

advanced trauma life support are offered to medical professionals only.

Tidewater Dietetic Association

Website:

www.tidewaterdieteticassociat.4t.com

Agency is a special interest organization providing nutrition counseling. Also promotes sound nutrition information and optimal health for the population.

Virginia Association of Free Clinics

Phone: (804) 640-3434

Fax: (804) 340-3435

A private, non-profit organization of free clinics that provide health care at a little or no charge to low-income, underinsured, uninsured persons through the use of volunteer health providers.

Virginia Beach Health Clinic

3396 Holland Road, Suite 102

Virginia Beach, VA 23452

Phone: 428-6361

Fax: 428-7872

Website: www.beachhealthclinic.org

Clinic for non-insured individuals. Hours are 8:30am-4:00pm, Monday-Friday. Tuesday and Thursday evenings if medical doctor available.

Weight Watchers

Phone: 1-800-441-7171

Agency is a special interest support organization dealing with weight control. Offers weight control supports groups (mutual support/self-help groups and weight control support group). Call toll-free number for local listing.

MENTAL HEALTH SERVICES

Advocate

National Alliance for the Mentally Ill (NAMI)

2107 Wilson Blvd, Suite 300

Arlington, VA 22201

Phone: (703) 524-7600

1-800-950-NAMI (6264)

Email: www.jennifer@nami.org

Advocate is published 4 times a year by the National Alliance for the Mentally Ill.

Chesapeake Mental Health Services

Chesapeake Community Services Board

224 Great Bridge Blvd

Chesapeake, VA 23320

Phone: 548-7011

548-7000 (Emergency)

Website: www.cityofchesapeake.net

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides emergency and crisis intervention counseling; short term individual, couple, family and group therapy; psychological assessment and evaluation services; medication monitoring; and prevention services. Services are provided on sliding fee scale.

Coastal Clubhouse

216 Great Bridge Blvd

Chesapeake, VA 23320

Phone: 547-0097

Fax: 547-9642

Serves ages 18 and above. Hours are 8:00am-8:00pm, Monday and Thursday; 8:00am-5:00pm, Tuesday, Wednesday, Friday; 12:00pm-4:00pm, Saturday;

3:00pm-7:00pm, Sunday. A psychosocial rehabilitation program for the chronically mentally ill adult which provides a prevocational day program and educational opportunities, socialization and recreation in the context of a supportive environment focusing on normalization.

Residential Services

224 Great Bridge Blvd
Chesapeake, VA 23320
Phone: 548-7011

Provides a wide array of living options for persons experiencing a mental illness. The goal is to provide optimal arrangements in the least restrictive setting possible.

Resource Management

224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 548-7020

Resource Managers provide support services to adult citizens of Chesapeake experiencing mental illness and to their families or significant others. These services include discharge and pre-charge planning outreach and linkage to community resources, education and advocacy, crisis intervention and medication monitoring. Other needed interventions are provided to improve the clients' independence in the community and enhance their quality of life.

Norfolk/Main Office

222 W. 19th Street
Norfolk, VA 23517
Phone: 622-7017

Portsmouth Office

1805 Airline Blvd
Portsmouth, VA 23707
Phone: 397-2121
Fax: 399-3316

Franklin Office

213 N. College Drive
Franklin, VA 23851
Phone: (757) 562-3306
Fax: (757) 562-7670

Serve individuals and families. Hours are 8:30am-9:00pm, Monday-Thursday; 8:30am-5:00pm, Friday. Provides the following counseling services: family and marriage; consumer credit; individual; unmarried parent; employer; also provides human resource development consultation for business and community organizations and travelers aid. Provides services for the mentally disabled and families of in-country Vietnam veterans.

FHC of Chesapeake

300 Medical Parkway, #214
Chesapeake, VA 23320
Phone: 547-9007
Fax: 548-1928

Provides outpatient therapy and intensive outpatient program (chemical dependency).

Information Hotline

Phone: 627-LIFE

Child and Family Services of Southeastern Virginia

Affiliated with FHC. Provides information for hospitalization and referral to mental health professionals.

