



# COMMUNITY RESOURCES

*Fredericksburg, Spotsylvania, and Farmville*

## 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.

## 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.

## 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 AMERICA OF FREDERICKSBURG

**Services:** Improves the lives of people with mental health issues by providing advocacy, education and services to improve access to quality mental health treatment and services

**Call** (540)-371-2704

**Website:** <https://www.mhafred.org/about-us/>

**Address:** 618 Kenmore Ave, Suite 2A, Fredericksburg, VA 22401

**Hours:** M - F 9AM - 2PM

**Email:** [mhafred@mhafred.org](mailto:mhafred@mhafred.org)



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## **RAPPAHANOCK AREA CSB: SPOTSYLVANIA COUNTY CLINIC**

**Services:** Dedicated to education, recovery, treatment, and wellness of residents affected by mental health, substance use disorders, and developmental disabilities

**Call** (540)-373-3223 Emergency Services: 540-373-6876 (24/7)

**Website:** <https://rappahannockareacsb.org/about-us/>

**Address:** 600 Jackson Street, Fredericksburg, VA 22401

**Hours:** M - F 8AM - 7PM

## **LLOYD F. MOSS FREE CLINIC**

**Services:** Volunteer mental health providers and psychiatric nurse practitioners offer mental health counseling and treatment, psychiatric evaluation and medication, care groups, and wellness services

**Call** (540)-582-1061

**Website:** <https://mossfreeclinic.org/services/behavioral-health/>

**Address:** 1301 Sam Perry Blvd, Suite 100, Fredericksburg, VA 22401

**Hours:** M-Th 9AM - 1PM, 2PM - 4PM

**Email:** [info@mossfreeclinic.org](mailto:info@mossfreeclinic.org)

## **CENTRAL VIRGINIA HOUSING**

**Services:** Improves the regional quality of life by providing affordable housing opportunities through coalition, education, counseling, and financial assistance

**Call** (540)-604-9943

**Website:** <https://www.centralvahousing.org/about-cvhc/>

**Address:** 203 James Madison St., Remington, VA 22734

**Hours:** 8:00am - 4:30pm

**Email:** [info@centralvahousing.org](mailto:info@centralvahousing.org)

## **BRISBEN CENTER**

**Services:** The community's largest full-service, year-round, residential emergency homelessness center

**Call** (540)-899-9853

**Website:** <https://brisbencenterv.org/about/>

**Address:** 471 Central Road, Fredericksburg, VA 22401

**Hours:** 24/7

**Email:** [info@brisbencenterv.org](mailto:info@brisbencenterv.org)

## **THE SALVATION ARMY**

**Services:** Serves the community through an emergency food pantry, community assessment and assistance program, energy share heating and cooling agency, etc.

**Call** (540)-373-3431

**Website:** <https://fredericksburg.salvationarmypotomac.org/fredericksburg/how-we-help-1>

**Address:** 2014 Lafayette Blvd C, Fredericksburg, VA 22401

**Hours:** M and T 9am - 4pm (closed for lunch 12pm - 1pm) W and Th 10am - 3pm



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### LOISANN'S HOPE HOUSE

**Services:** The Fredericksburg regions oldest and largest family homeless shelter.

**Call** (540)-371-0831

**Website:** <https://loisannshopehouse.org/about-us/>

**Address:** 902 Lafayette Blvd, Fredericksburg, VA 24401

**Hours:** M - F 9am - 5pm

**Email:** [info@loisannshopehouse.org](mailto:info@loisannshopehouse.org)

### EMPOWERHOUSE

**Services:** Provides temporary emergency shelter, 24/7 hotline services, information, referrals, and advocacy for survivors of domestic violence

**Call** Hotline: (540)-373-9373

**Website:** [https://www.empowerhouseva.org/?page\\_id=2](https://www.empowerhouseva.org/?page_id=2)

**Address:** 150 Olde Greenwich Dr #101, Fredericksburg, VA 22408

**Hours:** M - F 9am - 5pm

**Email:** [office@empowerhouseva.org](mailto:office@empowerhouseva.org)

### MICAH ECUMENIAL MINISTRIES

**Services:** Nine downtown congregations that create a community of care for neighbors including homelessness services with a hospitality center, a respite house, and a cold weather shelter

**Call** Hospitality Center: 540-479-4116 Respite House: 540-479-8302 Cold Weather Shelter: 540-361-7808

**Website:** <https://micahfredericksburg.org/about-us/history-and-mission/>

**Address:** Hospitality Center: 1013 Princess Anne St., Fredericksburg, VA 22401 Respite House: 1512 Princess Anne St., Fredericksburg, VA 22401 Cold Weather Shelter: 748 Kings Highway, Fredericksburg, VA 22405

**Hours:** Hospitality Center: M, T, W, Fr 10am - 2pm Respite House: 24/7 Cold Weather Shelter: Seasonal overnight shelter only, no daytime services

### FREDERICKSBURG REGIONAL CONTINUUM OF CARE

**Services:** Federally-mandated local planning body that coordinates housing and services for homeless families and individuals

**Call** 540-358-5801

**Website:** <https://www.fredericksburgcoc.org>

**Address:** 406 Princess Anne Street, Fredericksburg, VA 22401

**Hours:** Helpline open 24/7

**Email:** [helpline@fredericksburgcoc.org](mailto:helpline@fredericksburgcoc.org)

### RAPPAHANNOCK UNITED WAY

**Services:** Offers a variety of financial, housing, and educational services for low-income individuals

**Call** (540)-373-0041

**Website:** <https://www.rappahannockunitedway.org/get-help/individual/quickguide/>

**Address:** 3310 Shannon Park Dr., Fredericksburg, VA 22408

**Hours:** M - Th 9am - 4pm Friday Call for Remote Assistance 9am - 12pm

**Email:** [info@rappahannockunitedway.org](mailto:info@rappahannockunitedway.org)



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### **STEPS INC**

**Services:** Leads, coordinates, creates, and delivers quality opportunities to impact self-sufficiency and reduce poverty throughout our region

**Call** (434)-315-5909

**Website:** <https://www.steps-inc.org/about-us>

**Address:** 56 SMI Way, Farmville, VA 23901

**Hours:** M - F 8am - 4:30pm