

## **Community Resource Guide**

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### **24-Hour Emergency Protocol**

#### **In case of a mental health emergency:**

1. Immediately call 911 and ask for a CIT officer (specially trained officer in mental health crisis who will come assist you)
2. You can also contact the Community Services Board Emergency Crisis Line in your current city so they can come and assist you:

Chesapeake 757-548-7000  
Norfolk 757-664-7690  
Virginia Beach 757-385-0888  
Portsmouth 757-393-8990

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#### **Personal counseling services may also be found in the following community agencies:**

##### **Chesapeake**

1. Chesapeake Center for Psychotherapy  
816 Greenbrier Cir #209,  
Chesapeake, VA 23320  
(757) 410-0072
2. Christian Psychotherapy Services\*\*\*  
3105 American Legion Rd # B,  
Chesapeake, VA 23321  
(757) 398-2881
3. Mt. Pleasant Clinical Associates  
229 Mt Pleasant Rd  
Chesapeake, VA 23322  
(757) 482-1075
4. Comprehensive Psychological Services  
828 Greenbrier Pkwy #210  
Chesapeake, VA 23320  
757) 547-9007

##### **Norfolk**

1. George Ennels, Counseling & Consulting Services\*\*\*  
2412 East Virginia Beach Blvd., Ste D  
Norfolk, VA 23504  
(757) 439-9026

2. Family Systems Inc  
850 Tidewater Dr  
Norfolk, VA 23504  
(757) 533-9242

3. Hampton Roads Behavioral Health  
1500 E Little Creek Rd, Norfolk, VA 23518  
(757) 587-4744

4. Christian Psychotherapy Services\*\*\*  
142 W York St, Norfolk, VA 23510  
(757) 622-2114

### **Portsmouth**

1. Community Counseling Resources  
600 Crawford St #220, Portsmouth, VA 23704  
(757) 488-4797

2. Catholic Charities of Eastern Virginia, Inc  
757-467-7707

3. Portsmouth Department of Behavioral Health Care Services  
Administration  
600 Dinwiddie St.  
757-393-8618

Central Intake  
545 High St.  
757-393-5357

Crisis Outreach/Emergency Services  
757-393-8991

4. SAFE HAVEN Crisis Stabilization Services  
393-8152 or 391-3167

5. The UP Center\*\*\*  
1805 Airline Blvd  
757-397-2121

### **Virginia Beach**

1. Christian Psychotherapies\*\*\*  
4460 Corporation Lane  
757-490-0377

2. Regent Psychological Services  
1000 Regent University Drive  
757-352-4488

3. Fairfield Psychological Associates  
Courtyard At Providence  
5265 Providence Rd  
(757) 467-9500

4. Chesapeake Psychological Associates  
6465 College Park Square # 210  
(757) 420-0530

**\*\*\*indicate that an agency has reduced rates/sliding scale fees available**

### **Military and Veterans**

#### **VetCenter:**

VA Vet Center Program: <http://www.vetcenter.va.gov/>.

Virginia Beach:

<http://www.va.gov/directory/guide/facility.asp?ID=5937&dnum=All>

Norfolk:

<http://www.va.gov/directory/guide/facility.asp?ID=403&dnum=All>

#### **Give an Hour**

<https://www.giveanhour.org/GettingHelp.aspx>

For immediate help:

Call the Veterans Crisis Line at 1-800-273-8255, press 1

OR

Text SIGNS to 741741 for the Crisis Text Line

### **Additional Community Resources**

#### **Suicide Prevention Crisis Hotline:**

1-800-273-TALK (8255)

#### **Victims of Domestic Violence:**

Help and Emergency Response

24 Hour Crisis Hotline: 757-485-3384

Administrative Staff: 757-485-1445 ext.100

#### **Women in Crisis:**

YWCA South Hampton Roads

500 E. Plume Street, Ste. 700

Norfolk, VA 23510

Email: [info@ywca-shr.org](mailto:info@ywca-shr.org)

Website: [http://www.ywca-shr.org/site/c.ahKNIZMEIII4E/b.8860125/k.A686/Crisis\\_Services.htm](http://www.ywca-shr.org/site/c.ahKNIZMEIII4E/b.8860125/k.A686/Crisis_Services.htm)

**Phone:** 757-625-4248

**24/7 Crisis Hotline: 757-251-0144**

**Legal Advocacy Services**

757-625-4248