



COMMUNITY RESOURCES

Charlottesville Area

REGION TEN COMMUNITY SERVICES BOARD

Services: Offers many options for individuals struggling with mental health issues, substance use or mental disabilities. Most insurance accepted as well as self-pay on a sliding fee.

Phone: 540-967-2880; 434-972-1800 [24-hour hotline]

Website: <https://regionten.org/locations/louisa-counseling-center/>

Address: 101 Ashley Street, Louisa, VA 23093

Hours: Mon–Fri 9:00 a.m. – 5:00 p.m.

ON OUR OWN PHONE

Services: Provides mutual support, self-help, advocacy, education, information, and referral services to individuals experiencing significant issues in their lives due to mental illness. Free groups and walk-in peer support are offered 6 days a week.

Phone: 434-979-2440

Address: 123 4th Street NW, Charlottesville, VA 22903

Hours: Mon/Tues 10 a.m. – 5:00 p.m.; Thurs/Fri 11:00 a.m. – 5:00 p.m.; Wed/Sat 12:00 noon – 5:00 p.m.

HELP HAPPENS HERE

Services: this is a public awareness and stigma reduction campaign by the Community Mental Health and Wellness Coalition. They provide a website with resources as well as referrals.

Phone: 434-227-0641

Website: helphappenshere.org

211 VIRGINIA

Services: 211 is an easy to remember telephone number that brings people and services together. When you contact 211, a trained professional will listen to you and suggest potential resources to meet your needs.

Dial or text: 211

Website: <https://www.211virginia.org/consite/index.php>

Hours: available 24 hours a day, 365 days a year.

988 SUICIDE AND CRISIS LIFELINE

Services: When call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Dial or Text: 988 (or call 1-800-273-8255)

Website: <https://988lifeline.org/talk-to-someone-now/>

Hours: available 24 hours a day, 365 days a year.

FREE MENTAL HEALTH

Services: Website with many resources available for short term mental health facilities for substance abuse.

Website: freementalhealth.us

Email: info@freementalhealth.us



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CRISIS TEXT LINE

Services: provides free, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Text HOME to 741741 to connect with a volunteer Crisis Counselor

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

Hours: available 24 hours a day, 365 days a year.

MENTAL HEALTH VIRGINIA – WARM LINE

Services: peer-run service for residents of Virginia. They offer this support line for individuals, family members, and other concerned parties who would like someone to talk to, or who request community mental health resources, or who have specific questions about their recovery journey. The peers who answer the Warm Line listen with compassion and provide non-judgmental support.

Text or Call (866)-400-6428

Website: www.mhav.org

Hours: Calling Monday – Friday 9 am – 9 pm, Saturday Sunday and Holidays 5 pm – 9pm

Texting Wednesday Friday and Saturday 5pm – 9 pm

Spanish Services Friday and Saturday 5pm – 9pm (call or text)

COMPASS

Services: provides a variety of psychological services and interventions

Call (434)-220-0089

Website: compassva.com/location/Charlottesville

Address: 3040 Avemore Square Place, Charlottesville, VA 22911

Hours: Monday – Friday 9 am – 5pm

WOMEN'S INITIATIVE

Services: counseling services, social support and education for women

Website: thewomensinitiative.org

Call (434)-872-0047

Address: 1101 E High Street, Charlottesville, VA 22902

Hours: Monday and Wednesday 9 am – 5 pm Tuesday and Thursday 9 am – 8 pm Friday 9 am – 3 pm

SHELTER FOR HELP IN EMERGENCY (SHE)

Services: the shelter offers a variety of trauma informed services designed to empower victims of domestic violence and create a community of support

Website: shelterforhelpinemergency.org

Call (434)-293-8509

Address: 1415 Sachem Place, Charlottesville, VA 22901

Email: info@shelterforhelpinemergency.org

Hours: call 24/7



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NEW BEGINNINGS FCS

Services: individual, couples, and family counseling

Website: newbeginningsfcs.com

Call (434)-984-0023

Address: 911 E Jefferson St, Charlottesville, VA 22902

Email: francesgreensteinlpc@gmail.com

Hours: Monday – Friday 8 am – 7 pm

MARY D. AINSWORTH PSYCHOLOGICAL CLINIC

Services: offers free therapy services to Charlottesville community members

Website: virginia.edu/psychology/ainsworth

Call (434)-982-4737

Address: 485 McCormick Road, Charlottesville, VA 22904 – Gilmer Hall 108

Email: ainsworth@virginia.edu

Hours: Monday – Friday 9 am – 5 pm

MAGISTRATES OFFICE

Services: obtain an emergency custody order for self to be taken in and evaluated for psychiatric hospitalization

