

## Student Resources

**If you or someone you know is having an emergency, call 911**

Scroll through this document or use the hyperlinks to go directly to the section you need.

[Mental Health Support—Emergency  
Domestic Violence & Sexual Assault  
Substance Use  
Eating Disorders  
Grief Support](#)

[Mental Health Support—Non-Emergency  
Housing & Food Insecurity  
Family Services  
LGBTQIA+ Support](#)

### Mental Health Support- Emergency Lines:

- **Southside Behavioral Health - Emergency Services: [833-377-7272](tel:833-377-7272) (Halifax, Mecklenburg, & Brunswick Counties):**
  - If an individual needs immediate assistance, (ex. Imminent risk of harm to self or others) contact the Emergency Services number at [833-377-7272](tel:833-377-7272). A counselor will be available to provide immediate assistance.
  - “To ensure that individuals in crisis receive the support they deserve, Southside Behavioral Health's certified professionals are on call 24 hours a day, 7 days a week. Our Crisis Response Team assesses individuals and collaborate to determine the best treatment option.”
- **Southside Behavioral Health - Regional Mobile Crisis [\(855\) 887-8278](tel:855-887-8278) (Halifax, Mecklenburg, & Brunswick Counties):**
  - To access services, call [1-833-377-7272](tel:1-833-377-7272), to discuss the regional mobile crisis with SBH's Crisis Response Team or call [\(855\) 887-8278](tel:855-887-8278) to make a direct referral. Once connected, individuals will be screened over the phone to determine if the mobile crisis is appropriate before having a crisis-trained professional dispatched to the location where the crisis is occurring. Once on-site, the professional will help de-escalate the crisis, create a stable environment, and connect the individual(s) to any other necessary services that may be useful.
  - They may also speak to the Regional Mobile Crisis Unit who will send a skilled counselor on-site to speak with someone in crisis. These services are also available virtually.
- **Danville-Pittsylvania Community Services Emergency Line - [434-793-4922](tel:434-793-4922) (City of Danville & Pittsylvania County):**
  - An experienced team of clinicians are available to provide 24-hour crisis response to individuals experiencing a mental health or substance use crisis. Clinicians provide crisis intervention assessment, counseling, and referral based on the needs of each individual.

# SOUTHERN VIRGINIA HIGHER EDUCATION CENTER



Our team is responsible for pre-admission screening for hospitalization and court liaison services for individuals subject to involuntary commitment procedures.

- **The National Suicide Prevention Lifeline – 988:**
  - The National Suicide Prevention Lifeline is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis for emotional distress 24 hours a day, 7 days a week. We are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.
    - **For TTY Users: Use your preferred relay service or dial 711 then 988**
- **Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288) (National):**
- **The Crisis Text Line (National) - Text HOME to 741741:**
  - Free, 24/7 support via text.
- **The National Grad Crisis Line – 1-877-GRAD-HLP or 1-877-472-3457 (National):**
  - “The National Grad Crisis Line helps graduate students reach free, confidential telephone counseling, crisis intervention, suicide prevention, and information and referral services provided by specially-trained call-takers. Caring, professional staff and well-trained volunteers answer around the clock”.
- **Veterans Crisis Line - Call 988, then PRESS 1 OR Text 838255 (National):**
  - “24/7, confidential crisis support for Veterans and their loved ones”.
- **Boys Town - 24/7 CRISIS HOTLINE: 800-448-3000 (National):**
  - “At Boys Town, we provide an array of life-changing youth care and health care services that meet each child and family exactly where they are so they get the right kind of care, at the right time, in the right way. Whether caring for a child in crisis, treating complex health care conditions or helping families find the parenting resources they need, Boys Town is here for you and your family with expert, compassionate care and a proven track record of helping children and families heal and grow in mind, body and spirit.”
    - **TTY - National Hotline: 1-800-448-1833**

[Back to the Top](#)

