

MENTAL HEALTH SERVICES & SUBSTANCE USE DISORDERS cont.

National Alliance on Mental Illness (NAMI) Coastal Virginia

Crisis intervention, individual and family support for those experiencing mental illness

757.499.2041

National Suicide Prevention Lifeline

1.800.273.8255

National Women's Veterans Hotline

855.829.6636

Pathways Developmental Services, Inc.

A counseling and mental health agency providing in-home counseling, mental health skills-building services, therapeutic day treatment services, and a variety of out-patient services.

www.gopathwaysdsinc.com

757.240.4840

Postpartum Support Virginia

Online and virtual resources and therapists

www.postpartumva.org

703.829.7152

Southeastern Family Project (SEFP)

Treatment for pregnant and parenting moms with Substance Use Disorder

757. 245.1070

HOUSING/SHELTER

Coordinated Crisis Response 24/7 Hotline

Comprehensive, wrap-around crisis services including regional emergency shelter for victims of domestic violence, sexual assault, stalking and human trafficking

757.251.0144

Regional Housing Crisis Hotline

This is not a shelter, but is the primary access point for most homeless services and will connect people with resources in their area

757.587.4202

Seton Youth Teen Shelter

24-hour Help line – 757.498.HELP

Union Mission Family Shelter

Single/Family shelter – short-term length of stay

757.623.0642

Emergency Lodging for Families with Seriously Ill Children:

Central Baptist Church Caring Center

Rooms are \$25.00/night for singles, doubles or families

757.625.8064

Ronald McDonald House

\$25.00/night donation

757.627.5386

GRIEF & LOSS

Share Pregnancy & Infant Loss Support

Online support for perinatal bereavement

www.nationalshare.org

VITAL RECORDS

Virginia Department of Health

www.vdh.virginia.gov/vital-records/office/

General Information: 1.804.662.6200

Virginia Paternity Establishment Program

Education, guidance and outreach when it comes to establishing paternity in the Commonwealth of Virginia

www.vapaternity.com

1.866.398.4841

If you have a concern about your or your baby's well-being that isn't addressed here, please reach out to your hospital's maternity ward where you delivered. They are there to help even after you return home.

Please email parkerEK@evms.edu to update resource information.

Last updated 5.14.20

Mother and Baby **resource guide**

*New Moms and Babies Need Support:
How to find help in South Hampton Roads*



EVMS

MINUS 9 TO 5

**Preparing families from
conception to kindergarten**

minus9to5.org



LOCAL ONLINE RESOURCES
resources757.org

This resource listing was created by the
Minus 9 to 5 Healthy Homes, Healthy Children work group.

NEW FAMILY SUPPORT

Breast Feeding Support:

Lactation Network

<https://lactationnetwork.com/>

The Nest Collaborative (telehealth lactation services)

<https://nestcollaborative.com>

Virginia Breastfeeding Coalition

<https://vabreastfeedingcoalition.org/>

or contact your local WIC office or the hospital where you delivered

Car Seat Distribution - Local Health Departments

Chesapeake: 757.382.8652

Norfolk: 757.683.2301

Portsmouth: 757.393.8585 ext. 8525

Suffolk: 757. 514.4700

Virginia Beach: 757.518.2662

Hampton Roads Home Visiting Alliance:

www.Minus9to5.org (Click "Parenting Resources")

Foodbank of Southeastern Virginia and the Eastern Shore

Fresh produce, pantry supplies and nutrition programs for families and communities (income based)

757.627.6599

Greater Hampton Roads Diaper Bank

Emergency supplies of diapers

843.991.7731

Sleeptight Hampton Roads

Safe sleep education, portable crib distribution information

757.543.9100

WIC: Women, Infant & Children Program

Supplemental food program for pregnant women, infants and children up to age 5 (income based)

www.signupwic.com

Chesapeake

Main Office – 757.382.8608

South Norfolk – 757.382.2651

Hampton: 757.727.1140

Newport News: 757.594.7502

Norfolk: 757.683.9280

Portsmouth: 757.393.5340

Suffolk/Western Tidewater: 757.514.4724

Virginia Beach: 757.518.2789

COUNSELING & SUPPORT SERVICES

Catholic Charities of Hampton Roads, INC

Counseling and adoption services

757.467.7707

Child Abuse 24- hour Hotline

1.800.552.7096

Planned Parenthood

Affordable Women's health services including family planning

757.826.2079

The Up Center

Mental health counseling and community assistance

Norfolk: 757.622.7017

Portsmouth: 757.397.2121

YWCA of South Hampton Roads

Individual and group counseling for survivors of sexual and relationship abuse

757.251.0144

FAMILY SUPPORT/SERVICES/BENEFITS

Chesapeake Human Services

757.382.2000

Hampton Human Services

757.727.1800

Newport News Human Services

757.926.6300

Norfolk Human Services

757.664.6000

Portsmouth Social Services

757.405.1800

Suffolk Social Services

757.514.7450

Tidewater Legal Aid Society

Legal assistance for low/no income individuals for matters of housing, custody, family services and divorce. NO CRIMINAL ACTIONS. Cost based on income

757.627.5423

Virginia Beach Human Services

757.437.3200

PARENTING & EDUCATION

Hampton Roads Parent Education Network (HRPEN)

CHKD.org/HRPEN

Navy Family Services

Counseling (family and individual), advocacy programs, budgeting and parenting classes, community services and parenting programs for active duty and navy dependents

757.444.NAVY

FAMILY MEDICAL CARE

Cover Virginia

Virginia's Medicaid and FAMIS (Family Access to Medical Insurance Security) programs for children, pregnant women and adults

1.855.242.8282

www.coverva.org

Hampton Roads Community Health Center

Five locations in Hampton Roads

757.393.6363

MENTAL HEALTH SERVICES & SUBSTANCE USE DISORDERS

In the event of a mental health emergency, call 911 and ask that a CIT officer respond

Text: CONNECT TO 741741

www.crisistextline.org

Cohen Military Family Clinic at The Up Center

757.965.8692

Community Services Boards (CSBs)

Chesapeake: 757.547.9334

Hampton/Newport News: 757 788.0300

Norfolk: 757. 823.1600

Portsmouth: 757.393.8618

Suffolk: 757.966.2805

Virginia Beach: 757.385.0866

Mental Health Services Center

For Norfolk residents

757.664.7699