

Local Interventions & Assistance for Minors Resources



CRISIS, SAFETY & EMERGENCY RESOURCES

The resources listed on this website are provided as options for the community. Not all of these resources are affiliated with the City of Virginia Beach or the Virginia Beach Police Department. Inclusion on this list does not constitute an endorsement, and individuals are encouraged to determine which resources best meet their needs and to conduct their own research.

CRISIS, SAFETY & EMERGENCY RESOURCES

Beach Health Clinic

Represents a volunteer-staffed, nonprofit medical clinic in Virginia Beach that provides free or low-cost basic healthcare services, prescription assistance, and dental care to uninsured, low-income residents and families who earn below certain income thresholds (under 200% of the federal poverty level). Established by local physicians to address gaps in access to care, the clinic relies on community volunteers to offer a range of services including chronic disease management, preventive care, and specialty referrals to help improve health outcomes.

*Requirements: Resident of Virginia Beach and must bring photo ID, proof of residency, proof of household income (including spouse), W-2 form and Federal tax return when you come to your appointment. *

Phone number: (757) 428-5601

Address: 3396 Holland Rd #102, Virginia Beach, VA 23452

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

Quit Now Virginia

Offers a free, confidential, 24/7 tobacco and nicotine cessation support service for Virginians aged 13 and older, providing personalized coaching and resources to help users quit smoking, vaping, or using other nicotine products. It includes options such as one-on-one coaching by phone, text, or online, group sessions, an interactive online dashboard, and access to nicotine replacement therapy and educational materials to support long-term success. *May signup online or over the phone*

24/7 Phone number: 1(800) 784-8669

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

CRISIS, SAFETY & EMERGENCY RESOURCES

Help and Emergency Response, INC.

Provides emergency shelter, advocacy, crisis support, and comprehensive services for survivors of domestic violence, sexual assault, stalking, human trafficking, and related homelessness. It highlights resources like a 24/7 hotline, housing assistance, counseling, employment readiness, children's programs, and community outreach aimed at promoting safety, healing, independence, and awareness.

(24hr Hotline) Phone number: (757) 485-3384

(Office) Phone number: (757) 485-1445

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

Center for Sexual Assault Survivors

Provides free, confidential support, crisis counseling, advocacy, and education for people affected by sexual violence, intimate partner violence, and human trafficking. It connects survivors and their loved ones to resources like a 24/7 hotline, legal support, and community outreach aimed at safety, healing, and awareness.

(Hotline) Phone number: (757) 236-5260

(Office) Phone number: (757) 599-9844

Website: <https://vsdvalliance.org/agency/center-for-sexual-assault-survivors/>

CRISIS, SAFETY & EMERGENCY RESOURCES

Hampton Roads Community Action Program (HRCAP)

HRCAP is a nonprofit community action agency serving southeastern Virginia for over 50 years, dedicated to helping low-income individuals and families achieve self-sufficiency and improved quality of life through a wide range of programs in education, workforce development, housing support, emergency services, and financial stability. The organization connects residents with resources like Head Start early-childhood education, job training, housing counseling, and other supportive services while offering ways to get involved through volunteering and community partnerships. *M-F 8am-5pm*

Phone number: (757) 247-0379

Address: 2410 Wickham Ave, Newport News, VA 23607

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

Jeanna's iFeed

Jeanna's iFeed is a nonprofit serving the Hampton Roads region, offering food, cooked meals, wellness education, and essential resources to families, seniors, and individuals facing hardship. In partnership with organizations like the Foodbank of Southeastern Virginia and the Eastern Shore, they work to address hunger and promote health and well-being. Focused on impactful service and practical solutions, Jeanna's iFeed empowers recipients to strengthen their lives and support their communities. *Contact or check Facebook/Instagram for location*

Phone Number: (757) 679-0579

Email address: ronjeanna@jeannasifeed.org

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

Facebook: <https://www.facebook.com/jeannasifeed/>

CRISIS, SAFETY & EMERGENCY RESOURCES

Village Family Outreach

Village Family Outreach runs a variety of support programs for people in need in Norfolk and the surrounding area including a food pantry supplying free groceries every fourth Sunday, clothing distribution, hygiene and cold-weather kits, and baby essentials for families facing hardship. They also provide services tailored to seniors, youth, and low-income families, offer safe-sex products, and work with community partners to connect individuals to additional resources that support health, stability, and economic self-sufficiency.

