

**RESOURCE SHEET FOR SUICIDE PREVENTION RESOURCES VIRGINIA**

For a copy of this sheet plus other resources including warm lines, use this QR code to go to the web page to download.



**National Crisis Support**

**911** is the emergency service for those in imminent danger.

If a family needs to commit someone to a psychiatric Facility, google “TDO Virginia.”

**National Suicide Prevention Lifelines**

- **Suicide hotline in the US..... 1-800-273-8255**
- **Crisis text line. Text the word HELP to..... 741-741**
- **Veteran’s Services ..... 1-800-273-8255, press 1**
- **Veteran’s Text line send HELP to..... 838-255**
- **Crisis line for LGBTQ Youth..... 1-866-488-7386**
- **Crisis text line for LGBTQ Youth..... 678-678**
- **USA Trans Lifeline..... 1-877-565-8860**
- **Deaf or Hard of Hearing Chat Line: ..... Dial 711, then 1-800-273-8255**
- **Deaf or Hard of Hearing Chat Line..... <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>**

**Richmond Area Mental Health, Addiction and Suicide Crisis Hotlines**

Call these numbers even if you are confused about what to, if you have someone in crisis, or how to navigate the complex mental health system.

**RBHA (Richmond Behavioral Health Authority) ..... 804-819-4100**  
Virginia Crisis Intervention and Suicide Assessment for youth and adults

**Chesterfield County Crisis Line..... 804-748-6356**  
They have walk-in, same day assessment.

**Henrico Residents Crisis Line..... 804-727-8484**

**Charles City/New Kent residents Crisis Lines..... 877-264-8484 (TTY: 804-727-8496)**

**Hanover County Adults Crisis Line..... 804-365-4200**  
24/7 Mental Health/Drug/Alcohol Crisis Services

**Hanover County Youth Crisis Line..... 804-365-4200**  
24/7 Mental Health/Drug/Alcohol Crisis Youth Services

**Goochland/Powhatan Crisis Line..... 804-556-3716/804-598-2697**

Virginia’s Behavioral Health Authorities are controlled by CSBs, Community Service Boards. Look up the one nearest you:

- <https://vacsb.org/csb-bha-directory/>

**Child Protective Services..... 1-800-552-7096**

**Rape Crisis Line..... 1-800-838-8238**

### **RBHA emails for non crisis situations:**

- Mental Health Services for Adults, [mhadults-inquiry@rbha.org](mailto:mhadults-inquiry@rbha.org)
- Mental Health Services for Children, [mhchildren-inquiry@rbha.org](mailto:mhchildren-inquiry@rbha.org)

## **Resources Richmond, VA and national**

<https://annemoss.com/resources-2/>

### **Suicide prevention Training**

If you want safeTALK training for your nonprofit or workplace, reach out to Anne Moss Rogers at [am@annemoss.com](mailto:am@annemoss.com).

- [SafetalkTraining.com](http://SafetalkTraining.com)

## **Crisis Units and Resources in Central Virginia**

Many times, you can get information and help through your child's school. Contact the school social worker or school counselor (not guidance counselor).

### **Virginia Community Service Boards Directory for Mental Health**

<https://vacsb.org/csb-bha-directory/>

### **Richmond Behavioral Health Authority RBHA (Central Virginia)**

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

<https://www.rbha.org/services/crisis-response/childrens-regional-crisis-services.aspx>

Crisis Response. If you are currently in a crisis situation, call **804-819-4100** immediately.

### **Chesterfield County CSB Same Day Access**

Please call **804-768-7318** to coordinate an initial appointment or to find out more about our Same Day Access program.

### **Tucker Pavilion at Chippenham Hospital (private hospital)**

If you think you or a loved one may be in crisis, call Tucker Pavilion's 24-hour behavioral health access line at (804) 483-0050.

