

Immediate & Crisis Help

Emergency Services: Dial 911

Suicide & Crisis Lifeline: Dial 988 for 24/7 confidential support / 988.lifeline.org

Crisis Text Line: Text 'HOME' to 741741.

Encompass Crisis Line: (540) 825-5656 (Option 7) or (540) 617-0774.

National Domestic Violence Hotline: (800) 799-7233

SAFE (Abuse Services): (800) 825-8876

Veterans Crisis Line: Dial 988, then press 1 or text 838255

Culpeper

Health Department:

(540)829-7350
640 Laurel Street
Culpeper, VA 22701

Social Services:

(540)727-0372
1835 Industry Drive
Culpeper, VA 22701

Protective Services

Child Protective Services (CPS):

Culpeper CPS: (540) 825-9073

VA CPS Hotline: (800) 552-7096

Adult Protective Services (APS):

Culpeper APS: (540) 825-9073

State Hotline: (888) 832-3858

Mental Health & Recovery Resources

Encompass Community Supports: 15361 Bradford Rd | (540) 825-3100

Wellspring Health Services: 15237 Creativity Dr | (540) 321-4281

S.E.E. Recovery Center: 710 U.S. Avenue | (540) 825-3366

- Mon–Fri: 8 AM–10 PM | Sat: 9:30 AM–3:30 PM | Sun: 4:30 PM–8:30 PM

- Website: www.encompasscommunitysupports.org/s-e-e-recovery-center/

- Crisis Services Available 24/7: (540) 825-5656

Basic Needs Assistance

Culpeper County Human Services: 1835 Industry Dr | (540) 727-0372

Website: www.culpeperhumanservices.org

SNAP (Food Assistance): 1-855-635-4370 or www.commonhelp.virginia.gov

Medicaid (Health Insurance): Apply through CommonHelp

Energy Assistance: Help with heating and cooling bills

Childcare Subsidy Program: Financial aid for childcare

Food Resources

Culpeper Food Closet (St. Stephen's Episcopal): Mon–Fri 9 AM–12 PM | Referral from Sam's

Place required

Manna Ministry (Culpeper Presbyterian): Mon/Wed/Fri 11 AM–12:30 PM | Free lunch

St. Joseph's Table (Precious Blood Catholic): Wed 4–6 PM | Food, cleaning items, diapers

Empowering Culpeper (Culpeper UMC): 3rd Sat, 9–11 AM

Culpeper Senior Center Meals: Mon, Tues, Wed, Fri at 11:30 AM | Call (540) 825-5778

Helpful Local Partners

Full Circle Thrift: Affordable clothing and household items. Supports local human service programs | 12308 Sperryville Pike | (540) 727-8716

Healthy Culpeper: Coordinates community efforts to improve quality of life through prevention and education | (540) 727-0372 ext. 385 | healthyculpeper.com

Kid Central: Provides licensed childcare and early education for working families | (540) 829-2124 | kidcentralculpeper.com

Aging Together: Supports older adults through collaborative resources and community programs | (540) 829-6405 | agingtogether.org

Culpeper Cosmetology Training Center: Cosmetology education and affordable salon services to the public | 710 U.S. Ave | (540) 727-8003

Sam's Place / Career Resource Center: Offers job search assistance, resume building, and employment support | 219 E Davis St | (540) 727-1055

Culpeper Salvation Army: Emergency assistance, food pantry, and seasonal support programs | 133 E Culpeper St | (540) 317-5873

Fredericksburg

Health Department:

Fredericksburg
(540)899-4142
608 Jackson Street
Fredericksburg, VA 22401

Stafford
(540)659-3101
1300 Courthouse Road
Stafford, VA 22554

Social Services:

Fredericksburg
(540)372-1032
608 Jackson Street
Fredericksburg, VA 22401

Stafford
(540)658-8720
1300 Courthouse Road
Stafford, VA 22554

Mental Health & Crisis Services

Rappahannock Area Community Services Board (RACSB)

Location: 600 Jackson Street, Fredericksburg, VA 22401

Phone: 540-373-3223

Emergency Services: 540-373-6876

Services: Mental health, substance use, developmental disabilities, peer support, early intervention

Mental Health America of Fredericksburg (MHAfred)

