

Resources

Crisis Intervention Services

Hampton/Newport News Crisis Stabilization Program

<http://www.hnnccb.org/crisis-services.html>

757-315-3650

Provides comprehensive crisis assessment services with 24-hour residential option in lieu of acute care hospitalization.

Norfolk Homeless Action & Support team (HART)

<https://www.norfolk.gov/2697/Homeless-Action-Response-Team-HART>

757-587-4202

Family Services workers provide resources for children and families facing homelessness.

Virginia Beach Crisis Response Team

<https://www.vbgov.com/government/departments/human-services/behavioral-health/Pages/Crisis-Response.aspx>

757-385-0888

Crisis response team for adults and youth provides 24/7 crisis intervention to assess psychiatric clients and provide crisis stabilization. Provides a Crisis Stabilization Program for non-hospitalization services.

YWCA Hampton Roads Crisis Response (Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk, Virginia Beach, South Hampton, and the Isle of Wight Counties)

<https://www.ywca-shr.org/what-we-do/crisis-services/>

757-625-4248

Provides crisis management interventions 24/7 including victim advocacy, emergency shelter, hospital accompaniment, and 24-hour response.

General Mental Health Services

National Alliance of Mental Illness (Coastal VA)

www.namicoastalvirginia.org

757-499-2041

National Alliance of Mental Health (Hampton/Newport News)

<http://namihptnn.org>

757-690-1370

Provides comprehensive education, support, national meetings, local meetings for individuals and families, information, and referrals for individuals and families impacted by mental illness.

Bereavement Support Resources (Chesapeake)

<https://chesapeakeregional.com/sites/default/files/2018-09/Bereavement%20Guide.pdf>

757-312-6460

Online bereavement guide for families with a family member facing terminal illness or recent death, educational information and support group.

National Association for Self-Esteem

<https://healthselfesteem.org/>

Provides worksheets, lesson plans, information, education, self-evaluation tools, research and activities to help individuals and families gain insight into self-esteem.

National Federation of Families

<https://www.ffcmh.org/>

(240) 403-1901

Provides advocacy and education for advocacy of children's mental health issues while providing webinars, advocacy, policy implementation, crisis intervention, and partnering with affiliated organizations that support the emotional and mental health developmental needs of children.

Perinatal Resources

Postpartum Support International

<http://Postpartum.net>

1-800-944-4773 (Call or Text)

Provides peer support, 24/7 hotline (calls/text), education, advocacy, and support for women and families facing perinatal mood and anxiety disorders (PMADs).

Postpartum Support Virginia

<https://postpartumva.org/>

(703) 829-7152 (Call)

Provides extensive services, resource directory, education, support groups and advocacy for women in Virginia suffering with perinatal mood and anxiety disorders.

La Leche League International

<https://www.llli.org/>

1-800-LALECHE (800-525-3243)

Provides peer support, consultation, advocacy, and education for breastfeeding women.

Juniper House (Hampton Roads Area)

<https://www.facebook.com/juniperhouseva>

Provides in-person perinatal doula services, postpartum support & support services.

CLIMB (Center for Loss in Multiple Birth)

www.climb-support.org

Provides online parent support globally for parents who have suffered multiple birth losses with newsletters, education, comprehensive information, and memory pages.

Empty Arms Support Group (Virginia Beach/Chesapeake)

www.sentara.com/womens

Support groups meet locally for women who have experienced a miscarriage, stillbirth or loss of a newborn.

Parent's Support Group Infant Loss/Serious Ill Children (Virginia Beach)

www.stillwaterscounseling.com

757-426-1358

Meeting for parents who have an infant or have a seriously ill child under the age of 4 years. Meets 4th Monday monthly from 7:30-9:30 PM at Bayside Presbyterian Church; 1400 Ewell Rd. Virginia Beach.

National Organization for Rare Disorders

<https://birthdefects.org/>

407-895-0802

Provides information, educational resources, birth defect registry, parent support resources, community resources, veterans resources, and legal advocacy for families with a child with a rare birth defect.

