

Community Resource Guide

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

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

Website: 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