



St. Paul's Episcopal Church
Pastoral Care Resources

Mental Health & Social Services

An Introduction to St. Paul's Pastoral Care Resources Booklet

The mission of St. Paul's Pastoral Care Ministry is to create a culture of mutual care as the heartbeat of Christ's Body. We do this by embodying and making known Christ's abiding, compassionate, and healing presence in our love and support for one another. We seek to live faithfully into St. Paul's command to "rejoice with those who rejoice, weep with those who weep" (Rom 12:15).

In addition to praying and caring for each other, we are also called to ensure that members of our parish family connect with the professional help and support they need in times of crisis or difficulty. This booklet is a referral resource for mental health and social services available throughout Metropolitan Richmond to meet such need. In this booklet you will find information organized under the following resource categories:

- Crisis Hotlines, Warm Lines, & Texting Resources
- Therapy for Children, Individuals, Couples & Families
- Addiction & Recovery Support
- Senior & Homebound Care
- LGBTQI+ Support
- Further Resources

Many thanks to the team of mental health professionals at St. Paul's who faithfully compiled this resource booklet: Dr. Kia Bentley, Debbie Cole, David Hoover, Dr. Susan Jones, Dr. Jennine Moritz (Sherrill), and Johnna Showers.

If you are not sure what you need or where to start, or for any pastoral care needs, please email or call:
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May God bless and keep you!

*I hope to visit
you and talk with
you face to face,
so that our joy
may be
complete.*

2 John 1:12

Crisis Hotlines, Warm Lines & Texting Resources

LOCAL HOTLINES

**Child Protective Services Hotline (VA Dept of Social Services):
Call (800) 552-7096**

- Call 24/7 to report suspected abuse and/or neglect of a child.

**Adult Protective Services Hotline (VA Dept of Social Services):
Call (888) 832-3858**

- Call 24/7 to report suspected abuse, neglect, self neglect, or exploitation of an adult over the age of 60 or an incapacitated adult 18-59.

**Greater Richmond Regional Hotline for Domestic Violence:
Call (804) 612-6126**

- Free, confidential, live trauma specialists available 24/7 if you or a loved one is experiencing violence and need help

Community Service Board (CSB) & Behavioral Health Authority (BHA) Hotlines (listed by locality below)

- CSBs and BHAs are responsible for providing resources for individuals with mental health, substance abuse, and developmental disability service needs and responding to psychiatric emergencies 24/7.

- Chesterfield CSB: (804) 748-6356:
- Goochland-Powhatan CSB: (804) 598-2697 or (804) 556-3716
- Hanover CSB: (804) 365-4200
- Henrico CSB: (804) 727-8484
- Richmond City BHA: (804) 819-4000

**Side by Side LGBTQ+ Youth Support Line:
Call (888) 644-4390 or Text 804-793-9999**

- Side by Side offers 24/7 support for Virginia's LGBTQ+ youth and their families.

Crisis Hotlines, Warm Lines & Texting Resources

LOCAL WARM LINES*

Mental Health America of Virginia Peer Warm Line:

Call (866) 400-6428

- Peer support for those who need to talk, request community mental health resources, or have specific questions about their recovery journey. Available 9 a.m. to 9 p.m. M-F, 5 p.m. to 9 p.m. Sat & Sun.

Alive RVA Addiction Recovery Support Warm Line:

Call (833) 473-3782

- Trained individuals with lived experience in addiction recovery support those struggling with addiction in the Richmond area and their loved ones. Available seven days/week, 8 a.m. to 12 a.m.

Virginia COPES Covid-19 Warm Line:

Call or text (877) 349-6428 or vacopes.com

- Crisis Counselors for those struggling to cope with the effects and circumstances of Covid-19 such as isolation, fear, grief, and anxiety. Available Monday-Friday 9 a.m. to 9 p.m. and on Saturday-Sunday from 5-9 p.m.

Crisis Hotlines, Warm Lines & Texting Resources

NATIONAL HOTLINES

National Domestic Violence Hotline:

(800) 799-SAFE (7233)

- Call 24/7 for help in domestic violence situations to talk with highly trained, expert advocates who offer free, confidential, and compassionate support, crisis intervention information, education, and referral services.

