

KNOW YOUR NUMBERS.

Need assistance? Below is a list of phone numbers that will connect you with support resources for Virginians.



Suicide Prevention & Mental Health Crisis Lifeline. Free, confidential, and available 24/7/365.



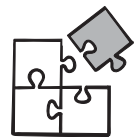
Medical & Public Safety Emergencies
Free and available 24/7/365.



Community Resources for food, housing, health and human services. Free and available 24/7/365.



Mental Health Virginia Warm Line for non-emergency assistance to help keep you out of crisis with coping strategies, resources and local support.



AliveRVA Warm Line staffed by Virginia peer recovery specialists for behavioral health, substance use, trauma and recovery.



Help and support for residents of the Commonwealth.

DBHDS
Virginia Department of Behavioral Health
and Developmental Services



988. Call, Text, Chat or Use ASL. **988va.org**

