



# Mental Health Resources for Virginia Families



## General Information

**Virginia Department of Social Services**  
[dss.virginia.gov](https://dss.virginia.gov)

**Virginia Department of Behavioral Health  
& Developmental Services**  
[dbhds.virginia.gov](https://dbhds.virginia.gov)

**Virginia Children's Health Insurance**  
[coverva.dmas.virginia.gov](https://coverva.dmas.virginia.gov)

**Community Service Board (CSB) Directory**  
[vacsb.org/csb-bha-directory](https://vacsb.org/csb-bha-directory)

**Bridge2Resources**  
[bridge2resourcesva.org](https://bridge2resourcesva.org)

## Family Support Organizations

**National Alliance on Mental Illness (NAMI)**  
[namivirginia.org/programs](https://namivirginia.org/programs)

**United Methodist Family Services (UMFS)**  
[umfs.org](https://umfs.org)

**Home Visiting Programs (Early Impact VA)**  
[earlyimpactva.org](https://earlyimpactva.org)

**Parent-to-Parent (P2P)**  
[p2pusa.org](https://p2pusa.org)



## Finding a Therapist

**Psychology Today Directory**  
[psychologytoday.com/us/therapists](https://psychologytoday.com/us/therapists)

*\*You can also **contact your insurance company** for a list of in-network providers, or ask your child's pediatrician/PCP to call the **Virginia Mental Health Access Program (VMAP)** and request care navigation.*



## Crisis Hotlines & Helplines

**National Suicide & Crisis Lifeline**  
Call or text 988

**Crisis Text Line**  
Text 741-741

**NAMI Teen & Young Adult Helpline**  
Call (800) 950-6264 or text 62640