



COMMUNITY RESOURCES

Staunton, Harrisonburg, Augusta, and Waynesboro 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.

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.

VALLEY HOPE COUNSELING CENTER

Services: Valley Hope Counseling Center is a nonprofit agency offering professional counseling services to residents of Waynesboro, Staunton, and Augusta County.

Call (540)-941-8933

Website: <https://valleyhopecc.org/>

Address: 20 Stoneridge Dr, Suite 202 Waynesboro, VA 22980

Hours: 9 am - 6 pm M - Th.

Email: valleyhope@ntelos.net



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ARROW PROJECT

Services: Sliding fee scale and accessible resources for outpatient therapy, community engagement and services, and psychological assessment and evaluation.

Call (540)-255-0972

Website: <http://arrow-project.org/what-we-do>

Address: 11 Middlebrook Avenue Staunton, VA

Email: hello@arrow-project.org

VALLEY COMMUNITY SERVICES BOARD

Services: Publicly funded community based behavioral health, developmental disability help, and substance use services.

Call (540)-887-3200

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

Address: 85 Sanger's Lane Staunton, VA 24401

Hours: 8 am – 5 pm M – F

Email: myvalleycsb@vcsb.org

MENTAL HEALTH AMERICA OF AUGUSTA

Services: Aims to improve the mental health of the community by providing education, advocacy, and connection related to mental health and treatment of mental illness

Call (540)-886-7181

Website: <https://arc.mhanational.org/user/mhaaugusta>

Address: 101 West Frederick Street, Ste 206, Staunton. VA 24401

VALLEY PASTORAL COUNSELING CENTER

Services: Providing spiritually sensitive, cost-effective psychotherapy for the Shenandoah Valley.

Call (540)-943-8722

Website: <http://valleypastoral.org/>

Address: 300 Chestnut Avenue, Waynesboro, VA 22980

Hours: 8 am – 3 pm M – F

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://strengthinpeers.org/>

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



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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

VALLEY SUPPORTIVE HOUSING

Services: Supportive housing and services that help people obtain stable housing

Call (540)-414-2028

Website: <https://valleysupportivehousing.org/about-vsh/>

Address: P.O. Box 1907, Staunton, VA 24402

Email: vsh@valleysupportivehousing.org

VALLEY MISSION

Services: Valley Mission strives to promote self-sustainability through the provision of case management, pastoral counseling, financial assistant and onsite enrichment programs within the homeless shelter

Call (540)-886-4673

Website: <https://valleymission.net/>

Address: 1513 West Beverley Street, Staunton, VA 24401

Hours: 8 am – 4:30 pm M – F

WAYNESBORO AREA REFUGE MINISTRY

Services: WARM organizes a cold weather shelter as well as transitional housing and outreach programs.

Call (540)-324-8166

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

Address: 1035 Fairfax Avenue, Waynesboro, VA 22980

Hours: 24/7

STAUNTON REDEVELOPMENT HOUSING AUTHORITY

Services: Provides safe and affordable housing to community members.

Call (540)-886-3413

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

Address: 900 Elizabeth Miller Gardens, Staunton, VA 24401

Hours: 8 am - 5 pm T-F

RENEWING HOMES OF GREATER AUGUSTA

Services: Provides critical home repairs and modifications for no cost for low-income community members

Call (540)-885-7894

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

Address: P.O. Box 3152 Staunton, VA 24402

Email: renewinghomesga@gmail.com



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VALLEY OPEN DOORS

Services: Provide an inclusive and safe place for individuals experiencing homelessness

Call (540)-705-1908

Website: <https://www.valleyopendoors.org/aboutus>

Address: P.O. Box 1804, Harrisonburg, VA 22803

Hours: 8 am - 5 pm M-F

HARRISONBURG REVELOPMENT AND HOUSING AUTHORITY

Services: HRHA assists low-income families with rent through housing vouchers and affordable properties

Call (540)-434-7386

Website: <https://harrisonburgrha.com/>

Address: 286 Kelley St, Harrisonburg, VA 22802

Hours: 9 am - 5 pm M -F

MERCY HOUSE

Services: Provider of shelter, rapid re-housing, and homelessness prevention services

Call (540)-432-1812

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

Address: 305 North High St, Harrisonburg, VA 22802

Hours: 9 am - 5 pm M – Th, 9 am - 4 pm F

SALVATION ARMY - HARRISONBURG

Services: Serves men, women, and children through an emergency shelter and a faith based, holistic approach to recovery, renewal, and housing

Call (540)-434-4854

Website: <https://harrisonburg.salvationarmypotomac.org/harrisonburg/provide-housing>

Address: 185 Ashby Ave, Harrisonburg, VA 22802

Hours: 8:30 am - 4:30 pm M – F

FIRST STEP

Services: Provides free and confidential emergency shelter, counseling, and case management services to victims of domestic violence

Call (540)-434-0295

Website: <https://www.firststepva.com/>

Address: 129 Franklin St, Harrisonburg, VA 22801

Hours: 24/7

Email: firststepva@gmail.com