



# **Virginia Suicide Prevention Resources Directory 2009, 1<sup>st</sup> 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](mailto: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](http://www.preventsuicideVA.org).

Copies of this document are available for download through the Youth Suicide Prevention Program's website, [www.preventsuicideVA.org](http://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

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# 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](http://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](http://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](http://www.crisislineofcentralvirginia.org)

**The Crisis Line of Norfolk**

P.O. Box 3278

Norfolk, VA 23514

Hotline: 800-273-TALK (8255)

[www.preventsuicidetc.org](http://www.preventsuicidetc.org)

**CrisisLink**

2503 D N. Harrison St.

PMB #114

Arlington, VA 22207

Hotline: 703-527-4077

[www.crisislink.org](http://www.crisislink.org)

**Madison House**

170 Rugby Road

Charlottesville, VA 22903

Phone: 434-977-7051

Fax: 434-977-7339

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

**The Raft Crisis Hotline**

700 University City Boulevard

Blacksburg, VA 24068

Hotline: 540-961-8400

[www.nrvcs.org](http://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](http://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](http://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](http://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**

4<sup>th</sup> Thursday of each month @ 2:00pm  
Lee County Behavioral Health Services  
PO Box 740 Hwy 58  
Jonesville, VA 24263



276-346-3590

**Lenowisco Suicide Prevention Coalition**

Regional Meeting

Bill and Phyllis Russell

bprussell@verizon.net

276-436-1641

Every four months – 2<sup>nd</sup> Monday @ 10:00am

Wise County Developmental Services

3169 2<sup>nd</sup> 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<sup>st</sup> Thursday of each month @ 3:30pm

Addington Hall

1431 Duff Patt Highway

Duffield, VA 24244

276-431-4370

**Wise County Suicide Prevention Coalition**

2<sup>nd</sup> Thursday of each month @ 10:00am

UVA Wise Baptist Student Center

One College Avenue

Wise, VA 24293

276-523-8300

## **SURVIVORS OF SUICIDE LOSS SUPPORT GROUPS/SERVICES/MEETINGS**

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](http://www.havenofnova.org)

### **Arlington**

Support for Suicide Loss  
Contact Person: Mary Azoy  
703-516-5771  
[marya@crisislink.org](mailto: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](mailto: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 NATIONAL

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

## INTERNET RESOURCES FOR SUICIDE PREVENTION STATE/LOCAL

211 Virginia	<a href="http://www.211virginia.org">www.211virginia.org</a>
ACTS/Helpline	<a href="http://www.actspwc.org">www.actspwc.org</a>
The Campus Suicide Prevention Center of Virginia	<a href="http://www.CampusSuicidePreventionVA.org">www.CampusSuicidePreventionVA.org</a>
Concern Hotline	<a href="http://www.concernhotline.com">www.concernhotline.com</a>
The Crisis Center	<a href="http://www.crisiscenterinc.org">www.crisiscenterinc.org</a>
The Crisis Line of Central Virginia	<a href="http://www.crisislineofcentralvirginia.org">www.crisislineofcentralvirginia.org</a>
The Crisis Line of The Planning Council	<a href="http://www.preventsuicidetpc.org">www.preventsuicidetpc.org</a>
Hampton Road Survivors of Suicide	<a href="http://www.sos-walk.org">www.sos-walk.org</a>
Madison House	<a href="http://www.madisonhouse.org">www.madisonhouse.org</a>
The Raft Crisis Hotline	<a href="http://www.nrvcs.org">www.nrvcs.org</a>
Virginia Department of Behavioral Health and Developmental Services	<a href="http://www.dbhds.virginia.gov">www.dbhds.virginia.gov</a>
Virginia Department of Health/Suicide Prevention	<a href="http://www.preventsuicideva.org">www.preventsuicideva.org</a>
Virginia Department of Health/Violence Prevention	<a href="http://www.preventviolenceva.org">www.preventviolenceva.org</a>
Virginia Suicide Prevention Coalition	<a href="http://vaspc.blogspot.com">http://vaspc.blogspot.com</a>

## 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](mailto: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](mailto:amy@crisislineofcentralvirginia.org)  
Website: [www.crisislineofcentralvirginia.org](http://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](mailto:wigginjr@jmu.edu)  
Website: [www.CampusSuicidePreventionVA.org](http://www.CampusSuicidePreventionVA.org)



## **Rappahanock-Rapidan**

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

## **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@crisiscenterinc.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

Fax (540) 342-1029

<http://www.brhb.org>

### **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/csbsite.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**

*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>

### **Eastern Shore**

*Counties: Accomack, Northampton*

P.O. Box 453

Nassawadox, VA 23413

Crisis: (757) 442-7707

Main: (757) 442-3636

Fax: (757) 442-3940

<http://www.vhda.com/Apps/HousingDirectory/Org.asp?PK=552>

### **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

Powhattan (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.hrcsb.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

Crisis: (703) 777-0320

Main: (703) 777-0378

Fax: (703) 777-0170

<http://www.loudoun.gov/mhmr/index.htm>

### **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.mpnncsb.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: Price 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

<http://www.catawba.dbhds.virginia.gov>

### **Central State Hospital (CSH)**

(804) 524-7373

P.O. Box 4030 26317 W. Washington Street  
Petersburg, VA 23803-0030

<http://www.csh.dbhds.virginia.gov>

### **Central Virginia Training Center (CVTC)**

(434) 947-6326

P.O. Box 1098 521 Colony Road  
Lynchburg, VA 24505-1098

<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) 253-5241

4601 Ironbound Road  
Williamsburg, VA 23188-2652

<http://www.esh.dbhds.virginia.gov>

### **Hiram W. Davis Medical Center (HDMC)**

(804) 524-7112

P.O. Box 4030 Albemarle & 7th Streets

Petersburg, VA 23803-0030

**Northern Virginia Mental Health Institute (NVMHI)**

(703) 207-7111

3302 Gallows Road

Falls Church, VA 22042-3398

<http://www.nvmhi.dbhds.virginia.gov>

**Northern Virginia Training Center (NVTC)**

(703) 323-4002

9901 Braddock Road

Fairfax, VA 22032-1941

<http://www.nvtc.dbhds.virginia.gov>

**Piedmont Geriatric Hospital (PGH)**

(434) 767-4414

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) 424-8201

2100 Steppingstone Square

Chesapeake, VA 23320-2591

<http://www.sevtc.dbhds.virginia.gov>

**Southern Virginia Mental Health Institute (SVMHI)**

(434) 773-4230

382 Taylor Drive

Danville, VA 24541-4023

<http://www.svmhi.dbhds.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

<http://www.swvmhi.dbhds.virginia.gov>

**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

<http://www.vcbr.dbhds.virginia.gov>

**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 in 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 can 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](http://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](http://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.*

*Thanks to Adam Kennedy, Alan Rasmussen, Amy Hart, Bill Russell, Christina Sloan, Jane Wiggins, Mary Azoy, Sheilah Benjamin and Vicki Graham who generously submitted information for this directory.*