<https://hcavirginia.com/specialties/behavioral-health/?location=chippenham>

## **Warm Lines and Non-Crisis Support**

- Cameron K. Gallagher Mental Health Resource Center (CMHRC)  
This is not a crisis line but a call center to help match patient with resources. They are not open holidays and weekends, but you can still leave a message.
  1. Parent calls **804-828-9897**
  2. Leaves a message
  3. A counselor gets calls back and talks to the parent
  4. CMHRC emails a list of provider practices that meet criteria such as insurance match, problem, age, openings
  5. Patient calls for an appointment. If no specific provider is listed, ask the receptionist at suggested practice. This has worked well for a good match.
  6. CMHRC typically follows up a week later

- **TrevorSpace Discussion Board for LGBTQ+ support** (peer support and not a crisis line)-  
<https://www.trevorspace.org/>
- **Virginia Warmline for First Responders**  
H.E.R.O : Hope for Emergency Responders Organization  
**844.833.HERO (844-833-4376)**  
8:00 AM–12:00 Midnight  
7 Days a Week  
info@herofirst.org  
<https://herofirst.org/peer-support/>
- **Virginia Peer Support Warmline for Substance Use Disorder**  
**1-833-4PEERVA (1-833-473-3782)**  
8:00 AM–12:00 Midnight, 7 Days a Week  
info@herofirst.org  
<https://aliverva.org/>
- **Virginia Mental health America of Virginia (MHAV) Peer Support Warmline**  
We are now open 365 days a year  
Monday through Friday from 9am to 9pm, weekends and holidays from 5pm to 9pm.  
**866-400-MHAV (866-400-6428).**  
NEW: Text/Chat Support 5pm to 9pm Wed, Fri, Sat.
- **Virginia Recovery Program Solutions of Virginia (RPSV) Warmline**  
We are a peer-run Warmline in Northern Virginia. Contact us:  
Phone: **703-817-6124**  
Email: warmline@recoveryprograms.us  
We are open Monday-Thursday 4 p.m. – 11 p.m.  
<https://rpsva.org>

## Support Groups

### NAMI Central Virginia support groups

- **NAMI Connection Support Groups** - peer-led group for adults living with a mental health condition:  
**NAMI Family Support Group** - peer-led group for caregivers of an adult loved one with a mental health condition
- **Family Support Group for Parents of Youth & Adolescents** - for those with a loved one 18 & under

### Runway2life online overcoming anxiety group

There are a lot of young adults as well as adults in this group. They meet virtually on Monday nights.

<https://www.facebook.com/groups/204639080880763/>

## Non-Profits & State Resources for Mental Health

- **Runway2Life** - <https://runway2life.com/>

- [Virginia Veteran & Family Support](#) – Coordinates behavioral health, rehabilitative, and supportive services
- [Cameron Gallagher Foundation](#) (Speakup5K), Teen Mental illness – Virginia+ other areas
- [National Alliance on Mental illness](#) (NAMI CVA) – Central Virginia Chapter
- [Mental Health America](#) -Virginia Chapter (family and peer support)
- [Stay Strong Virginia](#) – Eating Disorders Virginia ([ED Providers Statewide](#))
- [CMHRC](#) – Cameron K. Gallagher Mental Health Resource Center, Virginia. Connecting families and providers to mental health resources. Phone: 804-828-9897, Secure fax: 866-594-3117
- [Side by Side](#) (Richmond VA) Supports LGBTQ+ youth in central Virginia
- [Be Well Virginia](#) – A lot of resources including the contact number for Virginia Community Service Boards (CSBs)
- VMAP-
- [AFSP – American Foundation of Suicide Prevention](#) – Virginia Chapter
- [Beacon Tree Foundation](#) Advocates for youth mental health- Virginia. They will pay up to \$1200 for gap funding for youth treatment or towards an assessment not covered by insurance excluding ADOS (Autism assessment). Clinician needs to apply.
- [National Alliance on Mental Illness](#) (NAMI VA) – Virginia Chapter (advocacy)
- [Robin's Hope](#)- Trauma care, group therapy (mostly adults)
- [VMAP](#)- The Virginia Mental Health Access Program (VMAP) is a statewide initiative that helps health care providers take better care of children and adolescents with mental health conditions through provider education and increasing access to child psychiatrists, psychologists, social workers, and care navigators. (Let a PCP know this exists.)

