advanced trauma life support are offered to medical professionals only.

**Tidewater Dietetic Association**  
Website: [www.tidewaterdieteticassociat.4t.com](http://www.tidewaterdieteticassociat.4t.com)

Agency is a special interest organization providing nutrition counseling. Also promotes sound nutrition information and optimal health for the population.

**Virginia Association of Free Clinics**  
Phone: (804) 640-3434  
Fax: (804) 340-3435

A private, non-profit organization of free clinics that provide health care at a little or no charge to low-income, underinsured, uninsured persons through the use of volunteer health providers.

**Virginia Beach Health Clinic**  
3396 Holland Road, Suite 102  
Virginia Beach, VA 23452  
Phone: 428-6361  
Fax: 428-7872  
Website: [www.beachhealthclinic.org](http://www.beachhealthclinic.org)

Clinic for non-insured individuals. Hours are 8:30am-4:00pm, Monday-Friday. Tuesday and Thursday evenings if medical doctor available.

**Weight Watchers**  
Phone: 1-800-441-7171

Agency is a special interest support organization dealing with weight control. Offers weight control support groups (mutual support/self-help groups and weight control support group). Call toll-free number for local listing.

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**MENTAL HEALTH SERVICES**

**Advocate**  
National Alliance for the Mentally Ill (NAMI)  
2107 Wilson Blvd, Suite 300  
Arlington, VA 22201  
Phone: (703) 524-7600  
1-800-950-NAMI (6264)  
Email: [www.jennifer@nami.org](mailto:www.jennifer@nami.org)

*Advocate* is published 4 times a year by the National Alliance for the Mentally Ill.

**Chesapeake Mental Health Services**  
Chesapeake Community Services Board  
224 Great Bridge Blvd  
Chesapeake, VA 23320  
Phone: 548-7011  
548-7000 (Emergency)  
Website: [www.cityofchesapeake.net](http://www.cityofchesapeake.net)

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides emergency and crisis intervention counseling; short term individual, couple, family and group therapy; psychological assessment and evaluation services; medication monitoring; and prevention services. Services are provided on sliding fee scale.

**Coastal Clubhouse**  
216 Great Bridge Blvd  
Chesapeake, VA 23320  
Phone: 547-0097  
Fax: 547-9642

Serves ages 18 and above. Hours are 8:00am-8:00pm, Monday and Thursday; 8:00am-5:00pm, Tuesday, Wednesday, Friday; 12:00pm-4:00pm, Saturday;
3:00pm-7:00pm, Sunday. A psychosocial rehabilitation program for the chronically mentally ill adult which provides a prevocational day program and educational opportunities, socialization and recreation in the context of a supportive environment focusing on normalization.

Residential Services
224 Great Bridge Blvd
Chesapeake, VA 23320
Phone: 548-7011

Provides a wide array of living options for persons experiencing a mental illness. The goal is to provide optimal arrangements in the least restrictive setting possible.

Resource Management
224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 548-7020

Resource Managers provide support services to adult citizens of Chesapeake experiencing mental illness and to their families or significant others. These services include discharge and pre-charge planning outreach and linkage to community resources, education and advocacy, crisis intervention and medication monitoring. Other needed interventions are provided to improve the clients’ independence in the community and enhance their quality of life.

Norfolk/Main Office
222 W. 19th Street
Norfolk, VA 23517
Phone: 622-7017

Portsmouth Office
1805 Airline Blvd
Portsmouth, VA 23707
Phone: 397-2121
Fax: 399-3316

Franklin Office
213 N. College Drive
Franklin, VA 23851
Phone: (757) 562-3306
Fax: (757) 562-7670

Serve individuals and families. Hours are 8:30am-9:00pm, Monday-Thursday; 8:30am-5:00pm, Friday. Provides the following counseling services: family and marriage; consumer credit; individual; unmarried parent; employer; also provides human resource development consultation for business and community organizations and travelers aid. Provides services for the mentally disabled and families of in-country Vietnam veterans.

FHC of Chesapeake
300 Medical Parkway, #214
Chesapeake, VA 23320
Phone: 547-9007
Fax: 548-1928

Provides outpatient therapy and intensive outpatient program (chemical dependency).