Women's & Family Services

National Domestic Violence Hotline

<https://www.thehotline.org/>

1-800-799-7233

Provides hotline services and live online chat for domestic violence resources.

RESOLVE: National Infertility Association

<https://resolve.org/>

1-800-NOT-ALONE

Provides information, educational resources, online support groups, professional services directory, HELPLINE, resources, and advocacy.

Family Choice Surrogacy

<https://familychoicesurrogacy.com/meet-team/partnerships-surrogacy/>

317-771-5479

Provides resources for all types of families seeking a surrogate and services for women interested in becoming a surrogate.

Keim Center (Hampton Roads Vicinity)

<https://keimcenters.com/>

Pregnancy resource and crisis center offers options for unplanned pregnancies with centers throughout Hampton Roads.

Tidewater Women's Health Center

<http://www.yourchoice-va.com/>

757-461-0011

Comprehensive women's health services birth control, unplanned pregnancy consultation and services.

Planned Parenthood (Virginia Beach)

<https://www.plannedparenthood.org/>

757-499-7526

Comprehensive women's and men's health including medical care, HIV/STI testing and treatment, pregnancy testing, unplanned pregnancy intervention services, contraception, general health care, LGBT care including hormonal therapy for transitioning.

Resources for Parents

Alliance of Hope

<https://allianceofhope.org/>

Provides support, groups, consultations, community forum, education, information and blogs to support families who have lost a loved one to suicide.

American Academy of Child & Adolescent Psychiatry

<https://www.aacap.org/>

Professional organization with education, information, provider directories, and resources for parents with children and adolescents with various mental health conditions.

Parents of Murdered Children & Other Survivors of Homicide

www.pomc.org

757-482-2111

Provides education, information, legal advocacy, and a support group for parents of murdered children and survivors of homicide. Call for meeting times.

Patients Rising

<https://patientsrising.org/>

Provides information, education, advocacy, blogs, and newsletters for

LGBTQIA Resources

LGBT Life Center (Hampton Roads)

<https://lgbtlifecenter.org/>

757-640-0929

Resources for LGBT community including education, support groups, clinics, mental health, HIV/STI testing services, intimate partner violence services, LIFE757 Program, housing assistance, blogs, and fundraising.

Family Equality Counsel

<https://www.familyequality.org/>

646.880.3005

Resources for LGBTQ families including blog, newsletter, virtual activities and events, family building, and other resources.

Transgender Assistance Program of Virginia

<https://tapvirginia.org/>

Provides professional services for transgendered individuals providing assistance with housing, clothing closet, and advocacy services.

Strong Family Alliance

<https://www.strongfamilyalliance.org/>

Provides extensive education and support for parents of LGBTQ parents on supporting their children.

True Colors: Sexual Minority Youth & Family Services

<https://ourtruecolors.org/>

(860) 232-0050

Provides information on LGBT parenting, parenting handbook, pregnancy handbook, and education and advocacy.

Minority Health Resources

Black Girls Smile

<https://www.blackgirlssmile.org/>

[\(347\) 669-4229](tel:(347)669-4229)

Promotion of positive mental health for young black girls, the organization promotes mental wellness awareness, mental wellness education, and encourages mental healthiness, all crucial initiatives to ensure all black girls smile.

Therapy for Black Girls

<https://therapyforblackgirls.com/>

Online therapy resources with therapists that are searchable by geographic location providing services to individuals and families of color. Site also features blog and podcast.

Therapy for Black Men

<https://therapyforblackmen.org/>

Online resources for coaching, therapy, blog, newsletter, and financial support for therapy services for Black men.

Therapy for Queer People of Color

<https://therapyforqpoc.com/>

Provides education, information, and connects patients with culturally sensitive coaches and therapists.

Specific Mental Health Disorders

Children & Adults with ADHD (CHADD)

<https://chadd.org/>

1-301-306-7070

Education, advocacy, online support groups for parents & adults with ADHD. Blogs, conferences, and training events.

Alzheimer's Association (Southeastern VA Chapter)

<https://www.alz.org/>

800-272-3900

Provides education, information, advocacy, resources, caregivers support, and local events for families with a loved one affected with Alzheimer's Disease or dementia.

