
P.O. Box 2500 1301 Richmond Road
Staunton, VA 24402-2500
http://www.wsh.dbhds.virginia.gov
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 is 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.
- 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 cane take time and persistence to find the right medication(s) and therapist for the individual person.

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, 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.

- Find out about the helper's training and experience with a particular problem. You can do this by consulting the directory or 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.

- 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.

- 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?
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**.
HOW TO PAY FOR MENTAL HEALTH SERVICES

The high price of health care can make treatment out of reach for many people. Those who do not have health insurance – more than 38 million Americans – often avoid treatment entirely because the costs can be staggering. The cost of mental health services is a financial challenge for just about everyone. This section discusses ways to pay for the care that you may need. For people experiencing mental health problems – such as anxiety or depression – brief yet effective treatment options may exist. For people with severe mental illness, treatment is also effective, although it may take longer and cost more. In either case, treatment works for most people and helps many recover and get on with their lives.

Private Insurance
The majority of working Americans are covered under employer-provided health insurance plans. There are two common types of private insurance.

- The first type of plan is a standard indemnity policy: people are free to visit health care providers of their choice and pay out of pocket for their treatment. The insurance plan reimburses members for some portion of the cost.

- The second common plan is a managed care plan. Medically necessary care is provided in the most cost effective – or least expensive – method available. Plan members must visit health care providers chosen by the managed care plan. Sometimes a co-payment is charged to the patient, but generally all care received from providers with the plan is covered. Recently, managed care companies have begun to provide services in many states for low-income Medicaid and Medicare beneficiaries.

Both types of health coverage may offer some coverage for mental health treatment. However, this treatment often is not paid for at the same rate as other health care costs, or there may be limits on visits. A few states, including Virginia, have enacted “parity” laws that require insurers to pay for mental health and other health related costs at the same rate.

Public Access Programs (including those not insured and limited income)
If you are not insured, or if your income is limited, you might try other strategies to pay for mental health care. Some providers, for example, have sliding-scale fees. Based on your income – and your spouse’s, if applicable – the provider will reduce his or her fees. Other providers, if made aware of your financial limitations, may be willing to negotiate a payment plan that you can afford or to lower their rates according to what your insurance plan pays. The latter is called a “write off.”

- Community-Based Resources
The communities covered in this directory have Community Services Boards (CSB). These centers offer a range of mental health treatment and counseling services, usually at a reduced rate for low-income people. Your local religious association of choice can put you in touch with a pastoral counseling program. Certified pastoral counselors, who are ministers in a recognized religious body, have advanced degrees in pastoral counseling, as well as professional counseling experience. Pastoral counseling is often provided on a sliding-scale fee.
○ **Public Assistance**
  People with severe mental illness may be eligible for several forms of public assistance, both to meet basic costs of living and to pay for health care. Such programs include Social Security, Medicare, Medicaid, and disability benefits.

**Self-Help/ Support Groups**
Another option is to join a self-help or support group. Such groups give people a chance to learn more, talk about and work on their common problems – such as alcoholism, substance abuse, depression, family issues, and relationships. Self-help groups are generally free and can be found in virtually every community in America.

*Parts of this section [How to Pay for Mental Health Services] were reprinted with permission from Center for Mental Health Services at www.mentalhealth.org. For more information about paying for mental health care, contact the national Mental Health Services Knowledge Exchange Network (KEN) at (800) 789-2647.*
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