



NAMI
National Alliance on Mental Illness

Coastal Virginia

Conversations about Mental Health

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Ending the Silence

NAMI Ending the Silence is a 50 minute presentation that educates students about mental health conditions, including a personal testimony and conversation with a youth or young adult about their mental health journey. The presentation's message of empathy and hope encourages students to actively care for themselves and their friends.



Say it Out Loud

Say it Out Loud includes a short film featuring three teens' experiences with mental illness, a discussion guide, and a narrated presentation. This interactive experience encourages teens to talk about their mental health, and reduce the stigma surrounding mental illness.



Children's Challenging Behaviors

Children's Challenging Behaviors is a 6-hour workshop for parents of children and youth with mental health needs, led by two trained and experienced parents who provide information to help parents understand challenging behaviors that may require intervention. Learn when, how, and where to seek help, develop parenting strategies, discuss the ins and outs of special education, and more.



NAMI Coastal *Youth Committee*

The NAMI Coastal Youth Committee is composed of a group of adolescents and young adults who are passionate about improving mental wellness and facilitating mental health resources/opportunities for children and adolescents in our community. The committee is open to anyone who wants to contribute in any capacity. We would love to have you on our team, plus it's a great opportunity to obtain volunteer/service hours.



Scan for more information, to request a presentation, or to join the Youth Committee!

You are not alone.

(757) 499-2041 • contact@namicoastalvirginia.org

www.namicoastalvirginia.org



NAMICoastalVirginia



NAMICoastalVA



National Alliance on Mental Illness

NAMI Coastal Virginia

NAMI Coastal Virginia is part of a nationwide nonprofit, organization whose mission is to support, educate, and advocate for those affected by mental illness, and their families.

We offer free ongoing educational classes, free peer-led support groups, in-person and virtual groups, community programs and socials, and a helpline. We connect to people with the goal of improving the quality of life for recovering individuals and their families.

Anyone can experience the challenges of mental illness...one in five people do.
We are here for you.

SUICIDE PREVENTION

National Suicide Prevention Lifeline:

800-273-8255

Providing 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

I Need A Lighthouse: 757-567-5429

www.ineedalighthouse.org

The Sarah Michelle Peterson Foundation:

info@sarahmpetersonfoundation.org

CRISIS TEXTLINE

Safely and confidentially connect with a live, trained crisis counselor for free 24/7 support.

Text NAMI or HOME to 741-741

YOUTH SERVICES

Kempsville Center for Behavioral Health:

757-461-4565

Children's Hospital of the King's Daughters (CHKD): 757-668-7000

The Chas Foundation: 757-489 2427

United Methodist Family Services (UMFS):

757-490-9791

The Up Center: 757-965-8683

The Barry Robinson Center: 757-455-6100

Youth Move: www.namivirginia.org/youth-young-adults-youth-move-virginia/

ok2talk: www.ok2talk.org

CRISIS INTERVENTION

Emergency Mental Health Services/Intake

(24/7) If unsure where to call,

begin here for referrals

Chesapeake: 757-548-7000

Norfolk: 757-664-7690

Portsmouth: 757-393-8990

Suffolk/Isle of Wight: 757-925-2484

Virginia Beach: 757-385-0888

Eastern Shore: 757-442-7707

Military and Veterans: 1-800-273-8255,

press 1 or Text 838255

TAPS 24/7 National Military Hotline:

1-800-959-TAPS (9277)

LGBTQ+ RESOURCES

The Trevor Project: Call 1-866-488-7386 or text START to 678-678. Trained counselors supporting youth in crisis and/or in need of a safe and judgment-free place to talk 24/7

LGBT Life Center: 757-640-0929

REDUCED COST MENTAL HEALTH SERVICES

EVMS Hope Free Clinic: 757-446-0366

Catholic Charities: 757-533-5217

Jewish Family Services: 757-321-2222

Tidewater Pastoral Counseling:

757-623-2700

FREE/REDUCED COST HEALTH CLINICS

Chesapeake Care Clinic: 757-545-5700

Hampton Roads Community Health Center:

757-393-6363

Norfolk Hopes Free Clinic: 757-446-0366

Virginia Beach Health Clinic: 757-428-5601

Hampton Roads Community Health Center:

757-393-6363

Bon Secours Care-A-Van: 757-889-5121

Eastern Shore: Bayview Community Health

Center, Cheriton: 757-331-1086

Onley Community Health Center:

757-787-7374

MILITARY/VETERAN RESOURCES

www.va.gov

www.ptsd.va.gov

Hampton VA Medical Center:

757-722-9961

Stephen A. Cohen Military Family Clinic,

VA Beach: 757-965-8686

Military One Source: 800-342-9647

POLICE - EMERGENCY

Call 911. Explain there is a mental health emergency, ask for CIT (Crisis Intervention Team) officers who are trained to manage mental health crises.

OTHER RESOURCES

National Alliance on Mental Illness

(NAMI):

NAMI Coastal Virginia: 757-499-2041

www.namicoastalvirginia.org

Free support groups/classes/programs

NAMI Helpline: 800-950 NAMI (6264)

M-F 10 am-6 pm

Virginia Department of Behavioral Health:

804-786-3921 State agency for mental

health

SAMSHA (Substance Abuse & Mental

Health Services Administration)

www.samhsa.gov

Mental Health America:

www.mhanational.org

Emotions Anonymous:

www.emotionsanonymous.org

"Life may be tough,
but so are you"

- The NAMI Llama



Scan for more information, to request a presentation, or to join the Youth Committee!



NAMICoastalVirginia



NAMICoastalVA

Discover and engage in positive Social Media communities, keep up-to-date on local programs/support groups, and share resources/messages by following us on Facebook & Instagram!