First Access

1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-3500
1-800-327-5778
Fax: 481-0484
Website: www.absfirst.com

Provides regional access/referral to any level of care within the Hampton Roads Integrated Delivery System, assessment services (mobile, triage), plan benefits information and provider referral. Provides for primary psychiatric, adolescent and adult substance abuse.

Hidden Disabilities Lighthouse

c/o PROMOTE Family Development Centers
370 Johnstown Road
Chesapeake, VA 23322
Phone: 547-4692

An organization providing spiritual support to the mentally ill and their families. Provides help and hope for families in distress or crisis. Also helps to meet the mentally ill's physical and emotional needs.

Institute for Mental Health Initiatives (IMHI)

The George Washington University Medical Center
2175 K Street NW Suite #700
Washington, DC 20037
Phone: (202) 467-2285
Fax: (202) 467-2289
Website: www.gwumc
Email: imhi-info@gwumc.edu

IMHI is a tax exempt organization dedicated to promoting mental health and preventing emotional disorders. Offers a quarterly newsletter called *Initiatives*.

KidsPeace

The National Center for Kids in Crisis
1650 Broadway
Bethlehem, PA 18015-3998
Phone: 1-800-8KID-123
Website: www.kidspeace.org
Email: admissions@kidspeace.org

For more information about the Dual Diagnosis program, please contact a KidsPeace Admissions representative. Serves youth, ages 7-18 years. Hours 24 hours residential. Offers intensive 24-hour clinical educational and therapeutic recreational care for psychiatrically and emotionally distressed male and female adolescents. Specialized treatment program for adolescent males who are having difficulty with sexual abusers and other serious sexual issues. Specialized female residential program for clients 8 to 18 whose difficulties include victimization self esteem, individual identity, and other gender-related issues. Offers transitional program and a therapeutic group in a 240hour open, community setting.

Mental Health Association in South Hampton Roads

1513 Sewell's Point Road
Norfolk, VA 23502
Phone: 853-2606
Website: www.mhav.org

Serves all ages. Hours vary (recording). Provides education/information toward improving the quality of life of mentally ill and emotionally disturbed persons. Also provides public education through

speaker's bureau, exhibits. Free literature and films, social advocacy.

**National Mental Health Association,
The**

1021 Prince Street
Alexandria, VA 22314
Phone: (703) 684-7722
Fax: (703) 684-5968
Website: www.nmha.org

A non-profit organization striving to improve attitudes and services, as well as working towards prevention of mental illness. Offers printed materials, TV spots, radio spots, print media inserts, videos, & basic research updates.

**Pines Residential Treatment Center,
The**

860 Kempsville Road
Norfolk, VA 23502
Phone: 1-877-227-7000
Fax: 1-877-846-6237
Website: www.absfirst.com

Offers adults psychiatric inpatient, crisis stabilization, child psychiatric inpatient adolescent psychiatric inpatient and dual diagnosis, adolescent psychiatric residential (ages 12-18), outpatient therapy, therapeutic foster care, and home based care (children, adolescents, adults).

Virginia Beach Psychiatric Center

1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-6000
Fax: 481-0484
Website: www.absfirst.com

Offers adult psychiatric inpatient and dual diagnosis, adult detoxification and rehabilitation, stabilization, adult partial

hospitalization (chemical dependency) and outpatient therapy.

**Virginia Department of Mental
Health, Mental Retardation and
Substance Abuse Services**

1220 Bank Street
Richmond, VA 23219
Phone: (804) 786-3921 or
1-800-451-5544 toll free
Fax: (804) 371-6638
Website: www.dmhmsas.virginia.gov

Office of Mental Health

Phone: (804) 786-4837

Office of Forensic Services

Phone: (804) 225-2978

Office of Substance Abuse Specialty
Services

Phone: (804) 786-3906
Fax: (804) 786-4320

Office of Mental Retardation

Phone: (804) 486-1746
Fax: (804) 692-0077

Office of OBRA

Phone: (804) 786-4837

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides a broad range of services, including education, assessment, therapy, advocacy and training.

**MENTAL
RETARDATION
SERVICES**

Baker House

5677 Herbert Moore Road
Virginia Beach, VA 23462