

Local Interventions & Assistance for Minors Resources



MENTAL HEALTH SUPPORT & COUNSELING 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.

MENTAL HEALTH SUPPORT & COUNSELING

Care Solace

Working together with Virginia Beach City Public Schools, Care Solace aims to ensure quality, accessible care is always available to those who need it.

With a wide network of trusted providers and the ability to personalize the matching process, they help you find care that fits your life — your schedule, your insurance, your location, and your unique needs.

Phone number: (888) 515-0595

Website: <https://caresolace.com/site/vbschools>

Second Chances Comprehensive Services

Behavioral health provider offering a range of mental health services including in-home counseling, mental health skill building, outpatient care, group homes, and crisis stabilization for children, adolescents, and adults. Their mission focuses on empowering individuals and families to improve well-being, build resilience, enhance home safety, and support positive life outcomes through personalized therapeutic support across the Hampton Roads area and surrounding communities.

(Virginia Beach) Phone number: (757) 531-7891

Address: 207 Business Park Dr, Virginia Beach, VA 23462

(Hampton) Phone number: (757) 262-2002

Address: 1919 Commerce Dr, Suite 330, Hampton, VA 23666

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

MENTAL HEALTH SUPPORT & COUNSELING

Newport News Behavioral Health Center

Represents a residential and acute care treatment facility in Newport News, Virginia that provides comprehensive mental health, psychiatric residential, crisis stabilization, substance abuse, and specialized treatment programs for children (ages 8-11) and adolescents. Their services include individualized therapy, family support, assessments, and evidenced-based interventions designed to help youth address emotional, behavioral, and co-occurring challenges in a therapeutic environment. *Mental health assessments are offered 24/7 at no cost*

Phone number: (757) 888-0400

Address: 17579 Warwick Blvd, Newport News, VA 23603

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

James Bentley Treatment Program

Mental and behavioral health agency that provides comprehensive services for at-risk children, youth, adults, and families, including mental health support, substance abuse counseling, skill building, intensive in-home care, and crisis stabilization. Their mission focuses on preserving family integrity, promoting emotional and social development, and helping individuals overcome behavioral challenges through education, therapy, and community-centered treatment.

Phone number: (757) 399-3025

Address: 1020 Leckie Street, Portsmouth, VA 23704

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

MENTAL HEALTH SUPPORT & COUNSELING

Integrated Health Services

Community-based mental and behavioral health agency in Virginia that offers comprehensive, customized counseling and support services for children, adolescents, adults, and families facing challenges at home, school, work, or in the community. Their programs include outpatient therapy, intensive in-home treatment, substance use counseling, trauma-informed care, and skill-building services designed to improve mental health, stabilize families, and promote overall well-being.

Phone number: (757) 838-1894

(Norfolk) Address: 6330 Newtown Rd, Suite 615, Norfolk, VA 23502

Website: <https://www.ihsva.com/>

Compass

Behavioral health agency in Virginia that has been providing clinical services to children, adults, and families since 2004, offering support for mental health, autism spectrum disorders, and other behavioral challenges through evidence-based and trauma-informed therapies. Their services include therapy, Applied Behavior Analysis (ABA), intensive in-home support, mentoring, and skill-building programs across numerous locations throughout the state to help stabilize, strengthen, and support community well-being. *All inquiries are to be made on their website*

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

MENTAL HEALTH SUPPORT & COUNSELING

Catholic Charities of Eastern Virginia

Catholic Charities of Eastern Virginia is a nonprofit human services organization that offers a wide range of support programs to people and families in need across Southeastern Virginia, including adoption and pregnancy services, financial and housing counseling, mental health counseling, senior care, and family engagement services. The organization's mission is to serve all individuals with dignity and compassion, help stabilize families, and strengthen communities while also providing ways for visitors to give support through donations, volunteering, or career opportunities.

