

Counseling and Mental Health Resources

EMERGENCY SERVICES

If a situation is critical, call 911 or go to the nearest emergency room.

Richmond-area hospitals with behavioral health units include [Chippenham](#), [VCU](#), [St. Mary's](#), and [Richmond Community Hospital](#), but in an emergency situation, the nearest ER will provide treatment and guidance.

CRISIS LINES

Crisis lines are free and confidential. Most are available 24/7.

- NATIONAL SUICIDE PREVENTION LIFELINE - 800-273-8255
- NATIONAL SUICIDE PREVENTION LIFELINE CHAT - suicidepreventionlifeline.org/chat
- POWHATAN / GOOCHLAND COUNTY CRISIS COUNSELING - (804)598-2697
- CHESTERFIELD COUNTY CRISIS COUNSELING - (804)748-6356
- FARMVILLE / BUCKINGHAM / CUMBERLAND COUNTY CRISIS COUNSELING - (434)392-8177
- CROSSROAD COMMUNITY SERVICES (AMELIA, BUCKINGHAM, CUMBERLAND, NOTTOWAY, PRINCE EDWARD COUNTIES) - (800)548-1688
- RICHMOND BEHAVIORAL HEALTH AUTHORITY CRISIS LINE - (804)819-4100
- NAMI HELPLINE - 800-950-6264 M-F, 10-6
- NAMI CRISIS - TEXT 'NAMI' TO 741741
- NAMI www.nami.org
- NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION www.nlbha.org

- To Write Love On Her Arms <https://twloha.com>
- Jed Foundation <https://www.jedfoundation.org>
- Bipolar Hope <https://www.bphope.com>
- Autism Care Network/Autism Speaks <https://www.autismspeaks.org/autism-care-network>

PASTORAL CARE AT PASSION COMMUNITY CHURCH

- Call the office at 804-598-1174 to schedule an appointment OR
- Visit pccwired.net/meet-with-a-pastor to submit an appointment request form.

IN-PERSON COUNSELING

- Don Parks, LPC, LMFT- (804) 977-1187 ([Henrico](#)) or (804) 467-9000
- Shepherd's Staff Counseling (shepherd-staff.org/) (804-327-0707)
Note: Offering in-person ([Richmond](#)), phone and zoom sessions
 - Jennifer Collins
 - Stephen Booth
- Christian Counseling Associates (christiancounselors4va.com)
(804-592-2793) ([Glen Allen](#))
- Powhatan Family Counseling- Judy Cain-Oliver - (804) 598-9577
- Sarah Francis (couple and female individual) (804) 833-4904 ([Meeting at Midlothian campus](#))
- Hope for Tomorrow Counseling (434) 392-4073 ([Farmville](#))
- New Beginnings Family Counseling (434) 984-0023 ([Charlottesville](#))
- Footsteps Christian Counseling (804) 715-3215 ([Mechanicsville](#))

VIRTUAL COUNSELING

[TALK SPACE](#)

Talkspace's mission is to make therapy and psychiatry more available and affordable. Our goal is to provide convenient access to licensed providers—to support the mental wellness of those in need.

[BETTERHELP](#)

Making professional therapy accessible, affordable, and convenient — so anyone who struggles with life's challenges can get help, anytime and anywhere.

[MYCOUNSELOR.ONLINE](#)

Christian faith-based therapy by licensed professionals.

[FOCUS ON THE FAMILY CHRISTIAN COUNSELORS NETWORK](#)