Location: 150 Olde Greenwich Dr, Suite 102, Fredericksburg, VA 22408

Phone: 540-371-2704

Email: mhafred@mhafred.org

Website: <https://mhafred.org>

Support Groups: Trauma, grief, mental health/substance use, peer support (mostly online)

Helpline Directory: Search or request mental health providers

Senior Visitors Program: Free companionship program for isolated seniors (60+)

Depression & Bipolar Support Alliance (DBSA)

Website: <https://www.dbsalliance.org/>

Support: Free online peer-led support for mood disorders, caregivers, Black and rural communities

Note: Email sent to inquire about local in-person groups

Veteran Support Services

The Ruyts Foundation

Phone: 540-848-4680

Email: info@rutyfoundation.org

Services: Mental health, counseling, crisis hotline, transportation, food, homelessness assistance

Also Shares Contacts: Coalition to Salute America's Heroes, Code of Support Foundation, Operation Renewed Hope, Loisann's Hope House, VA Homeless Hotline, Zoe Freedom Center

Volunteers of America (VOA) - ReST Program

Website: <https://www.voa.org/rest>

Services: Free virtual emotional resilience groups for veterans and first responders

Health Clinics & Specialized Support

FAHASS (Fredericksburg Area Health and Support Services)

Services: HIV care, LGBTQ+ support, outpatient care

Lloyd F. Moss Free Clinic

Location: 1301 Sam Perry Blvd., Fredericksburg, VA 22401

Phone: 540-582-1061 (Ext 101 for eligibility)

Services: Primary & specialty care, dental, behavioral health, diagnostics, prescriptions

Eligibility: Uninsured/Medicaid, local residency, income under 300% federal poverty level

Other Resources

Zoe Freedom Center

Location: 4107 Lafayette Blvd, Fredericksburg, VA 22408

Phone: 540-388-2748

Mission: Christ-centered addiction recovery and support

Community Support Group Directory (PDF)

Note: A broad list of support groups. Follow-up may be needed to confirm which are active.

Richmond

Health Department:

(804)646-5566
436 Calhoun Street,
Suite 105
Richmond, VA 23220

Social Services:

(804)646-8800
4100 Hull Street Road N
Richmond, VA 23224

Recovery

Narcotics Anonymous:
na.org

Alcoholics Anonymous:
aa.org

Al-Anon and Nar-Anon:
Al-anon.org

Substance Abuse and Addiction Recovery Alliance of Virginia (SAARA)
SAARA.org
530 East Main Street Suite 701, Richmond, VA 23219 | info@saara.org | Tel: 804-762-4445 | Fax:
804-762-4333

SMART (Smart Recovery and Recovery Training)
smartrecovery.org

Celebrate Recovery:

The Pentecostals of Richmond
Tuesday @ 07:00 PM
2200 Pickens Rd, North Chesterfield, VA, 23224

Cross Pointe Church of the Nazarene
Tuesday @ 07:00 PM
8710 Hull Street Rd, North Chesterfield, VA, 23226

Southwest Church of Christ - CR
Thursday @ 07:00 PM
5340 Courthouse Rd, Chesterfield, VA, 23832

Southside Church of the Nazarene

Beacon Hill Church
Wednesday @ 07:00 PM
401 N Main St, Hopewell, VA, 23860

Connecting Pointe Church of the Nazarene
Thursday @ 06:30 PM
591 Broad St Rd, Manakin-Sabot, VA, 23103

Friday @ 07:00 PM
6851 Courthouse Rd, Chesterfield, VA, 23832

Southside Church - Chester Campus
Thursday @ 06:45 PM
13930 Happy Hill Rd, Chester, VA, 23831

The Heights Baptist Church
Monday @ 07:00 PM
17201 Jeff Davis Hwy, Colonial Heights, VA, 23834

Senior Care

Senior Care:

Virginia Dept of Aging Services:

1610 Forest Avenue, Suite 100
Henrico, Virginia 23229
Phone: 804-662-9333 V/TTY
Toll Free: 800-552-3402 V/TTY
aginginfo@dars.virginia.gov

Virginia Navigator:

1500 Forest Avenue, Suite 201
Richmond, Virginia 23229
(804) 525-7728 (phone)
(866) 393-0957 (toll free)
info@virginiannavigator.org

Housing Opportunities/Homelessness/Housing Instability:

Virginia Dept of Housing and Community Development
600 East Main Street, Suite 300
Richmond, VA 23219
804 371 7000
dhcd.virginia.gov/vhsp