## Mental Health Support - Non-Emergency Lines:

- **Southside Behavioral Health - Non-Emergency: 833-272-2778 (Halifax, Mecklenburg, & Brunswick Counties):**
  - If someone needs non-emergency assistance, call SBH's centralized scheduling number at 833-272-2778. SBH staff will assess the needs for all services they provide including therapy (in-person or virtually), medication assistance, and case management to help clients find resources like housing.
- **The Madeline Centre - Call 434-239-0003 (City of Danville):**
  - Provides services for children and adults with "depression, anxiety, substance abuse, autism, and an array of other issues."
    - "The Madeline Centre serves all individuals regardless of their ability to pay. Discounts for essential services are offered, based only on family (household members) size and income."
- **Family Insight – 434-688-0277 (City of Danville):**
  - "Our Danville office proudly offers community-based counseling services in the central southern Virginia region, specializing in the treatment of a wide range of mental health and substance use disorders. We also serve children with Autism through our Behavioral Therapy (ABA) services."
- **Disaster Distress Helpline - Call or Text 1-800-985-5990**
- "SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters".
  - **Spanish-speakers can call the hotline and press "2" for 24/7 bilingual support.**
- **Teen Line – Call 800-852-8336 (6 PM - 10 PM PST) or TEXT TEEN to 839863 (6 PM - 10 PM PST) (National):**
  - "Teen Line's highly trained teen listeners provide support, resources, and hope to any teen who is struggling".

## Domestic Violence & Sexual Assault Support:

- **Tri-County Community Action Agency (TCCAA) Domestic Violence and Sexual Assault Program - 434-572-1136 (Halifax, Charlotte, Mecklenburg, & Lunenburg Counties):**
  - Domestic Violence 24-hour Hotline: 434-572-1136 for help with pathways to safety. Provides a Confidential 24-hour Hotline, shelter services, and community education.
- **The Virginia Sexual & Domestic Violence Action Alliance - Call 1-800-838-8238 or Text 804-793-9999 (Statewide):**
  - You deserve safety and support. Whether someone has hurt you in the past or is hurting you now, we are here to listen, and connect you to resources closest to you. Free. Confidential. 24 hours a day. 7 days a week. 365 days a year.
  - Our Crisis Response Team, which includes multi-lingual and multi-cultural staff and volunteers, is standing by to help you. We believe in you. We respect your choices. We are here for you.
- **National Domestic Violence Hotline - Call 1-800-799-SAFE (7233) or Text "START" to 88788**
  - 24 hours a day, seven days a week, 365 days a year, the **National Domestic Violence Hotline** provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
    - Contacts to The Hotline can expect highly trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.
- **LGBTQ Partner Abuse and Sexual Assault Helpline - Call 1-866-356-6998 or Text 804-793-9999 (Statewide)**
- **Rape Abuse and Incest National Network (RAINN) - 800-656-HOPE / 800-810-7440 (TTY) (National):**
  - "The nation's largest organization fighting sexual violence".
- **Virginia Victim Assistance Network - Call or Text (Victim Assist Helpline) 1-855-443-5782 (Statewide):**
- "A statewide nonprofit organization with the mission to be a voice for crime victims and a resource for the providers who assist them."
  - "As a victim or witness of a crime, we help you understand your rights and navigate the criminal justice system. For victim advocates, we offer membership and professional development opportunities to help improve the scope and quality of services. Our ultimate aim is to ensure that all crime victims have access to the resources they need to recover and heal."
    - "The Helpline is staffed during regular business hours (9 am-5 pm), Monday-Friday. All services are FREE, SAFE, and CONFIDENTIAL."

# SOUTHERN VIRGINIA HIGHER EDUCATION CENTER



- **Dod Safe Helpline - 877-995-5247 (National):**
  - “If you are in the military and have experienced sexual assault, call the Safe Helpline, a confidential sexual assault support hotline for the Department of Defense community.”
- **National Human Trafficking Hotline - 888-373-7888 (National):**
  - “If you or someone you know is a victim of human trafficking, call the National Human Trafficking Hotline for help. They can provide emotional support while giving you information and resources”.
- **Sexual Abuse – Stop It Now - 888-773-8368 (National):**
  - “If you’re concerned about the safety of a child, call the Stop It Now hotline Monday through Friday from 12pm to 6pm EST to receive support, guidance, and information about what you can do”.
- **Childhelp National Child Abuse Hotline - 800-422-4453 (National):**
  - “Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All contacts are confidential”.
- **Elder Abuse Hotline - 800-677-1116 (National):**
  - “If you suspect elder abuse, neglect, or exploitation, call your state’s elder abuse hotline or reporting number, which you can find by calling the above number provided by the U.S. Administration on Aging or by going to the above website”.