Address: 813 Henry Street Norfolk, VA 23504

Website: <https://www.villagefamilyoutreach.net/>

The Union Mission Ministries

Union Mission Ministries provides emergency shelter, hot meals, clean clothes, and essential services to hundreds of unhoused men, women, and children in the Hampton Roads area every day. In addition to basic needs, they offer life-skills training, job readiness programs, case management, and spiritual support helping people heal, regain stability, and move toward permanent housing and independence.

Phone Number: (757) 627-8686

Address: 5100 E. Virginia Beach Blvd. Norfolk, VA 23502

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

CRISIS, SAFETY & EMERGENCY RESOURCES

The Genieve Shelter

The Genieve Shelter works to offer free services such as a safe haven and supportive environment for individuals affected by domestic violence, sexual assault, stalking, and human trafficking. It also provides education, information, and training aimed at breaking the cycle of violence and promoting long-term safety and healing.

Phone Number: (757) 925-4365

Immediate Help Line: 1(800) 969-4673

Address: PO Box 1585 Suffolk, VA 23439

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

Shoe Lady

ShoeLady.org is a nonprofit based in Newport News, Virginia that works to make sure kids whose families can't afford shoes receive new, properly fitting footwear. They partner with local schools that report children in need and match those requests to donors willing to give or sponsor new shoes, operating year-round so that support is available whenever the need arises, not just during holidays. *Contact your children's school to see if they participate with the Shoe Lady program*

Phone Number: (757) 869-7070

Email address: bill@shoelady.org

Address: PO Box 1054 Newport News, VA 23601

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

CRISIS, SAFETY & EMERGENCY RESOURCES

Parents In Need HR

Parents In Need (Hampton Roads) is a nonprofit that provides free essentials like diapers, clothes, baby gear, infant/cradles, car seats and other necessities to young children ages newborn through six years old, in low-income families across Hampton Roads. Since 2013, PIN has helped over 7,000 children reaching families often living on very limited income offering support during difficult seasons such as job loss, illness, or financial hardship. *You must complete an application through link and make an appointment to shop on website. Hours of operations posted on their website *

Email address: ParentsinNeedHR@gmail.com

Address: 116 Reservation Rd Chesapeake, VA 23322

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

ForKids

ForKids is a nonprofit organization whose mission is to break the cycle of homelessness and poverty for families and children in Southeastern Virginia. It operates a range of services, including a Housing Crisis Hotline, emergency shelters, rapid rehousing & supportive-housing programs, and housing stability support aimed at helping families secure long-term permanent housing. ForKids also offers educational and enrichment programs for children, after-school support, financial & life-skills counseling, and economic-mobility services to help families become self-sufficient. Through this holistic, wrap-around model, ForKids serves hundreds of families daily and aims not just to address immediate crises but to promote long-term stability and growth.

Phone number: (757) 622-6400

Email address: info@forkids.org

Address: 1001 Poindexter St. Chesapeake, VA 23324

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

CRISIS, SAFETY & EMERGENCY RESOURCES

National Suicide & Crisis Lifeline

For teens in emotional distress, suicidal thoughts, or needing immediate support.

Phone number: Call or Text: 988 or (800) 273-8255

Website: www.988lifeline.org

YWCA South Hampton Roads

Since 1908, YWCA South Hampton Roads has strengthened social movements that eliminate racism, empower women, and promote peace, justice, and dignity for all through advocacy, local programming, and services. They offer free Crisis Services, Counseling Services, Equity and Justice work/social programs, as well as Outreach and Education, Support Groups, Almost Home Shelter, Victim Advocacy, and the Norfolk Family Justice Center. *No Requirements *

Phone number: (757) 625-4248

(24/7 Crisis Hotline): (757) 251-0144

Email address: info@ywca-shr.org

Address: 340 High Street, Ste 206 Portsmouth, VA 23704

Website: <https://ywca-shr.org/>

Seton Youth Services

No charge crisis shelter, walk-in support, and counseling for ages 9–18 in unsafe or unstable situations, also part of the Safe Place Network. 24-hour emergency shelter for youth. They also are dedicated in reuniting missing youth with their families through their Find Me Hampton Roads programs. *No Requirements*