Information Hotline
Phone: 627-LIFE

Child and Family Services of Southeastern Virginia
Affiliated with FHC. Provides information for hospitalization and referral to mental health professionals.

First Access
1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-3500
1-800-327-5778
Fax: 481-0484
Website: www.absfirst.com

Provides regional access/referral to any level of care within the Hampton Roads Integrated Delivery System, assessment services (mobile, triage), plan benefits information and provider referral. Provides for primary psychiatric, adolescent and adult substance abuse.

Hidden Disabilities Lighthouse
c/o PROMOTE Family Development Centers
370 Johnstown Road
Chesapeake, VA 23322
Phone: 547-4692

An organization providing spiritual support to the mentally ill and their families. Provides help and hope for families in distress or crisis. Also helps to meet the mentally ill’s physical and emotional needs.

Institute for Mental Health Initiatives (IMHI)
The George Washington University Medical Center
2175 K Street NW Suite #700
Washington, DC 20037
Phone: (202) 467-2285
Fax: (202) 467-2289
Website: www.gwumc.edu
Email: imhi-info@gwumc.edu

IMHI is a tax exempt organization dedicated to promoting mental health and preventing emotional disorders. Offers a quarterly newsletter called Initiatives.

KidsPeace
The National Center for Kids in Crisis
1650 Broadway
Bethlehem, PA 18015-3998
Phone: 1-800-8KID-123
Website: www.kidspeace.org
Email: admissions@kidspeace.org

For more information about the Dual Diagnosis program, please contact a KidsPeace Admissions representative. Serves youth, ages 7-18 years. Hours 24 hours residential. Offers intensive 24-hour clinical educational and therapeutic recreational care for psychiatrically and emotionally distressed male and female adolescents. Specialized treatment program for adolescent males who are having difficulty with sexual abusers and other serious sexual issues. Specialized female residential program for clients 8 to 18 whose difficulties include victimization self esteem, individual identity, and other gender-related issues. Offers transitional program and a therapeutic group in a 240-hour open, community setting.

Mental Health Association in South Hampton Roads
1513 Sewell’s Point Road
Norfolk, VA 23502
Phone: 853-2606
Website: www.mhav.org

Serves all ages. Hours vary (recording). Provides education/information toward improving the quality of life of mentally ill and emotionally disturbed persons. Also provides public education through
speaker’s bureau, exhibits. Free literature and films, social advocacy.

**National Mental Health Association, The**

1021 Prince Street
Alexandria, VA 22314
Phone: (703) 684-7722
Fax: (703) 684-5968
Website: www.nmha.org

A non-profit organization striving to improve attitudes and services, as well as working towards prevention of mental illness. Offers printed materials, TV spots, radio spots, print media inserts, videos, & basic research updates.

**Pines Residential Treatment Center, The**

860 Kempsville Road
Norfolk, VA 23502
Phone: 1-877-227-7000
Fax: 1-877-846-6237
Website: www.absfirst.com

Offers adults psychiatric inpatient, crisis stabilization, child psychiatric inpatient adolescent psychiatric inpatient and dual diagnosis, adolescent psychiatric residential (ages 12-18), outpatient therapy, therapeutic foster care, and home based care (children, adolescents, adults).

**Virginia Beach Psychiatric Center**

1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-6000
Fax: 481-0484
Website: www.absfirst.com

Offers adult psychiatric inpatient and dual diagnosis, adult detoxification and rehabilitation, stabilization, adult partial hospitalization (chemical dependency) and outpatient therapy.

**Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services**

1220 Bank Street
Richmond, VA 23219
Phone: (804) 786-3921 or 1-800-451-5544 toll free
Fax: (804) 371-6638
Website: www.dmhmrsas.virginia.gov

**Office of Mental Health**

Phone: (804) 786-4837

**Office of Forensic Services**

Phone: (804) 225-2978

**Office of Substance Abuse Specialty Services**

Phone: (804) 786-3906
Fax: (804) 786-4320

**Office of Mental Retardation**

Phone: (804) 486-1746
Fax: (804) 692-0077

**Office of OBRA**

Phone: (804) 786-4837

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides a broad range of services, including education, assessment, therapy, advocacy and training.

**MENTAL RETARDATION SERVICES**

**Baker House**

5677 Herbert Moore Road
Virginia Beach, VA 23462