

## **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](http://www.gopathwaysdsinc.com)

757.240.4840

### **Postpartum Support Virginia**

*Online and virtual resources and therapists*

[www.postpartumva.org](http://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*

757.627.8686

### **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*

[www.nationalshare.org](http://www.nationalshare.org)

## **VITAL RECORDS**

### **Virginia Department of Health**

[www.vdh.virginia.gov/vital-records/office/](http://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](http://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](mailto: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*



# **EVMS**

**MINUS 9 TO 5**

**Preparing families from  
conception to kindergarten**

[minus9to5.org](http://minus9to5.org)



**LOCAL ONLINE RESOURCES**  
[resources757.org](http://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

**Suffolk:** 757. 514.4700

**Virginia Beach:** 757.518.2662

### **Hampton Roads Home Visiting Alliance:**

[www.Minus9to5.org](http://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*

[ghrdiaperbank.org](http://ghrdiaperbank.org)

### **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](http://www.signupwic.com)

#### **Chesapeake**

Main Office – 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 SERVICES

### **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*

757.826.2079 Hampton 757-499-7526 Virginia Beach

### **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](http://CHKD.org/HRPEN)

### **Navy Family Services**

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

757.444.2102

## 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

[www.coverva.org](http://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 741-741

[www.crisistextline.org](http://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. 756-5600

**Portsmouth:** 757.393.8618

**Suffolk:** 757.966.2805

**Virginia Beach:** 757.385.0511

### **Talk About it Norfolk:** [www.TalkAboutItNorfolk.com](http://www.TalkAboutItNorfolk.com)

Help Navigating mental health care options:

**The Chas Foundation:** 757.489-2427