National Suicide Prevention Lifeline:

(800) 273-TALK (8255)

- Call 24/7 for free and confidential support for people in distress and for prevention and crisis resources for you or your loved ones.

Trans Lifeline:

(877) 565-8860

- A peer support phone service run by trans people for trans and questioning peers. Available seven days a week 10 a.m. to 5 a.m. EST.

The Trevor Project:

(866) 488-7386

- Trained counselors available 24/7 to support young LGBTQ+ persons in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Crisis Text Line:

Text HOME to 741741

- A live, trained crisis counselor is available by text 24/7 for any type of crisis.

*Blessed be the God and
Father of our Lord Jesus
Christ, the Father of mercies
and the God of all consola-
tion, who consoles us in all
our affliction, so that we may
be able to console those
who are in any affliction with
the consolation with which
we ourselves are consoled
by God.*

2 Corinthians

1:3-4

Therapy for Children, Individuals, Couples & Families

Please note: If you consider using your health insurance, contacting the carrier may also be a helpful resource to connect you with specific mental health practitioners.

AGENCIES & NONPROFITS

Cameron K. Gallagher Children's Mental Health Resource Center:

Call (804) 828-9897 or go to chrichmond.org/services/mental-health/inpatient-programs/mental-healthvtcc

- The community's go-to resource for accurate, essential information on children's mental health care options.

Child Savers:

Call (804) 644-9590 or go to chidsavers.org/services

- Provides trauma-informed mental health and child development services.

Greater Richmond SCAN:

Call (804) 257-7226 or go to grscan.com

- Provides treatment and education groups for families who have experienced, or are at high risk of experiencing, child abuse or neglect.

Health Brigade:

Call (804) 358-6343 or go to healthbrigade.org

- Provides a variety of counseling, support groups and wellness services, to assist clients in identifying, understanding and resolving challenges, and enhancing life satisfaction and well-being. Trained counselors are available 24/7 to support young LGBTQ+ persons in crisis, who are feeling suicidal, or are in need of a judgment-free place to talk.

Jewish Family Services Counseling:

Call (804) 282-5644 or go to jfsrichmond.org/counseling

- Therapists are available to assist with all issues facing individuals of all ages, couples and families, children and adolescents, older adults, and those with special needs.

Virginia Institute of Pastoral Care (VIP Care):

(804) 282-8332 and vipcare.org

- Pastoral counseling center serving everyone whether you practice a faith tradition or are searching.

AGENCIES & NONPROFITS CONTINUED...

Full Circle Grief Center:

(804) 912-2947 and fullcirclegc.org

- Counselors provide comprehensive, professional bereavement support to children, adults, families, and communities.

Community Service Boards & Behavioral Health Authorities:

see above under "Crisis Hotlines, Warm Lines & Texting Resources"

VCU Psychiatry:

(804) 828-9452 and vcuhealth.org/services/psychiatry

- Specializes in treating patients with a variety of needs, from acute mental health needs to long term conditions, including inpatient and outpatient services.

VCU University Counseling Services (VCU Students Only):

(804) 828-6200 and counseling.vcu.edu

- A short-term, focused treatment agency focused on comprehensive evaluation and consultation for students on the best options for their mental health care.

PRIVATE PRACTICES

Please note: *There are many private practices in the Richmond area. We are listing a sample of the larger local practices. For more private referrals, see PsychologyToday.com*

Richmond Creative Counselling (takes Medicaid):

(804) 592-6311 & richmondcreativecounseling.com

Virginia South Psychiatric (Takes Medicaid):

(804) 378-0800 & vasouth.com

LifeStance Health (formerly Commonwealth Counseling):

(804) 207-6737 & commonwealthcounseling.com

Westwood Group:

(804) 264-0966 & thewestwoodgroup.org

*Bear one
another's
burdens, and in
this way you will
fulfill the law of
Christ.*