Phone number: (757) 456-2366

Address: 1132 Pickett Rd, Norfolk, VA 23502

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

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/>

MENTAL HEALTH SUPPORT & COUNSELING

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/>

Mikey's Camp & Kidz N Grief

KIDZ'NGRIEF is a supportive program in the Tidewater region for children ages 3 to 18 and their caregivers, offering a safe environment where kids can process grief alongside peers through activities like art, games, stories, and play. The program offers age specific groups, caregiver groups, and camps to help families express emotions and adjust to loss. Volunteers are always needed and play an important role in creating this supportive space for the children. The goal is to provide a safe environment and help each child adjust to their loss. *Registration Required*

Phone number: (757) 947-3420

Email address: Ariane_Walter@bshsi.org

Website: <https://www.facebook.com/kidzngrief/>

MENTAL HEALTH SUPPORT & COUNSELING

Burfoot House

The Burfoot House is a transitional shelter for single women ages 18–65 experiencing homelessness. During their stay (up to 180 days), women receive individualized support including financial-literacy help, one-on-one mentoring, therapy for mental/trauma issues, and free transportation to help them access jobs or services. The program aims not just to provide temporary shelter but to help residents build credit, strengthen life skills, and once they meet their goals transition into permanent, self-sufficient housing. *Requirements: must be a single woman sleeping in places not meant for habitation, living in emergency housing for homeless persons, or evicted with no residence and lacking resources to obtain a home. You must not have any felony convictions, child-related restrictions, active domestic violence cases, pending warrants, actively using alcohol or illegal drugs, or have a history of violent, explosive, or destructive behavior. *

Phone number: (757) 410-2933

Email address: lisa@divineio.org

Address: 916 Centerville Turnpike S, Chesapeake, VA 23322

Website: <https://divineio.org/about-burfoot-house/>

Beach Counseling Center

Beach Counseling Center is a mental-health and medication-management practice in Virginia Beach that offers personalized care for individuals across a wide range of ages and needs. They treat issues including depression, anxiety, trauma/PTSD, ADHD, bipolar disorder, and life stressors, offering services like individual, child/teen, couple, and family counseling, psychological evaluations, and medication management. *Must schedule appointment, accepts several insurance plans *

Phone number: (757) 233-1500

Email address: vabeachcounseling@gmail.com

Address: 1064 Laskin Rd Suite 14C, Virginia Beach, VA 23451

Website: <https://www.beachcounseling.com/>

MENTAL HEALTH SUPPORT & COUNSELING

Atlantic Family and Adolescent Therapy

Atlantic Family and Adolescent Therapy was founded to meet the growing mental-health needs of adolescents and families in Virginia Beach, VA. They provide a range of services—including therapy for teens and adults, couples counseling, and family therapy, all while being secular, and LGBTQIA+ affirming. You can learn more about each option by visiting their services page. Their goal is to provide the support and guidance you may need to facilitate change and how difficult it is to understand it. *There is a charge per session and residents in counseling or marriage/family therapy are offered a sliding scale based on household income. They also offer several insurance plans. *

Phone number: (757) 650-5346

Email address: Carmenwolf@atlanticfamilytherapy.com

Address: 1120 Laskin RD Suite 104 Virginia Beach, VA 23451

Website: <http://www.atlanticfamilytherapy.com/>

Envision

Envision Family Services is a mental-health provider in Norfolk, VA offering family-centered care to children, adolescents, and families. They provide services like school-based Therapeutic Day Treatment, Intensive In-Home support, and outpatient therapy all tailored to each client's needs. Their goal is to help clients feel supported, stable, and cared for while improving overall quality of life.

Phone number: (757) 350-3020

Address: 500 E Main St. Suite 1600-12 Norfolk, VA 23510

Website: <https://www.envisionfamilyservices.com/>

MENTAL HEALTH SUPPORT & COUNSELING

Center for Child & Family Services

CCFS is a nonprofit organization (serving children, adults, and families) offering a wide range of counseling and support services. They provide individual and group therapy, trauma-informed counseling, parenting education/coaching, supervised child visitation, substance-use treatment, anger-management programs, and various family support services. They also help with financial counseling, workforce/job-readiness support, specialized outreach (e.g. services in Spanish, support for youth aging out of foster care), and community-based programs.

