

Direct Service Options for Virginians from our Partners

(Updated October 10, 2024)

2024-2025 School Meals Applications:

- Spreadsheet from No Kid Hungry-Virginia with links to non-CEP school division's 2024-2025 School Meals Applications:
https://docs.google.com/spreadsheets/d/1VWliU5WWjgQkX_bl9lludHTmVF_c5l3B_vCV76hHVjl/edit?gid=1847837955#gid=1847837955

Food Banks and Pantries:

- Federation of Virginia Food Banks: Food Bank Locator
 - <https://vafoodbanks.org/virginia-food-bank-locator/>
- Feeding Southwest Virginia's Resource Guide & Help Line:
<https://feedingswva.org/map-directory/>
 - Call: 540-299-0004; Text: 276-250-4500; Email: hungerandhelp@feedingswva.org
- Feed More's Resource Guide & Agency Locator:
<https://feedmore.org/store-locator/>
 - Call the Hunger Hotline: 804-521-2500 ext. 631
 - Para recibir asistencia en español: 804-822-4111
 - Hunger Assistance Request Form:
<https://feedmore.org/hunger-hotline>
- Blue Ridge Area Food Bank Resource Guide & Food Finder:
<https://foodfinder.brafb.org/>
 - Call: 540-213-8400
- Virginia Fresh Match: Use your SNAP card and get half off on fruits and vegetables sold at participating farmers markets, farm stands, community retailers, and mobile markets
 - <https://virginiafreshmatch.org/>

Check Eligibility and/or Apply for SNAP Benefits:

- Department of Social Services:
<https://www.dss.virginia.gov/benefit/snap.cgi>
- SNAP Helpline: Call 866-753-7627
- SNAP Eligibility Calculator, a project of Virginia Hunger Solutions and Virginia Poverty Law Center: <https://vplc.org/snap-calculator/>
- USDA National Hunger Hotline:
<https://www.hungerfreeamerica.org/en-us/usda-national-hunger-hotline>
 - Call: 866-3-HUNGRY (866-348-6479) or para español 877-8-HAMBRE (877-842-6273)

Mental Health Support:

- **988 Lifeline:** Call or Text 988 to connect to someone who can support you. This is free and confidential.
 - <https://988lifeline.org/>
- **Connect with your local Community Services Board or Behavioral Health Authority**
 - **Same Day Access:** Access a mental health evaluation without an appointment at a CSB throughout Virginia during walk-in hours. Walk-in hours vary by CSB.
 - <https://vacsb.org/csb-bha-directory/>
- **Mental Health Virginia's Peer Run Warm Line:**
<https://mentalhealthvirginia.org/get-help/warm-line/>
 - **Call or Text: 866-400-6428**
 - **Live Chat available online via link above**

Crisis Support:

- **988 Lifeline:** Call or Text 988 to connect to someone who can support you. This is free and confidential.
 - **At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.**
 - <https://988lifeline.org/>
- **Children's Response and Stabilization Team (CReST)**
 - **Resource for youth, ages 5-18, who are in crisis and need help avoiding psychiatric hospitalization. Youth can stay in the crisis stabilization unit for up to 15 consecutive days.**
 - **Call the referral line at 1-833-968-1800 and be prepared to provide your contact information, facility information, individual & family contact information and a brief description of the crisis situation.**

Community Services Boards/Behavioral Health Authority:

- **Connect with your local Community Services Board or Behavioral Health Authority and use their Same Day Access point to begin mental health and/or substance use support services.**
 - **Same Day Access:** access a mental health evaluation without an appointment at a CSB throughout Virginia during walk-in hours. Walk-in hours vary by CSB.
 - <https://vacsb.org/csb-bha-directory/>

Warm Lines:

- **Alive RVA Warm Line: Call 1-833-4PEERVA (473-3782). Anonymous addiction recovery support warmline.**
 - **The AliveRVA Warm Line is a Peer Recovery and Resource Warm Line staffed by Peer Recovery Specialists, trained individuals with lived experience in substance use, behavioral health, trauma and recovery. AliveRVA is for people struggling with addiction, their loved ones, and members of the community. The AliveRVA peers are there to listen and offer safe and confidential support and information on resources, including Substance Use Treatment, Recovery Supports, Health Care, Food, and Recovery Housing.**
 - <https://aliverva.org/about/>

Community Access & Supportive Services

- <https://www.caass2011.com/>
- **Call (804) 518-6185 or call the founder, James Coleman, directly at (804) 852-8437 and be prepared to provide the following information:**
 - **Name**
 - **Phone number**
 - **Date of birth**
 - **SSN or Medicaid ID**
 - **Specific health insurance plan**
 - **Whether client is in crisis & if they've been in crisis in the past 90 days**
- **If a client needs immediate (same-day) assistance, Mr. Coleman will contact the agency who will contact your client to do a screening and hopefully get them a hotel room. Mr. Coleman may offer to keep you posted on the client's status. He is a good listener and you should feel free to tell him any useful details about your client's extenuating circumstances (e.g., unable to transport himself).**

Support Groups:

- **Suicide Loss**
 - **Survivors of Suicide Loss Support Group – RVA**
 - <https://survivorsofsuicidelossva.wordpress.com/>
 - **Suicide Loss Group – Full Circle Grief Center**
 - <https://fullcirclegc.org/suicide-loss-group/>
- **Parent Mental Health**
 - **Circle of Parents**
 - **For families seeking self-help parent support groups aimed at preventing child abuse and neglect.**
 - **Contact Julie Rivnak-McAdam**
 - Jmcadam@familiesforwardva.org
 - **Phone: 804-359-6166 x311**
 - <https://www.familiesforwardva.org/circle-of-parents>

- **LGBTQIA+ Support**
 - **Youth support group (ages 13-17)**
 - Facilitated by a licensed clinical social worker who has experience providing LGBTQIA+ mental health services.
 - Groups are held every 1st and 3rd Tuesday at 4 p.m. at Virginia Treatment Center for Children.
 - Registration is required. Call 804-828-3137 to register.
 - <https://www.chrichmond.org/services/mental-health/cameron-k-g-allagher-mental-health-resource-center/lgbtqia-therapeutic-peer-support-group>
 - **Parents of LGBTQIA+ Identifying youth**
 - Provides a supportive environment to develop ways to advocate, support and affirm your LGBTQIA+ youth. This FREE support group is designed to give parents and guardians a safe space to address their child's unique health care needs.
 - Groups are held every 3rd Tuesday at 2 p.m. at Virginia Treatment Center for Children. This new service will begin April 16, 2024.
 - Registration is required. Call 804-828-3137 to register.
 - <https://www.chrichmond.org/services/mental-health/cameron-k-g-allagher-mental-health-resource-center/lgbtqia-therapeutic-peer-support-group>
 - **Youth of Color Support Group, Mondays 6:30 – 8:30**
 - This group is only for youth who identify as people of color, as LGBTQ+, and are between the ages of 14-18. This group is led by staff/facilitators of color.
 - <https://www.sidebysideva.org/support-groups>
 - **Transgender Support Group, Thursdays 6:30-8:30**
 - This group is for anyone between the ages of 14-18 who identifies as trans, non-binary, gender non-conforming, or non-cisgender, or is questioning their gender identity.
 - <https://www.sidebysideva.org/support-groups>