



# COMMUNITY RESOURCES

*Harrisonburg Area*

## **HARRISONBURG-ROCKINHAM COMMUNITY SERVICES BOARD**

**Services:** Services for mental health, substance abuse, and developmental services

**Call** (540)-434-1941

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

**Address:** 1241 North Main St, Harrisonburg, VA 22802

**Hours:** 8 am – 5 pm M – F

## **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.

## **STRENGTH IN PEERS**

**Services:** A group of individuals who have overcome substance use, mental health, and trauma-related challenges who offer support and advocacy for those seeking recovery

**Call** (540)-217-0869

**Website:** <https://strengtheninpeers.org/>

**Address:** 917 N. Main Street, Suite 1, Harrisonburg, VA 22802