

## ICF Virginia Crisis Support

### Resources and Referrals

1. **EAP:** If available/applicable, refer the client to the relevant EAP provided by their organization.
2. 24/7 crisis line or crisis text:
  - a. **Crisis Text** - ( a 24/7 text line for any kind of crisis)  
Text CONNECT to 741741 in the US
  - b. **National Suicide Prevention Lifeline** call, text, chat – 988\* You can also text "START" to 741-741 where a live, trained specialist will respond back to you.
3. **911:** Refer client to call 911
4. **Emergency Room:** Refer client to ER
5. **National Alliance on Mental Illness NAMI Virginia:** Our mission is to promote recovery and improve the quality of life for Virginians living with serious mental illness through support, education, and advocacy. \*\*\*\* Searchable resource database on website
6. **Virginia Mental Health Hotlines** for resources: 866-903-3787
7. **The Mental Health America of Virginia Warm Line :** This Virginia hotline can be reached at 1-866-400-6428 between 9 a.m. and 9 p.m. on weekdays and 5 p.m. and 9 p.m. on weekends. Staffed by professionals who care, the Virginia helpline can help you navigate your challenges with depression or anxiety and locate additional resources nearby if necessary. NOT a crisis.
8. **Virginia Child Abuse and Neglect Reporting Line:** 800-552-7096
9. **National Eating Disorders Association Helpline:** 800-931-2237
10. **Virginia Domestic Violence 24 Hour Hotline:** 800-838-8238
11. **LGBT National Help Center:** 888-843-4564
12. **Trans Life:** 877-565-8860