Website: charlottesville.gov/Faq.aspx?QID=63

Call (434)-977-0220

Address: 160 Peregrory Lane, Charlottesville, VA 22901

Hours: 24/7

PARTNER FOR MENTAL HEALTH

Services: help people experiencing mental illness or the disease of addiction in the greater Charlottesville area live self-directed lives in their home communities

Call (434)-275-8108

Email: kay@partnerformentalhealth.org

Address: 513 E. Main St PO Box 931 Charlottesville, VA 22902

Hours: **WAITING ON THIS**

PIEDMONT HOUSING ALLIANCE

Services: community managements for affordable housing and free housing counseling

Website: piedmonthousingalliance.org/about/

Call (434)-817-2436

Address: 682 Bekmar Circle, Charlottesville, VA 22901

Hours: Monday – Friday 9 am – 5 pm



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THE SALVATION ARMY

Services: offers a 58-bed shelter, daily soup kitchen, and weekly community-based programs

Website: charlottesville.salvationarmypotomac.org/charlottesville/emergency-assistance

Call (434)-295-4058

Address: 207 Ridge St, Charlottesville, VA 22902

Hours: Monday – Friday 7 am – 6:30 pm

HEARTHWOOD TOWNHOUSE APARTMENTS

Services: affordable housing that accepts Section 8 housing vouchers

Website: www.cannonpropertiesvirginia.com/hearthwood-apartments

Call (434)-295-2174

Email: propertymanager@hearthwoodapartments.com, leasing@hearthwoodapartments.com

Address: 2111 Michie Dr, Charlottesville, VA 22901

HOPE HOUSE

Services: housing and intense case management for families facing homelessness

Website: macaa.org/hopehouse

Call (434)-295-3171

Email: info@macaa.org

Address: 1029 Park St, Charlottesville, VA 22901

Hours: Monday – Friday 9 am – 5 pm

THE CROSSING

Services: supportive community housing for formerly homeless individuals

Website: virginiassupportivehousing.org/regions/charlottesville/the-crossings/

Call (434)-227-4251

Email: info@macaa.org

Address: 401 4th St NW, Charlottesville, VA 22903

THE THOMAS JEFFERSON AREA COALITION FOR THE HOMELESS

Services: tjach works to reduce homelessness by initiating creative solutions and coordinating regional resources and services

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

Call (434)-973-1234

Address: 112 Market St, Charlottesville, VA 22902

POPULATION HEALTH: HOMELESSNESS CONSULT SERVICE

Services: aims to reduce hospital stays, admissions, etc., provides a social determinants of health examination and coordinates social work

Website: medicalcenter.virginia.edu/population-health/programs/inpthousinginsecuritycs/

Call (434)-243-6388

Address: 1300 Jefferson Park Avenue, Charlottesville, VA 22903

Hours: Monday – Friday 8 am – 5 pm



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PEOPLE AND CONGREGATIONS ENGAGED IN MINISTRY

Services: offers services to help move people back into the community or based on availability/need into one of their shelters

Website: pacemshelter.org/get-help/

Call (434)-207-2328

Email: info@pacemshelter.org

Address: P.O. Box 14, Charlottesville, VA 22902

THE HAVEN

Services: day resource center

Website: thehaven.org

Call (434)-973-1234 ext. 100

Email: operations@thehaven.org

Address: 112 West Market St, Charlottesville, VA 22902

Hours: Monday – Friday 7 am – 12 pm, 1 pm – 5 pm Saturday and Sunday 7 am – 12 pm

CHARLOTTESVILLE REDEVELOPMENT AND HOUSING AUTHORITY

Services: owns and manages 376 units of public housing across Charlottesville

Website: cvillerha.com/public-housing/

Call (434)-326-4672

Address: P.O. Box 1405, Charlottesville, VA 22902

CHARLOTTESVILLE AFFORDING HOUSING FUND

Services: provides financial resources to address the affordable housing needs of individuals and families who work in Charlottesville

Website: charlottesville.gov/679/Charlottesville-Affordable-Housing-Fund

Call (434)-970-3513

Email: williamsan@charlottesville.gov

Address: P.O. Box 911, Charlottesville, VA 22902