

## Resources for Mental Health Assistance

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### For People in Crisis:

- USA Lifeline **988**
- National Suicide Prevention Lifeline **1.800.273.8255**
- USA Crisis **Text 741-741**
- USA [Suicide Prevention Lifeline and Chat for the Deaf or Hearing impaired](#). Or use your preferred relay service, or dial **711** then **1.800.273.8255**

### NAMI - National Alliance on Mental Illness:

- <https://nami.org/Your-Journey/Kids-Teens-and-Young-Adults>
- <https://www.nami.org> **1.800.950.6264**
- Helpline: <https://nami.org/help> Text "**HelpLine**" to **62640**
- Local [NAMI Support Group](#) the first Tuesday of each month, Bon Air Baptist Church, 2531 Buford Rd., Richmond 23235

### Local Resources:

#### Chesterfield County:

Direct Crisis Intervention - **Available 24/7 804.748.6356**

<https://www.chesterfield.gov/878/Mental-Health-Support-Services>

*If someone's life is in immediate danger, call 911.*

#### Beacon Tree Foundation:

Assisting families with grants and gap funding between medical insurance waiting times and mental health services, treatments.

<https://www.beaontree.org/>

#### Mental Health & Suicide Prevention Speaker:

Anne Moss Rogers <https://annemoss.com/>

Blog: [emotionallynaked.com](http://emotionallynaked.com)

#### Virginia Institute of Pastoral Care: (provides counseling)

<https://www.vipcare.org/> **804.282.8332**

#### Shepherd's Staff Ministry: (provides counseling and coaching)

<https://www.shepherd-staff.org/> **804.327.0707**