

MENTAL HEALTH AND SUBSTANCE USE DISORDERS SERVICES (cont.)

National Alliance on Mental Illness (NAMI)

Coastal Virginia Crisis intervention, individual and family support for those with mental illness 757.499.2041

National Suicide Prevention Lifeline

1.800.273.8255

National Hotline for Women Veterans

855.829.6636

Postpartum Support Virginia Virtual and Online Resources and Therapists

703.829.7152

Southeast Family Project (SEFP) Treatment

for pregnant mothers and mothers with substance use disorder 757.245.1070

HOUSING/SHELTER

24/7 Coordinated Crisis Response Hotline

Comprehensive 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 it is the main access point for most homeless services and will connect people with resources in their area.

757.587.4202

Seton Youth Teen Shelter

Seton Youth and Teen Shelter 24-Hour Helpline: 757.498.HELP

Union Mission Family Shelter

Single/Family shelter - Short term length of stay: 757.627.8686

PARENTING & EDUCATION Hampton Roads Parent Education Network

Navy Family Services

Counseling, budgeting and parenting classes, community services and parenting programs for active duty and navy dependents
757.444.2102

EMERGENCY LODGING FOR FAMILIES WITH SERIOUSLY ILL CHILDREN

Central Baptist Church Caring Center

Rooms are \$25.00/night for singles, doubles or families 757.627.4571

Ronald McDonald House

\$25.00/night donation 757.627.5386

GRIEF & LOSS

Share Pregnancy & Infant Loss Support

Online support for perinatal bereavement

LEARN MORE HERE

Visit the websites of the resources provided in this guide, visit our Linktree:



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 6/12/24

Mother and Baby Resource Guide

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



MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES

Minus 9 to 5

AT OLD DOMINION UNIVERSITY

Preparing families from
conception to kindergarten



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

The Nest Collaborative (telehealth services)

Virginia Breastfeeding Coalition

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

Suffolk: 757-514-4700

Virginia Beach: 757-518-2662

Hampton Roads Home Visiting Alliance

Home visiting programs in Hampton Roads provide support to pregnant families and young children. These programs connect families with trained professionals who offer support, guidance, and tangible resources. Call 757-446-7468 for inquiries

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

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)

Chesapeake: 757-382-8608

South Norfolk: 757-382-2651

Hampton: 757-727-1140

Peninsula: 757-594-7502

Norfolk: 757-683-9280

Portsmouth: 757-393-5340

Suffolk/Western Tidewater: 757-514-4724

Virginia Beach: 757-518-2789

COUNSELING & SUPPORT

Catholic Charities of Eastern Virginia

Counseling and adoption services

757-456-2366

Child Abuse 24 Hour Hotline

1-800-552-7096

Planned Parenthood

Affordable Women's health services including family planning.

Hampton: 757-826-2079

Virginia Beach: 757-499-7526

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 SERVICES/BENEFITS

Regional Human Services Programs

Chesapeake: 757-382-2000

Hampton: 757-727-1800

Newport News: 757-926-6300

Norfolk: 757-664-6000

Portsmouth: 757-405-1800

Suffolk: 757-514-7450

Virginia Beach: 757-437-3200

Legal Aid Society of Eastern Virginia

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

VITAL RECORDS

Virginia Department of Health

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 1-866-398-4841

FAMILY MEDICAL CARE

Cover Virginia

Virginia's Medicaid and FAMIS (Family Access to Medical Insurance Security) programs for children, pregnant women and adults
1-833-522-5582

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 988 (or call 911 and ask that a CIT officer respond. You can also text MHA to 741741 to connect with a crisis counselor

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: 757-756-5600

Portsmouth: 757-393-8618

Suffolk: 757-966-2805

Virginia Beach: 757-385-0511

Talk About it Norfolk:

Help Navigating mental health care options