[Back to the Top](#)

## Housing & Food Insecurity:

- **The Salvation Army 1-800-728-7825 (Danville):**
  - “The Salvation Army is serving more people in the United States than ever before. We are already seeing large increases in the number of Americans seeking the basic necessities of life – food, shelter, and warmth”.
- **TCCAA Emergency Food and Shelter Program - (434) 404-3455 (Halifax County):**
  - Persons and families who need emergency assistance for delinquent rent, electric bills, food, or a first month’s rent payment can apply for help. Assistance is limited and intended to meet basic needs to help you on your pathway to recovery. Appointments can be made by contacting the Emergency Assistance Team at: (434) 404-3455, Mondays – Fridays, 8:30 a.m. to 5:00 p.m.
- **National Runaway Safeline - 1-800-RUNAWAY / 1-800-786-2929 (National):**
  - “Need Help, Counseling or Shelter Referral, [1800RUNAWAY.org](http://1800RUNAWAY.org) - Call, Chat, or Email 24 hours a day, 7 days a week, 365 days a year”.
- **Southside Outreach Group - (434) 572-9556 (Southside VA):**
  - “A Community Housing Development Organization (CHDO) certified by the Virginia Department of Housing and Community Development (DHCD).”
    - Provides minor housing rehabilitation, indoor plumbing rehabilitation, homeownership opportunities, and housing counseling for qualifying individuals.
- **Covenant House - 202-610-9600 (Washington D.C. Number):**
  - “Since 1972, Covenant House has opened its doors to over 1.5 million young people experiencing homelessness and trafficking, one youth at a time. That’s half a century of believing in youth and nurturing their promise, talents, and courage”.
- **South Boston Church of God (434) 575-5965 (Halifax County)**
  - “Please call in advance”.
- **Lake County Area Agency on Aging (434) 447-7662 (Mecklenburg County):**
  - “The Food Bank Program distributes surplus and salvage food to individuals or families 60 years and older. Eligibility is determined by the applicant’s monthly income and their emergency need for food. The Food Bank is not a steady food supply nor can we guarantee the quantity and type of food available”.
- **Jane Jones Food Pantry - (434) 572-3290 (Halifax County):**
  - “Our mission: to share in providing for the needs of those in our community with respect and integrity.”
  - Are open on the 3<sup>rd</sup> Wednesday of each month from (9:00 am – 12:00 pm and 5:30 pm – 6:30 pm).

- **The Good Samaritan - (434) 572-9242 (Halifax County):**
  - Provides food and clothing for those in need. Appointments are necessary for clothing, and ID is required.
    - Food and clothing are available every three months.
  - Located at 3000 Halifax Road South Boston, VA 24592. Open Monday, Wednesday, and Friday from 10 until noon
- **TCCAA Virginia Homeless Solutions Program - (434) 575-7916 (Halifax, Charlotte, Brunswick, & Mecklenburg Counties):**
  - The Virginia Homeless Solutions Program (VHSP) provides services to individuals or families who are homeless or in danger of becoming homeless. If you are in danger of becoming homeless, to apply for this program you must have a: \*court-ordered eviction whereby the date of eviction will render you homeless within 14 days or less.
  - Emergency After Hours Number:
    - If You Are in Danger of Becoming Homeless or are Experiencing Homelessness, Please Call (434) 446-6963 From 4-8PM On Weekdays And 1-8PM On Weekends and Holidays.
- **TCCAA Emergency Home and Accessibility Repair Program - (434) 404-3455 (Charlotte & Mecklenburg County):**
  - Provides means to remove *emergency* health and safety hazards by providing physical repairs that improve housing conditions. It also addresses physical accessibility barriers for low-income residents.
  - Eligible repairs might include plumbing, structural, electrical, roofing, wheelchair ramps, and other accessibility modifications. Assistance is available to occupants based on income on a first-come, first-served basis.
- **TCCAA Energy Share Program - (434) 404-3455 (Halifax, Charlotte, & Mecklenburg Counties):**
  - Dominion Energy's year-round assistance program helps qualified customers with bill pay assistance, free energy-efficiency upgrades, as well as outreach and education. It is a program of last resort to retain or restore service.
- **FEEDVA (Statewide) <https://feedva.org/explore/>:**
  - A fantastic resource with a search tool that finds resources such as local food pantries for those who are facing food insecurity.
    - Food Pantry Search Tool: <https://cga-wm.maps.arcgis.com/apps/MapSeries/index.html?appid=776afd164f6e4f93a1c7c3c8091721a4>

