



MENTAL HEALTH RESOURCES

TALK THERAPY – NEAR YOUR HOME

<https://findtreatment.samhsa.gov/>.

TELE-THERAPY: WWW.BETTERHELP.COM

NATIONAL SUICIDE PREVENTION HOTLINE 24/7: 800-273-8255

VIRGINIA FAMILY VIOLENCE AND
SEXUAL ASSAULT HOTLINE 24/7:

800-838-8238, TEXT: 804-793-9999,

CHAT: [HTTP://VADATA.ORG/CHAT](http://VADATA.ORG/CHAT)

LGBTQ HELPLINE 24/7:

866-356-6998

TEXT: 804-793-9999,

CHAT: [HTTP://VADATA.ORG/CHAT](http://VADATA.ORG/CHAT)

NATIONAL HUNGER HOTLINE

1-866-348-6479 (ENGLISH)

1-877-842-6273 (ESPAÑOL)

SUPPORT FOR INDIVIDUALS STRUGGLING WITH SUBSTANCE USE:

[HTTP://WWW.AA.ORG/](http://WWW.AA.ORG/) OR [HTTP://WWW.NA.ORG/](http://WWW.NA.ORG/)