## Area Bereavement Support

- <https://www.rvagrief.com/support-groups>
- RVA SOSL (Survivors of Suicide Loss Group)- <https://survivorsofsuicidelossrva.wordpress.com/>

## VIRGINIA NON-PROFITS FOR MENTAL HEALTH AND SUICIDE PREVENTION

- [American Foundation of Suicide Prevention](#) –Virginia Chapter, <https://afsp.org/chapter/afsp-virginia/>
- [Runway2Life](#) - <https://runway2life.com/>
- [Virginia Veteran & Family Support](#) – Coordinates behavioral health, rehabilitative, and supportive services- <http://www.dvs.virginia.gov/virginia-veteran-and-family-support/>
- [Mental Health America](#)- Virginia Chapter - <https://mhav.org/>
- [Cameron Gallagher Foundation \(Speakup5K\)](#), Teen depression – Virginia+ other areas, <http://speakup5k.com/>
- [Beacon Tree Foundation](#) Advocates for youth mental health in Virginia. Pays for mental health treatment. <http://www.beacontree.org/>
- [Stay Strong Virginia](#) – Eating Disorders Virginia (ED Providers Statewide)- <http://www.staystrongvirginia.org/>
- [PRAI](#) – Finding answers for kids with neuro-immune disorders such as PANDAS/PANS that presents itself as onset of symptoms such as anxiety, OCD - <http://praikids.org/>
- [I Need a Lighthouse](#) – Suicide Prevention through education, Virginia Beach, VA - <https://www.ineedalighthouse.org/>
- [Mitchell Hash Foundation](#) – Veteran suicide support, Charlottesville, VA - <https://www.facebook.com/TheMitchellHashFoundation/>

- **[Living the Dream](https://www.facebook.com/pg/Livingthedream2016/)** – Suicide prevention and addiction support, Culpepper, Virginia - <https://www.facebook.com/pg/Livingthedream2016/>
- **[Sarah Peterson Foundation](http://www.sarahmpetersonfoundation.org/)** – Suicide prevention education, Hampton Roads, Virginia- <http://www.sarahmpetersonfoundation.org/>

## **ADDICTION NONPROFITS**

- **Peer Recovery Warm Line** – Richmond, Virginia, **1-833-473-3782** (1-833-PEERRVA), 8am – midnight Talk to a peer who has been through what you’ve been through and find treatment resources, recovery support, housing, food and health resources
- **[The Healing Place](http://caritasva.org/programs/healing-place/)** (Part of Caritas) – Addiction treatment for men 18+ (no cost)- <http://caritasva.org/programs/healing-place/>
- **[2 End The Stigma](https://www.2endthestigma.org/)**- <https://www.2endthestigma.org/>
- **[REAL LIFE](https://reallifeprogram.org/)**- Integrating those with SUD back into the community, <https://reallifeprogram.org/>
- **[SAARA of Virginia](https://www.saara.org/)**- Substance Abuse & Addiction Recovery Alliance, <https://www.saara.org/>
- **[Virginia Recovery Foundation](https://www.virginiarecoveryfoundation.org/)** – The VRF is supporting several projects, one of which is a program called **the RVA Recovery Project**. Anyone suffering from addiction who ODs and asks for help, will be referred to services, <https://www.virginiarecoveryfoundation.org/>
- **[Northstar Community](https://www.northstarcommunity.com/)** – Addiction, abuse, trauma, mental illness resources and support, <https://www.northstarcommunity.com/>
- **[JHW Foundation](https://www.jhwfoundation.org/)** – Collegiate Addiction Recovery, <https://www.jhwfoundation.org/>
- **[Rams in Recovery](https://thewell.vcu.edu/)** – Collegiate Recovery & Support for those in recovery, <https://thewell.vcu.edu/>
- **[Chesterfield SAFE](http://chesterfieldsafe.org/)** – Preventing and reducing substance abuse in Chesterfield County, <http://chesterfieldsafe.org/>