## Substance Use Disorder:

- **Southside Behavioral Health - Emergency Services: 833-377-7272, Non-Emergency Line: 833-272-2778 (Halifax, Mecklenburg, & Brunswick Counties):**
  - “Southside Behavioral Health provides individualized culturally competent care in our communities, by supporting wellness and quality of life in a recovery-oriented environment and professional manner.”
- **Alcoholics Anonymous - 434-799-4111 (City of Danville #):**
  - “Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn’t cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.”
    - “A.A.’s primary purpose is to help alcoholics to achieve sobriety”.
- **Al-Anon Family Groups - 888-425-2666 (National):**
  - “Call Al-Anon Family Groups for information about Al-Anon and how to find local support groups for people who have a family member with a substance use disorder.”
- **Narcotics Anonymous- Local Helpline: 434-709-4016 & Meeting Information: 800-777-1515 (Southside Virginia):**
  - N.A. is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.
- **Family Insight – 434-688-0277 (City of Danville):**
  - “Our Danville office proudly offers community-based counseling services in the central southern Virginia region, specializing in the treatment of a wide range of mental health and substance use disorders. We also serve children with Autism through our Behavioral Therapy (ABA) services.”
- **Partnership to End Addiction - Text HELP to 55753 (National):**
  - If you’re a parent and are concerned about your child’s substance use, text 55753 or use the scheduler on the website to schedule a call with someone who can connect you with helpful resources while providing caring support.
- **Recovering Hands at Breezy Hill Farm - 860-309-1404 (Halifax County):**
  - “Recovering Hands is a quality substance abuse residential health and well-being recovery support center. Our mission is to help women suffering from the effects of alcohol and drug abuse improve their health and wellness, learn to live a self-directed life, and begin to utilize the recovery skills necessary to reach their full potential. Through our peer recovery support services, we utilize intensive life skills components. Our focus is on reclaiming lives, and we seek to assist women on their path to rebuilding their healthy minds and bodies.”



# SOUTHERN VIRGINIA HIGHER EDUCATION CENTER



- **Alive RVA - 833-473-3782 (Statewide):**
  - “The AliveRVA Warm Line is a Peer Recovery and Resource Warm Line staffed by Peer Recovery Specialists, trained individuals with lived experience in substance use, behavioral health, trauma, and recovery. AliveRVA is for people struggling with addiction, their loved ones, and members of the community. Our AliveRVA peers are there to listen and offer safe and confidential support and information on resources, including Substance Use Treatment, Recovery Supports, Health Care, Food, and Recovery Housing.”
- **National Council on Alcoholism & Drug Dependency - 1-800-622-2255 (National):**
  - “For over 70 years, The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has been a valuable resource for millions of people struggling with alcoholism and addiction”.
- **Substance Abuse & Mental Health Services Administration (SAMHSA) - Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889 (National):**
  - “SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders”.
  - Or send your zip code via text message: 435748 (HELP4U) to find help near you.
- **Gamblers Anonymous - 909-931-9056 (National Hotline):**
  - “GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem”.

[Back to the Top](#)

# SOUTHERN VIRGINIA HIGHER EDUCATION CENTER



## Family Services:

- **TCCAA Healthy Families Program - (434) 575-7916 Extension 231 or 237 (Halifax, Charlotte & Mecklenburg Counties):**
  - Our services are designed to ensure that family goals are being achieved, which is why we provide ongoing case management to families receiving home visiting services. We also make referrals to other community resources that may assist with emergency and financial assistance, child support and paternity services, counseling, childcare, adult education, employment training, and job placement opportunities.
- **The Selah Center – Call (434) 362-2207 or Text (434) 253-0733 (Halifax and Mecklenburg County):**
  - “If you are pregnant or just think you are pregnant, you may feel like your options are limited. We are here for you to help you navigate this difficult decision.”
    - Locations in Clarksville, South Boston, and LaCrosse, VA.
- **Virginia Department of Social Services - General Line - (804) 726-7000 (Main Agency) (Statewide):**
  - VDSS is a state-supervised and locally administered social services system. Providing oversight and guidance to 120 local offices across the state, VDSS delivers a wide variety of services and benefits to over 2.2 million Virginians each year.
  - VDSS' programs are designed to help Virginia's most vulnerable citizens find permanent solutions to life's many challenges. The Department is responsible for administering a variety of programs, including Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Medicaid, Adoption, Child Care Assistance, Refugee Resettlement Services, and Child and Adult Protective Services.
  - Our goal is to promote the well-being of our citizens through the delivery of essential services and benefits to ensure families are strengthened, and individuals achieve their highest level of self-sufficiency.
    - **(SNAP Hotline): (800) 552-3431**
    - **Child Protective Services Hotlines: (804) 786-8536**
    - **Adult Protective Services Hotline: (report abuse to the elderly or disabled adults): (888) 832-3858**
- **Planned Parenthood Hotline: 1-800-230-PLAN (7526) (National):**
  - “Your health is our highest priority and we believe your body is your own”.

