

Eastern VA Mental Health Crisis Resources

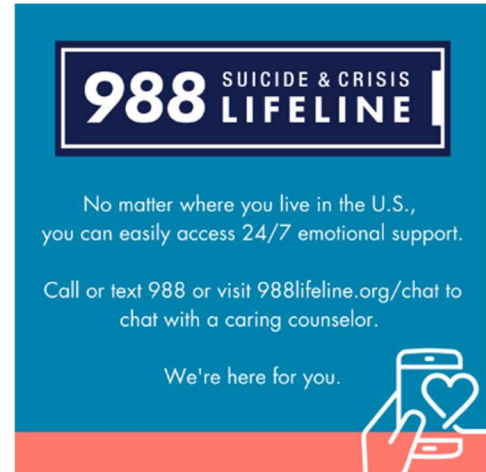
Compiled as a resource for VMAP Project ECHO participants
Reviewed 7.19.2022 | email projectecho@vmap.org with updates



Crisis Prevention and Management:

Crisis Text Lines:

- **988** (call, text, chat)
National Suicide Prevention Lifeline (<https://988lifeline.org/>) has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.
- **741-741** (text, chat, WhatsApp)
Crisis Text Line (<https://www.crisistextline.org/>) is free, 24/7 support for those in crisis.



Bridge Clinic at Children’s Hospital of The King’s Daughters is a “bridge” to community mental health care. We strive to reduce the need for admission to psychiatric hospitalization by providing 4 weeks of interim psychiatric and mental health therapy until longer term services can be secured.

(757) 668-4673

- Bridge is for patients 10+
- Patients can be referred from the ED or their PCP
- Bridge is for patients that need immediate interventions while they wait for long term therapy and med management in the community
- Either no current outpatient team OR existing outpatient can’t meet current needs
- Safety planning, tele services 1-2x per week, not crisis oriented

**Patients typically have been recently discharged from an acute inpatient stay and have been safety planned home. Patients are identified by ED staff and referred to program.*

Bridges (a division of the Western Tidewater CSB) is a licensed, highly structured, 24 hour-supervised residential facility serving children and adolescents through age 17 with a multidisciplinary team for a maximum of 15 days. Referrals are accepted 24 hrs per day. **(757) 255-4616** www.wtcsb.org

- Serves patients ages 13-17
- Crisis, prevention, and step down services
- Initial and ongoing assessments
- Individual, Family, and Group therapy
- Short term psychopharmacological treatment, administration, and monitoring

Compass Youth and Family Services offers crisis intervention – a community-based service that provides brief mental health support to promote client stabilization and crisis management in the home or other appropriate settings. **(757) 644-6391** <https://compassva.com/request-services/hampton-roads/>

- Comprehensive needs assessment & diagnosis



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- Crisis response and support 24 hours a day, 7 days a week.
- Assistance with accessing and navigating community resources
- Accepts Virginia Medicaid, CSA Funding, Self-Pay

National Counseling Group responds to mental health crises 24 hours a day in the community. Counselors provide immediate stabilization and thoroughly assess the client so that a service plan, to include a person-centered safety plan, may be developed within 24 hours.

Chesapeake (757) 280-1751

Norfolk/VB (757) 998-8459

Newport News (757) 209-2927

Suffolk (757) 280-1752

Odyssey Community Services is a counseling & mental health agency based in Hampton Roads, treating adults, adolescents, children, individuals, couples & families, including groups & substance abuse assessments. Crisis Stabilization program provides temporary intensive services to individuals experiencing crisis to avert emergency, psychiatric hospitalization or institutional placement.
(757) 240-2571

Tidewater Youth Services Commission Crisis Intervention Home offers an alternative to secure detention and serves as an emergency shelter for youth aged 13-17. As an intensive, short-term crisis intervention program, CIH works to provide a safe, nurturing, supportive living environment until the youth returns home or a more permanent placement can be found. The length of stay at the Crisis Intervention Home can range from one night to several months, based on the individual situation.

- *Services provided to youth ages 13-17
- For more information, or to make a referral, **please contact Thomasine Norfleet, Program Director, at 757-422-4521 or tnorfleet@tyscommission.org.**
- <https://www.tyscommission.org/crisis-intervention-home/>

Each CSB has their own Crisis hotline. (see below)

If a psychiatric evaluation is needed for possible inpatient hospitalization:

Kempsville Center for Behavioral Health – no cost assessments are available 24 hours a day.

- Inpatient Treatment for Adolescents – ages 12 to 18
- Residential Care for Adolescents – ages 11 to 17
- Adolescent Partial Hospital Program (PHP) – outpatient service for patients not requiring an inpatient level of care, ages 12 to 18 (CBT focus with medication management)

757-461-4565

Newport News Behavioral Health Center – inpatient services for adolescents

- acute inpatient services available to youth ages 8-17
- residential services available to youth ages 11-21

(757) 888-0400



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Riverside Behavioral Health Services – short-term crisis care for adolescents

- adolescents ages 12 through 17 whose psychiatric difficulties require emergency intervention by a team of mental health professionals.
- These services are appropriate for adolescents with a recent history of being a threat to themselves, others or property; or have impaired functioning due to mental health or substance abuse problems.

757-827-3119

CSB Information:

<p>Chesapeake Integrated Behavioral Healthcare 224 Great Bridge Boulevard Chesapeake, VA 23320 757-547-9334 757-548-7000 (24-hour emergency crisis line)</p>	<p>Norfolk CSB <i>Child and Adolescent Services</i> 5505 Robin Hood Road, Suite C-1 Norfolk, VA 23513 757-664-823-1630 <i>Crisis Unit</i> 7460 Tidewater Drive, Norfolk, VA 23505 757-664-6670</p>
<p>Colonial Behavioral Health (Serving Williamsburg, James City County, York and Poquoson) 1657 Merrimac Trail Williamsburg, VA 23185 757-220-3200 757-378-5555 (24-hour emergency crisis line)</p>	<p>Portsmouth CSB 1811 King Street Portsmouth, VA 23704 757-393-5357 757-393-8990 (24-hour emergency crisis line)</p>
<p>Eastern Shore CSB (Serving Accomack and Northampton Counties) 24233 Lankford Highway, Tasley, VA 23441 757-442-3636 757-442-7707 (24-hour emergency crisis line)</p>	<p>Virginia Beach Community Services Board 3432 Virginia Beach Blvd Virginia Beach, VA 23462 757-385-0850 (Child and Youth MH Services) 757-385-0888 (24-hour emergency crisis line)</p>
<p>Hampton / Newport News CSB 300 Medical Drive Hampton, VA 23666 757-788-0300 757-788-0011 (24-hour emergency crisis line)</p>	<p>Western Tidewater CSB (Suffolk, Franklin, Isle of Wight, Southampton) 7025 Harbour View Blvd, Ste 119 Suffolk, VA 23435 757-925-2484 (24-hour emergency crisis line)</p>
<p>Middle Peninsula / Northern Neck CSB (Serving Counties of Essex, Gloucester, King and Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond, and Westmoreland) 129 Bowden Street, Saluda, VA 23149 804-758-4035 1-800-542-2673 (24-hour emergency crisis line)</p>	