Phone number: 24-Hour Hotline (757) 498-4357 or 1-866-751-7640

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

CRISIS, SAFETY & EMERGENCY RESOURCES

Norfolk Family Justice Center

This center is a safe, centralized space where individuals impacted by violence or abuse can access trauma-informed, victim-centered services. Multiple agencies work together on-site to provide 24/7 crisis support, forensic exams, legal assistance, advocacy, shelter, counseling, and help with housing, employment, and benefits. The goal is to improve safety, streamline access to services, and ensure offender accountability. Hours are Monday through Friday 9am to 4pm and walk ins are welcome. *No Requirements *

Phone number: (757) 330-0376

(YWCA 24/7 Crisis Hotline): (757) 251-0144

Email address: Susan.flowers@norfolk.gov

Address: 835 Glenrock Rd Norfolk, VA 23502

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

Project Lifesaver

Project Lifesaver is a nonprofit public-safety program that helps quickly locate individuals with cognitive conditions (such as autism, dementia, or Alzheimer's) who are prone to wandering. Local law enforcement and rescue agencies run the program to ensure rapid response and recovery. Contact your local Project Lifesaver agency directly for enrollment.

Virginia Beach Police

Phone number: (757) 385-7213

Address: 2441 Princess Anne Rd Virginia Beach, VA

CRISIS, SAFETY & EMERGENCY RESOURCES

Beach Community

Beach Community offers community resources such as housing, food, basic assistance, financial assistance, health services, employment services, mental health services, substance abuse, veteran services, victims of domestic violence and or sexual assault, victims of human trafficking, youth services, and other housing crisis support services.

Phone number: (757) 227-5932 (M-F 8am-5:30pm- Regional Housing Crisis Hotline) (757)430-2120 (24/7 Hotline- Victims of Domestic Violence)

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

National Runaway Safe Line

Free 24/7 confidential crisis and resource line for at risk teens considering running away from home. The hotline serves as an intermediary for teenagers 13 through 21 and parents by offering free transportation for youth, runaway education, and resources for parents & caregivers. You may call/text or go on their website to fill out an email, online forum, or live chat.

Phone number: 1(800) 786-2929 (Call/Text)

Website: <https://www.1800runaway.org/>

RAINN

24/7 national hotline offering English and Spanish services for survivors of sexual assault and their loved ones which provides confidential support and information about laws and resources in your community, and referrals for long – term support in your area.

Phone number: 1(800) 656-4637 or Text HOPE to 64673

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

CRISIS, SAFETY & EMERGENCY RESOURCES

The Trevor Project (LGBTQ+ Youth)

Confidential support line for LGBTQ+ teens in crisis or struggling with identity, bullying, or suicide. You can call, text, or open an online chat 24 hours a day.

Phone number: Call: 1 (866) 488-7386 Text “START” to 678-678

Website: <https://www.thetrevorproject.org/crisis-services/>

Virginia Beach Department of Public Health

The Virginia Beach Department of Public Health protects and improves community health by hiring and supporting skilled staff, strengthening local partnerships, and providing clear, reliable health information and services. It focuses on health equity by addressing the root causes of poor health and working with others to improve access and opportunity. The department also prioritizes strong internal systems to ensure consistent, high-quality support for its programs and the people it serves.

Phone number: (757) 518-2700 or (757) 518-2672 (Public Health District Director)

Email address: caitlin.pedati@vdh.virginia.gov

Address: 4452 Corporation Lane Virginia Beach, VA 23462

Website: <https://www.vdh.virginia.gov/virginia-beach/>

CRISIS, SAFETY & EMERGENCY RESOURCES

City of Virginia Beach Community Services Board

The Office of Consumer and Family Affairs in Virginia Beach offers free education, support groups, advocacy, and resources for individuals and families affected by behavioral health, substance use, and co-occurring disorders. Programs include classes like *Friends and Family Education, Help Me Understand, NAMI Family-to-Family, NAMI Basics, and WRAP*, all designed to provide practical tools, education, and support for recovery and caregiving. The office also manages the Virginia Beach Community Trust, which helps families establish special needs trusts for loved ones with behavioral health disorders.

*Requirements- Must make an appointment, some services have no residency requirements. *

Phone number: (757) 385-0800 (Main)

(757) 385-0888 (Emergency)

Email address: VB311@vbgov.com

Address: 289 Independence Blvd, Suite 120 Virginia Beach, VA 23462

Website: <https://hs.virginiatech.gov/about/community-services-board>

CRISIS, SAFETY & EMERGENCY RESOURCES

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

DBHDS provides information about behavioral health crisis support available to individuals and families across the state. It outlines Virginia's statewide crisis response system including the 988 - crisis line, mobile crisis teams, crisis stabilization units, and community-based care options.

