

Mental Health Resources

Mental illness touches all of our lives in some way, and yet it is often misunderstood. Although it is treatable, not everyone seeks help or is aware that help is available.

Below are some helpful resources, both locally and nationally.

This list is not meant to be exhaustive, but is meant to offer potential starting places for support.

American Foundation for Suicide Prevention

Web: afsp.org

Call: 800.273.8255

Text: TALK to 741741

BeWellVA

BeWellVA is a collaboration of the seven Community Services Boards from Central Virginia. Our focus is to bring awareness to the increasing number of deaths by suicide and to promote wellness for life!

Web: bewellva.com

BEAM Black Emotional and Mental Health Collective

We are a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists, and activists committed to the emotional/mental health and healing of Black communities.

Web: beam.community

Email: admin.account@beam.community

Black Mental Health Alliance

To develop, promote and sponsor trusted culturally-relevant educational forums, trainings, and referral services that support the health and well-being of Black people and vulnerable communities.

Web: blackmentalhealth.com

Email: info@blackmentalhealth.com

Call: 410.338.2642

Black Women's Health Imperative

To lead the effort to solve the most pressing health issues that affect Black women and girls in the U.S.

Web: bwhi.org

Cameron K. Gallagher Foundation

Works to cultivate awareness and understanding of teenage depression and anxiety.

Web: ckgfoundation.org

Email: info@ckgfoundation.org

Call: 804.528.5000

ChildSavers

ChildSavers is the only nonprofit in Virginia using a coordinated prevention and intervention model to prepare children for lifelong learning, address mental health, and recover from trauma.

Web: childsavers.org

Call: 804.644.23223

Crisis number: 804.305.2420

HelpGuide

Our Mission is to provide empowering evidence-based information that you can use to help yourself and your loved ones.

Web: helpguide.org

NAMI Virginia

The National Alliance on Mental Illness of Virginia was created in 1984 to provide support, education, and advocacy for individuals and families in Virginia affected by mental illness.

Web: namivirginia.org

Email: info@namivirginia.org

Call: 804.285.8264

National Queer and Trans Therapists of Color Network

NQTTCN is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

Web: nqttcn.com

Email: nqttcn@gmail.com

Trans Lifeline: 877.565.8860

GLBT National Hotline: 888.843.4564

National Coalition of Anti-Violence Programs:
212.714.1141 (English and Spanish)

GLBT National Youth Talkline: 800.246.7743

DeHQ: LGBTQ Helpline for South Asians: 908.367.3374

National Suicide Prevention Lifeline

National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Web: suicidepreventionlifeline.org

National Crisis Hotline call: 800.273.8255

Crisis Textline: Text ASKUS to 741741



NEDA

The National Eating Disorders Association is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders.

Web: nationaleatingdisorders.org

Call: 800.931.2237

Crisis textline: text NEDA to 741741

Stay Strong Virginia

An eating disorders resource for families, friends, and professionals

Web: staystrongvirginia.org

The Academy for Eating Disorders

Helps physicians, psychiatrists, psychologists, nutritionists, academic researchers, students, and experts connect and collaborate with each other and stay current on recent developments in eating disorders research.

Web: aedweb.org

REACH-Adult services

Supports individuals with developmental disabilities who are at risk of crisis due to challenging behavioral health needs which are negatively affecting their quality of life.

Crisis number: 855.282.1006

Richmond Behavioral Health Authority

Works to promote health, wellness, and recovery for the people and communities we serve.

Web: rbha.org

Call: 804.819.4000

Crisis number: 804.819.4100

Children crisis stabilization unit: 804.874.9119

Ryan Bartel Foundation

Preventing youth suicide through awareness, upstream educational programs, and activities that support and empower youth, families and the community at-large.

Web: ryanbartelfoundation.org

Postpartum Support Virginia

Web: postpartumva.org

Call: 703.829.7152

Email: info@postpartumva.org

Senior Connections

The Capital Area Agency on Aging

Web: seniorconnections-va.org

Side by Side

Dedicated to creating supportive communities where Virginia's LGBTQ+ youth can define themselves, belong, and flourish.

Web: sidebysideva.org

Call: 804.644.4800

Youth support lines call: 888.644.4390

Text: 804.793.9999

The Trevor Project

Crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people.

Web: thetrevorproject.org

TrevorLifeline: 866.488.7386

TrevorText: Text START to 678.678

U.S. Department of Veterans Affairs

Web: ptsd.va.gov

Crisis number: 1.800.273.8255

VA Veterans Crisis Line

Provides 24/7 crisis intervention and referral for military, members of the Guard and Reserve, and their families

Web: vets4warriors.com

Call: 1.800.273.8255

VA Women Veterans Call Center

Answers questions about VA services for women.

Call: 1.855.VA WOMEN (1.855.829.6636)

Virginia Department of Behavioral Health and Development Services

Web: dbhds.virginia.gov

Call: 804.786.3921

Voice TDD: 804.371.8977

Virginia Veteran and Family Support

2-1-1 Virginia provides 24/7 crisis intervention and referral to mental health services in Virginia.

Web: 211virginia.org

Hearing impaired users dial: 711 for Virginia Relay then dial 211

Video phone users dial: 1.800.230.6977



The Science Museum of Virginia is not specifically endorsing the resources above, does not have professional mental health staff and is not qualified to provide counseling. If you or someone you know, needs support, please seek professional help.

This resource list was created in connection to the Museum hosting *Mental Health: Mind Matters*, a touring exhibition produced by the Science Museum of Minnesota with Heureka, The Finnish Science Centre and their partners, Ciencia Viva and Cite des Sciences & L'industrie. *Mental Health: Mind Matters* is at the Museum from February 6 – August 29, 2021, and is sponsored locally by WestRock.