Virginia Department of Behavioral Health and Developmental Services (DBHDS):

dbhds.virginia.gov
Physical:
1220 Bank Street, Richmond, VA, 23219.
Mailing Address:
P.O. Box 1797
Richmond, VA 23218-1797
Main Office
Phone: (804) 786-3921
Voice TDD: (804) 371-8977

National Alliance on Mental Illness (NAMI) Richmond:

namivirginia.org

Call, Text or Chat with the Helpline M-F, 10am-10pm ET | 988 crisis services available 24/7

Call: 1-800-950-6264

Chat or Text: Text 'helpline' to 62640

NAMI RICHMOND (804) 285-8264

Virginia Family Network and Youth Move (Motivating Others through Voice and Experience) **info for both of these organizations can be obtained through the NAMI website: namivirginia.org

COMMUNITY SERVICES BOARDS:

Chesterfield CSB:

6801 Lucy Corr Boulevard

Chesterfield, VA 23832

Mailing Address:

P.O. Box 92

Chesterfield, VA 23832-0092

Phone 804-748-1227

Goochland/Powhatan CSBs:

Powhatan: 3910 Old Buckingham Road

Powhatan, VA 23139

Telephone Number: (804) 598-2200

24 Hour Emergency Numbers:

(804) 598-2697

Goochland: 3058 River Road West

Goochland, VA. 23063

Telephone Number: (804) 556-5400

24 Hour Emergency Number:

(804) 556-3716

Email Address: gpcsinfo@goochlandva.us

The Root Project (Rural Overdose and Outreach Team)

804-556-5400

Hanover CSBs:

Human Services Building - CSB

12300 Washington Highway

Ashland, VA 23005 Phone: 804-365-4222

Crisis Services: 804-365-4200

Atlee Commons

Physical Address View Map

9734 Atlee Commons Drive

Ashland, VA 23005 Phone: 804-365-6600

Bell Creek:

8475 Bell Creek Road

Mechanicsville, VA 23116 Phone: 804-365-6760

Glen Allen (Henrico) CSB:

Main Office
10299 Woodman Road
Glen Allen, VA 23060
Access Services Call Center
(804) 727-8515
Main Office Phone
(804) 727-8500
Emergency Services (Mental Health)
(804) 727-8484
Developmental Services Intake Phone
(804)727-8546
Infant Toddler Connection
(804)727-8372

Richmond Behavioral Health Authority (RBHA):

Rbha.org
107 South Fifth Street,
Richmond, VA 23219
804-819-4000
Crisis Hotline
If you are experiencing a crisis, please contact RBHA Emergency Services,
804-819-4100

Richmond Counseling Services:

Alive RVA
RVA Counseling
Serenity Counseling Services of Virginia
Richmond Creative Counseling
Thrive works Counseling and Psychiatry
A Peace of Mind Counseling Services
River City Comprehensive Counseling
Transformations
True Counseling
Dominion Behavioral Healthcare
Resilience Counseling and Social Skills
Personal Solutions Counseling
Lifestance Therapists
Warriors Heart: Veteran Alcohol and Substance Use Support
McShin Foundation
Sandstone Rehabilitation

Spotsylvania

Health Department:

(540)507-7400
9104 Courthouse Road
Spotsylvania, VA 22553

Social Services:

(540)507-7898
9019 Old Battlefield Blvd.,
Spotsylvania Courthouse, VA 22553

Counseling Services:

Horse and Soul Counseling LLC- 540-220-1305
Kairos Counseling- 540-370-6983
Journey to Hope Counseling- 540-479-1661
Judy Jacobs counseling- 540-760-8376

Women's Services:

Choices Women's Center- 540-693-0255
Empowerhouse (Domestic Abuse Center)- 540-373-9372

Houselessness:

Hope House- 540-371-0831
Thurman Brisben Center-540-899-9853

Recovery:

Savida Health (Addiction Center)- 540-369-2202
Brightview (Addiction treatment center)- 866-934-7450

Food Resources:

Love Thy Neighbor (Food Pantry)-540-709-1130
Fredericksburg Regional food Bank-540-371-7666
Caroline County Department of Social Services (Food Pantry M-F)- 804-633-5071

Domestic Violence:

National Domestic Violence Hotline- 800-799-7233