DBHDS helps people understand when and how to access help during a mental health or developmental disability-related crisis, including through specialized programs like REACH for those with developmental disabilities. The REACH program offers 24/7 mobile crisis response and short-term crisis stabilization services for both residential and nonresidential.

Requirements: no qualifying individual will be turned away for inability to pay for services, but the program does not serve individuals who are actively under the influence or detoxing from substances including alcohol. If you meet the eligibility criteria, you can access REACH at no cost.

Phone number: 988 or Hampton Roads REACH (888) 255-2989

Email address: reachmanagers@wtcsb.org

Website: https://dbhds.virginia.gov/crisis-services-for-individuals-and-families/?fbclid=IwJcANOBLijbGNrA04EkmV4dG4DYWVtAjExAAEee13ly1PSIIB5e_w083X8MGiTRMbvdvtp1V_zkCA3seLs7yxiyZ_0O7Jt91Mw_aem_O7yF1JtLrVUsUSql2gN8oQ

211 Virginia

211 Virginia is a free, confidential, and 24/7 statewide referral service that connects Virginians with a broad spectrum of community resources. It helps people access support for housing, food, healthcare, utilities, and more. The service also provides referrals for mental health and substance-use programs, crisis care, and legal or financial assistance. Operated by the Virginia Department of Social Services in partnership with community agencies, 211 Virginia maintains a directory of thousands of programs across the Commonwealth.

Phone number: 2-1-1 or (800) 230-6977

Text: Connect to 247211

Website: <https://211virginia.org/>

CRISIS, SAFETY & EMERGENCY RESOURCES

LGBT Life Center

Safe spaces, identity-affirming therapy, and walk-in support for LGBTQ+ teens and families. They offer support groups for local youth aged 12 through 18 on the first and third Wednesdays from 6:30-9pm (In-Person).

Phone number: (757) 640-0929

Email address: NicoleP@standupforkids.org

Address: 5360 Robin Hood Road Norfolk, VA 23513 and 20 Settlers Landing Road Hampton, VA 23669

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

Teen Line

TEEN LINE is a confidential telephone helpline for teenage callers. The TEEN LINE volunteers who answer the calls, emails and texts are Southern California teenagers who have been specially trained. They do not give advice, their job is to listen to your feelings and help you to clarify your concerns, define the options available to you, and help you make positive decisions. Problems some teenagers face include abuse, AIDS, alcoholism, depression, divorce of parents, drugs, gangs, homelessness, pregnancy, sexuality, violence, and suicide. TEEN LINE also offers message boards, resources and information.

Phone number (hotline): (310) 855-4673 or (800) 852-8338 from 9PM-1AM EST

Phone number (texting): Text “TEEN” to 839863 from 8:30pm-12:30AM EST

Email through “Talk Now” page: <https://teenlineonline.org/talk-now/>

Website: <https://unsuicide.org/suicide-help/teen-line/>

CRISIS, SAFETY & EMERGENCY RESOURCES

Boys Town National Hotline

Boys Town is one of the largest nonprofit, nonsectarian child and family care organizations in the country. The hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. Spanish-speaking counselors and translation services for more than 100 languages are also available 24 hours a day. They offer a broad spectrum of child and family services, community programs, and crisis services. They also provide health and medical care through Boys Town National Research Hospital and other resources; conduct research on child behavioral issues; and provide services for children with severe behavioral problems through their Outpatient Behavioral Health programs and residential care programs.

Hotline: (800) 448-3000 or text VOICE to 20121

Phone number: (531) 355-1111

Email : hotline@boystown.org

Address (Headquarters): 14100 Crawford St. Boys Town, NE 68010

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

Ok2SpeakOut

Ok2SpeakOut is a Virginia statewide school safety and threat-assessment resource created by the Virginia Center for School and Campus Safety to help K-12 students, parents, and school communities recognize, report, and prevent concerning behaviors that may pose a risk to self or others. The site provides age-appropriate resources for students, guidance and tools for parents, and educational videos and prevention materials. It also includes who you can report to in the school community, information for support, and emphasizes that speaking up early is a proactive, non-punitive way to keep schools and communities safe.

Emergency Number: 911

Email address: vcscs@dcjs.virginia.gov

Website: <https://ok2speakout.com/>