Anxiety & Depression Organization of America

<https://adaa.org/>

240-485-1001

Provides comprehensive resources for, depression, generalized anxiety disorder, panic disorder, Post-Traumatic Stress Disorder (PTSD), Body Dysmorphic Disorder, agoraphobia, mutism, and sleep disorders; blogs, education, screening tools, support groups, mental health apps, resource listings and specific topics for diverse individuals and families.

American Autism Association

<https://www.myautism.org/>
info@myautism.org

National organization that offers education, information, blog posts, research funding, online information kits, information for adults with ASD, and fundraising.

Dementia Society of America

<https://www.dementiasociety.org/>

Provides education, information, advocacy, public workshops, grants, and memorial listing for families impacted by the diagnosis of dementia in a loved one.

Depression & Bipolar Support Alliance (DBSA)

<https://www.dbsalliance.org/>

(800) 826-3632

Provides education, tools, online support groups, and inspirational stories for individuals and families dealing with depression and bipolar disorder.

National Eating Disorders Organization

<https://www.nationaleatingdisorders.org/>

1-800-931-2237

Provides education, online support, 24/7 text support line, support groups, helpline, screening tools, support services, and advocacy for individuals struggling with various eating disorders.

International OCD Foundation

<https://iocdf.org/>

617-973-5801

Resources include education, online support services, community events and programs, newsletters, apps, resources, and advocacy.

National Education Alliance for Borderline Personality Disorder (NEAPBD)

<https://www.borderlinepersonalitydisorder.org/>

Resources for individuals, families, and professionals dealing with borderline personality disorder. Education, diagnosis, treatment, videos, and other online resources.

Personality Disorder Awareness Network (PDAN)

<http://www.pdan.org/>

(209) 732-6001

Provides education, resources, online parenting programs, webinars, blogs, and other resources.

PTSD Alliance

<http://www.ptsdalliance.org/>

888-436-6306

Provides education, resources, connections to other organizations, and lists of resources.

Schizophrenia and Related Disorders Alliance of America (SARDA)

<https://sardaa.org/>

800-493-2094

Provides extensive education, online support groups, peer support, education, collaboration, & recovery for individuals with schizophrenia, schizoaffective, and other psychotic related-disorders.

Substance Abuse Disorders

Alcoholics Anonymous

<https://www.aa.org/>

www.tidewaterintergroup.org

Chesapeake/Norfolk/Virginia Beach: 757-253-1234

Hampton: 757-490-3980

Newport News: 877-678-2282

Provides information, education, social support and links to in-person and virtual meetings listed by locality.

Al-Anon Family Support

<https://al-anon.org/>

[\(757\) 563-1600](tel:(757)563-1600)

Provides comprehensive support groups, meetings, services, live chat services, education and advocacy for families supporting a loved one with alcohol addiction, although the principles support families with loved ones with other addictions as well. Alateen is a specific program for teens struggling with someone else's addiction.

Narcotic Anonymous

<https://tidewaterareana.org/meetings/mb/>

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255

Shelters & Community-Based Resources (Hampton Roads Vicinity)

Samaritan House (Virginia Beach)

<https://samaritanhouseva.org/>

757-631-0710

24-hour crisis line: 757-430-2120

Resources include suicide assessments via crisis hotline, shelter homes with children's programs, counseling, support groups, victim advocacy, and employee services.

Avalon: A Center for Women and Children (Williamsburg)

757-258-5022

24-hour helpline: 757-258-5051

Provides immediate emergency housing, youth services, supervised visitation assistance, individual and group counseling.

Health & Emergency Response, Inc. (H.E.R. Shelter) (Portsmouth)

757-485-1445

Crisis number: 757-251-0144

Services include family domestic violence shelter, court advocacy services, empowerment groups, and mental health services.

Genieve Shelter (Suffolk)

757-925-4365

24-hour Hotline 1-800-969-4673

Services include emergency housing, crisis intervention, children's services including art and play therapy, school advocacy, tutoring, parent education, tween/teen support groups, counseling services, and court advocacy.