(Williamsburg) Phone number: (757) 229-7940

Address: 348 McLaws Circle, Suite 1 Williamsburg, Virginia 23185

(Newport News) Phone Number: (757) 838-1960

Address: 739 Thimble Shoals Blvd, Suite 400, Newport News, Virginia 23606

Email address: info@kidsandfamilies.com

Website: <https://www.kidsandfamilies.com/>

Peninsula Child & Family Services

Peninsula Child & Family Services is an outpatient mental-health practice in Hampton Roads, Virginia that provides therapy for children, teens, and families. They offer a variety of services — including child counseling (often via play or art therapy), teen counseling, anxiety, OCD and ADHD treatment, family therapy, group therapy, medication management, and parent coaching. They use evidence-based methods like cognitive behavioral therapy (CBT), solution-focused therapy, motivational interviewing and structural family therapy depending on age and needs. Services are available both in person and via online/telehealth across Virginia.

Phone number: (757) 977-0889

Email address: JoeFarrell@PeninsulaChildandFamily.com

(Hampton) Address: 4410 E Claiborne Suite #211/234 Hampton, VA 23666

(Norfolk) Address: 555 E Main Street #1100 Norfolk, VA 23510

Website: <https://www.peninsulachildandfamily.com/>

MENTAL HEALTH SUPPORT & COUNSELING

Sandstone Care

Provide age specific treatment for teens (13-18) struggling with mental health issues such as anxiety, depression trauma, and substance use. They provide both Partial Hospitalization Programming at 25 hours per week or Intensive Outpatient Programming, which can be completed alongside your school or work schedule at 16 hours per week.

No requirements but call to set up an appointment to go over insurance and financial plans.

Phone number: (888) 850-1890

Address: 5040 Corporate Woods Dr, Virginia Beach, VA 23462

Website: <https://www.sandstonecare.com/>

VBCPS Mental Health Resources

Virginia Beach City Public Schools is dedicated to promoting the mental health and wellness of all students and staff. In alignment with its *Compass to 2030* strategic framework, VBCPS partners with community organizations to offer a range of wellness resources and programs. Each school includes counseling staff, a psychologist, and a social worker to support student needs.

Phone number: (757) 263-1000

Tidewater Learning Center

Offers tutoring across all school levels, academic coaching, ACT/SAT prep, and specialized educational therapy for learning disabilities and ADHD, including psycho-educational evaluations, advocacy, and study skills workshops. Tutoring is available year-round for students from age 5 through adulthood, with flexible scheduling and no contracts required.

Phone number: (757) 437-0936

Email address: nmayo@tidewaterlearningcenter.org

Address: 3701 Pacific Avenue, Suite 500, Virginia Beach, VA 23451

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

MENTAL HEALTH SUPPORT & COUNSELING

Commonwealth Challenge Youth Academy

The Virginia Commonwealth Challenge Youth Academy is a free, 29½-month program for youth ages 16 to 18 who have left or are struggling in traditional school settings. It begins with a 5½-month residential phase in a structured, military-style environment focused on academics, discipline, leadership, and life skills, followed by a 2-year mentorship to support education or career goals. Funded by state and federal governments, the program is based in Virginia Beach and has served over 5,500 cadets since 1994.

*Requirements: No pending felony charges/felony convictions, must be a resident of Virginia, and must be physically and mentally capable of participating in the program. *

Phone number: (757) 491-5932

Email address: admissions@vachallenge.org

Address: 1208 South Birdneck Rd. Virginia Beach, VA 23451

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

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).

Must be a resident of the Hampton Roads area

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/>

MENTAL HEALTH SUPPORT & COUNSELING

Jewish Family Services of Tidewater

Offers teen and parent counseling, anxiety and grief support, and parenting education programs. Inclusive of all family types and faith backgrounds. *No Requirements*

Phone number: (757) 459-4640

Email address: counseling@jfshamptonroads.org

Address: 5000 Corporate Woods Drive, #400 Virginia Beach, VA 23462

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

Azz•ertUrself!

