

Warm lines (for anyone, regardless of insurance):

COVID Support Warm line- for those dealing with grief/trauma due to COVID-19: 9:00am-9:00pm Monday-Friday; 5:00pm-9:00pm Saturday-Sunday: 877-349-6428.

AliveRVA Warm line- peer recovery warm line, treatment & recovery resources; food, housing and health resources: 8:00am-12:00am 7 days/week. 1-833-4PEERVA (1-833-473-3782).

Mental Health America of Virginia Warm line- connect to wellness strategies and tools to manage mental health related experiences. Text: 866-400-6428 (Wed, Fri & Sat: 5:00pm-9:00pm). Call: 866-400-6428 (Mon-Fri: 9:00am-9:00pm; Sat-Sun-Holidays: 5:00pm-9:00pm). Spanish callers- Fri-Sat: 5:00pm-9:00pm- 866-400-6428.

National Suicide Prevention Lifeline- 1-800-273-8255.

National Alliance on Mental Illness (NAMI)- www.nami.org. 1-800-950-6264.

Crisis Text line- Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.

Employee Assistance Program (EAP) – If you work for a larger agency, your employer may offer an EAP, which could cover mental health counseling.

Substance Abuse and Mental Health Services of America (SAMHSA):

Behavioral Health Treatment Services Locator- <https://findtreatment.samhsa.gov/>. Offers a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems. *Breaks down services by location in the USA, and includes services provided, service area, payment accepted, and more.*

Community Service Boards (for mental health services):

Richmond Behavioral Health Authority: (804) 819-4100. <https://www.rbha.org/services/intake-admissions.aspx>.

Service area: Richmond City.

Payment/Insurance/Funding Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Other State funds; State corrections or juvenile justice funds; Cash or self-payment; State mental health agency (or equivalent) funds; State welfare or child and family services funds.

For mental health crisis services, please call 804-819-4100.

Henrico Mental Health & Developmental Services: (804) 727-8500. <https://henrico.us/mhds/>.

Service area: Charles City, Highland Springs, New Kent, Providence Forge, Quinton & Sandston.

Payment/Insurance/Funding Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; SAMHSA funding/block grants.

In the event of a mental health or substance use crisis, Emergency Services personnel are available 24/7 at (804) 727-8484.

Chesterfield Community Services Board: (804) 748-1227. <https://www.chesterfield.gov/878/Mental-Health-Support-Services>.

Service area: Chesterfield County.

Payment/Insurance/Funding Accepted: Community Mental Health Block Grants; Community Service Block Grants; Federal Grants; Medicare; Medicaid; Private health insurance; Private or Community foundation; State corrections or juvenile justice funds; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds.

In a mental health emergency please call 804-748-6356.

Goochland-Powhatan Community Services Board: Goochland office: (804) 556-5400; Powhatan office: (804) 598-2200. <https://gpcsb.org/>.

Service area: Goochland County and Powhatan County.

Payment/Insurance/Funding Accepted: County or local government funds; Community Mental Health Block Grants; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Other State funds; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds.

Emergency Services, available 24/7: (804) 598-2697 or (804) 556-3716 (both numbers work for Goochland and Powhatan).

Hanover County Community Services Board: 804-365-4222. <https://www.hanovercounty.gov/358/Community-Services-Board>

Service area: Ashland, Beaverdam, Doswell, Hanover, Mechanicsville, Montpelier & Rockville.

Payment/Insurance/Funding Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Other State funds; Private health insurance; State corrections or juvenile justice funds; State education agency funds; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds.

For mental health or drug/alcohol crisis services: Call 804-365-4200. Available 24 hours a day, 7 days a week for anyone in Hanover County.

District 19 Community Services Board: 804-862-8002. <http://www.d19csb.com/>.

Service area: Colonial Heights, Dinwiddie, Emporia, Greensville, Hopewell, Petersburg, Prince George, Surry & Sussex.

Payment/Insurance/Funding Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid.

Emergency services 24/7 at 804-862-8000. Toll Free 24-Hour Crisis Line: (866) 365-2130. Emporia-Area 24-Hour Crisis Line: (434) 634-2020.

Community health resources:

Health Brigade: 804-358-6343. Offers mental health services for those who do not have health insurance/do not qualify for Medicaid.

Daily Planet: Provides mental health counseling (one-on-one and group), substance use counseling, and psychiatric medication management and evaluation. For Appointments: (804) 783-0678 and Main Number: (804) 783-2505.

Payment/Insurance/Funding Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid.

Brain Injury Association of Virginia (BIAV): (Main phone line will be answered by Deb or Kathleen). Toll-free: 1-800-444-6443. Virginia Local: 804-355-5748.

Greater Richmond area mental health agencies:

EMS of Virginia: Visit <https://emsofvirginia.com/> to self-refer. Offers community stabilization, mental health skill-building.

Payment/Insurance/Funding Accepted: Aetna, Magellan, Magellan CCC+ / Molina, Virginia Premier, and Optima Medicaid. Accepts private pay and CSA funding through FAPT for both services. Also has intensive in-home services for youth, and accepts Anthem insurance for youth.

Southern Change Behavioral Health Services: Call 804-446-4706 or visit <https://southernchangebhs.com/> for a screening for services.

Payment/Insurance/Funding Accepted: Magellan Complete Care (Molina), Magellan Behavioral Health, United Healthcare, Virginia Premier (all plans).

WHOA Behavioral Health: 804-282-1863.

HYPE Counseling Services: 804-213-0259.

Village Youth & Family: 804-225-0753.

Y-Capp: 804-225-9144.