Galatians 6:2

Addiction & Recovery Support

Twelve Step Programs/ Recovery Groups

- Twelve Step Programs are anonymous, free, peer support groups that address a wide range of substance and behavioral addictions and compulsions through a spiritual program of recovery based on the Twelve Steps of Alcoholics Anonymous.
- Alcoholics Anonymous (AA) for Greater Richmond Region: (804) 355-1212 & aarichmond.org
- Narcotics Anonymous (NA): (804) 965-1871 & rvana.org
- Al-Anon for Greater Richmond Region: alanonrichmond.org
- Overeaters Anonymous: (804) 362-9400 & centralvaooa.org

Substance Abuse and Addiction Recovery of Virginia (SAARA): (804) 762-4445 and www.saara.org

- SAARA offers daily, peer, recovery groups for those struggling with substance abuse and addiction.

Health Brigade: *see above under "Therapy for Children, Individuals, Couples & Families"*

VCU Rams in Recovery: (804) 366-8027 and recovery.vcu.edu

- Part of Collegiate Recovery Programs (CRP) that provide structured support for college and university students in recovery from substance abuse disorders.

Williamsville Wellness: (804) 559-9959 and williamsvillewellness.com

- Provides local, inpatient, 28-day residential treatment program for adult men and women with alcohol and other substance-related addictions and co-occurring mental health issues.

Tucker Pavilion at Chippenham Hospital: (804) 483-0050 and hcavirginia.com/locations/tucker-psychiatric-pavilion

- A private provider that offers intensive outpatient and inpatient care for both behavioral health issues, including substance abuse, alcoholism, and addiction.

Poplar Springs in Petersburg: (804) 320-3627 and poplarsprings.com

- A private provider that offers intensive outpatient and inpatient care for both psychiatric and substance abuse problems.

*Abide in
me as I
abide in
you.*

John 15:4

Senior & Homebound Care

Senior Connections :

(804) 343-3000 and seniorconnections-va.org

- Offers a comprehensive range of in-home and community-based services for older adults with diverse needs, caregivers, and persons with disabilities.

Jewish Family Services Care:

(804) 282-5644 and jfsrichmond.org/care

- Offers professional team of care managers, nurses, and social workers to serve older adults and individuals with disabilities to promote quality of life and maximize independence

Naborforce:

(804) 258-6764 or naborforce.com

- Organization that connects older adults to a network of “Nabors” for social engagement and on-demand support for errands, transportation, and help around the home.

Office of the State Long-Term Care Ombudsman:

(800) 552-3402 or elderrightsva.org

- Ombudsmen advocate for older persons receiving long-term care services to resolve care problems, whether the care is provided in a nursing home, or assisted living facility, through community-based services for persons living at home.

LGBTQI+ Support

PFLAG of Richmond :

www.pflagofrichmond.org or pflagrichmondva@gmail.com

- Parents and Friends of Lesbians and Gays (PFLAG) is a national support, education and advocacy organization for lesbian, gay, bisexual and transgender (LGBT) individuals, along with their families, friends and allies.

Side by Side Youth Center:

(804) 644-4800 and sidebysideva.org

- Provides support, education, advocacy, and opportunity for LGBTQ+ youth ages 11-20.

He She Ze and We:

heshezewe.org or contact@heshezewe.org

- Peer-to-peer support for adult caregivers of transgender and non-binary family members.

Health Brigade Trans Health:

(804) 358-6343 and healthbrigade.org

- Offers medical and mental health services for transgender, gender queer, gender variant, non-binary and gender non-conforming individuals. **Please note that Health Brigade only accepts transgender patients who are uninsured.*

Planned Parenthood Hamilton Health Center of Richmond:

(804) 355-4358 and plannedparenthood.org/health-center/virginia/richmond/23221/hamilton-health-center-3913-91750

- Offers transgender hormone replacement services in a supportive environment.

Further Resources

National Alliance of Mental Illness (NAMI) Central Virginia :
(804) 285-1749 and namicva.org

- Provides support, education, and advocacy for individuals and families in Central Virginia affected by mental illness.

American Association of Suicidology:
(202)237-2280 and www.suicidology.org

- Advocates for suicide prevention through scientific research and public education. It also offers printed resources for suicide loss survivors, and their friends and families.



www.stpaulsrva.org