Azz-ert Urself! provides culturally rooted, trauma-informed mental health services for ages 16-99 through secure telehealth, with a focus on Indigenous peoples and other underserved communities. Led by Dr. Danita Morales Ramos, the organization blends traditional wisdom with evidence-based care to help clients overcome burnout, trauma, and disconnection. Therapy begins with a comprehensive evaluation and supports lasting healing, resilience, and self-determination.

*Schedule your appointment online, Insurance and Tricare accepted. *

Phone number: (757) 937-2123

Address: 900 Commonwealth Place Suite 104 Virginia Beach, VA 23464

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

MENTAL HEALTH SUPPORT & COUNSELING

Family Insight, P.C.

Offers counseling for mental health and substance use disorders using evidence-based interventions and support programs. Their services support children, adolescents, adults, and families through intensive in-home care and mental health programs. They also provide Behavioral Therapy (ABA) for children with Autism.

Must make an appointment

Phone number: (757) 233-0003

Address: 4445 Corporation Ln Suite 245, Virginia Beach, VA 23462

Website: <https://familyinsight.net/>

NAMI

NAMI Coastal Virginia provides Free Support Groups (online and in-person), Classes, and Educational Programs, Advocacy, and Resources for individuals and families living with mental illness. They offer a 24/7 crisis hotline (text, call, or email) for teens and young adults.

Phone number: Call 1(800) 950-6264, Text NAMI to 62640

Email address: contact@namicoastalvirginia.org

Address: 291 Independence Blvd Suite 225 Virginia Beach, VA 23462

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

MENTAL HEALTH SUPPORT & COUNSELING

The UP Center

The UP Center offers a free adolescent substance use treatment program, New Visions. This community-based program offers free, confidential services to youth under 18 across Hampton Roads including Suffolk, Newport News, Hampton, Portsmouth, Virginia Beach, Norfolk, and Chesapeake. Support is provided in the home or another safe location, making services easily accessible and flexible. Each family receives personalized care through a dedicated clinician and a Family Support Partner. There is no waitlist, allowing families to access help immediately. The program follows the evidence-based Adolescent Community Reinforcement Approach (A-CRA), which is proven to support positive outcomes for youth and their families.

Offers trauma-informed in-home therapy, youth counseling, and violence prevention support. Focuses on strengthening families and reducing youth conflict and mental health crises. * If you require Mental Health Skill Building services or Intensive In-Home Counseling, please contact your insurance company for providers in your network, including options for counseling for youth. *

Mediation Center of Hampton Roads

Phone number: (757) 624-1916

Address: [424 West 21 St Street, Suite 101 Norfolk, VA 23517](#)

Family Enrichment Center

Phone number: (757) 472-4982

Address: 5505 Indian River Rd. #100 Virginia Beach, VA 23464

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

Center for Child and Family Services

Phone number: (757) 838-1960

Address: 2021 Cunningham Drive, Suite 400 Hampton, VA 23666

MENTAL HEALTH SUPPORT & COUNSELING

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

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/>

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/>

MENTAL HEALTH SUPPORT & COUNSELING

Kempsville Center for Behavioral Health

They provide a personalized approach to treatment by providing individual treatment, medication management and education/skill building/clinical therapy and other allied group therapy through a cognitive behavioral therapy approach. Their [Residential Treatment Program](#) serves youth, ages 11 to 18, who suffer from chronic mental health challenges. The [Partial Hospitalization Program \(PHP\)](#) is a day program that helps youth, ages 8 to 18 better manage anxiety, emotions, behavior and mental health challenges and their Acute Crisis Stabilization Program focuses on stabilizing/caring for youth, ages 4 to 18, in acute crisis situations. You may call 24/7 to schedule a confidential assessment at no cost. Walk-ins welcome. *No referral or emergency room visit is required. *

Phone number: (757) 461-4565

Address: 860 Kempsville Road, Norfolk, VA 23502

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

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 also 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>

MENTAL HEALTH SUPPORT & COUNSELING

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://un suicide.org/suicide-help/teen-line/>

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/>