[Back to the Top](#)

## Eating Disorders:

- **National Association of Anorexia Nervosa and Eating Disorders Helpline - 630-577-1330 (National):**
  - “Call the ANAD Helpline between 9am and 5pm CST to receive confidential support and information about how to cope with, treat, and recover from eating disorders”.
- **National Eating Disorders Association - 800-931-2237 (National):**
  - “Contact the NEDA Helpline on weekdays from 11am to 9pm EST (11am to 5pm EST on Fridays) for support, resources, and information about eating disorder treatment options”.

[Back to the Top](#)

## LGBTQIA+ Support:

- **The Trevor Project - Call 1-866-488-7386 or Text 678-678 (National)**
  - “LGBTQ community network, suicide prevention, advocacy program, helpline, and youth question/answer service resource for gender identity and sexual orientation.”
- **Trans Lifeline - 877-565-8860 (National)**
  - “Trans Lifeline provides trans peer support for our community that’s been divested from police since day one. We’re run by and for trans people”.
- **Lean In Project - [leaninprojectva@gmail.com](mailto:leaninprojectva@gmail.com) (Southside VA):**
  - Their goal is to “spark and sustain a community-driven response and create a safer Southside for the LGBTQIA+ community.”
- **Side By Side - (804) 644-4800 (Statewide):**
  - “Side by Side is dedicated to creating supportive communities where Virginia’s LGBTQ+ youth can define themselves, belong, and flourish.”
    - Provides in-person and online support groups for LGBTQIA+ Youth  
<https://www.sidebysideva.org/support-groups>.
    - Provides in-person and online counseling for LGBTQIA+ Youth  
<https://www.sidebysideva.org/services>.
    - Can assist LGBTQIA+ youth in finding housing during times of housing instability. Their focus is in Richmond, but they can assist an individual in finding services in any part of the state.
      - Call or text 804-304-5857 or email [nathan.ramos@sidebysideva.org](mailto:nathan.ramos@sidebysideva.org) to learn more or connect with a housing advocate.
- **Equality Virginia - (804) 643-4816 (Statewide):**
  - The “leading advocacy organization in Virginia seeking equality for lesbian, gay, bisexual, and transgender people.”
  - Provides support and resources for LGBTQIA+ individuals who are new to the state, trying to come out, seeking services, and attempting to transition.
    - Their Resources page: <https://equalityvirginia.org/resources/>

[Back to the Top](#)

## [Grief Support:](#)

- **Concerns of Police Survivors (COPS) - 573-346-4911 (National):**
  - “Call COPS for support if you are grieving the loss of a loved one in law enforcement”.
- **Grief Recovery After a Substance Passing (GRASP) - 302-492-7717 (National):**
  - “Call GRASP to learn more about their mission to support people who have lost someone to substance use or addiction. You can use their webpage to find local meetings”.
- **GriefShare - 800-395-5755 (National):**
  - Contact GriefShare to learn more about their mission to connect people who are grieving with one another. You can use their website to find or start local groups or meetings.
- **Mothers Against Drunk Driving (MADD) - 877-623-3435 (National):**
  - Call the MADD 24-hour Victim Help Line for support if you have lost a loved one to a drunk driving accident.
- **National Organization of Parents of Murdered Children (POMC) - 888-818-7662 (National):**
  - “Provides the on-going emotional support needed to help parents and other survivors facilitate the reconstruction of a “new life” and to promote a healthy resolution. Not only does POMC help survivors deal with their acute grief but also helps with the criminal justice system”.
- **The Compassionate Friends – 877-969-0010 (National):**
  - “Call Compassionate Friends to learn more about their mission to support families after a child dies. You can use the tools on their website to find a local chapter or support group”.
- **Tragedy Assistance Program for Survivors (TAPS) - 800-959-8277 (National):**
  - If you are grieving the death of a military loved one, call TAPS for support, comfort, care, and resources.

[Back to the Top](#)