



Mental Health Resources For Students and Families in Need

Important numbers to know

- *If you have an emergency, call 911.*
- *If you have a mental health crisis situation, call 804-748-6356.*
- *Call that National Suicide Prevention Hotline at 800-273-8255*

Community supports

Chesterfield County Public Schools partners with a number of local and national organizations in support of student mental health and wellness. The holidays can be challenging for children and adults as it relates to mental health. For additional information about resources to access when school is not in session during the Winter Break, please refer to these helpful links:

- [Community-Based Mental Health Supports for Students and Families in Crisis](#): This guide offers local and national organizations prepared to help families with different situations 24/7/365.
- [What To Do When Someone Is At Risk For Suicide](#): This American Foundation for Suicide link shares information about steps one can take to acknowledge when a loved one is having a mental health crisis, how to respond in caring ways, and ways to find services.

Chesterfield County Public Schools supports

Chesterfield County Public Schools also is fortunate to have a strong, unified student support services team that includes school counselors, social workers, school psychologists, mental health support specialists, mental health intervention specialists, school nurses and behavioral intervention specialists. These trained staff members collaborate to support students' social-emotional and mental health needs in a variety of ways.

Our PK-12 schools offer ongoing trauma-informed student supports, such as social-emotional classroom lessons and schoolwide Positive Behavioral Interventions and Supports. Preventative and responsive mental health intervention is an integral part of all students' virtual, hybrid, and face-to-face school

experiences. As student needs for additional support are determined, appropriate and timely interventions are offered to students and families. Student needs can be communicated to student support services team members by educators, parents, or from students themselves. We ask parents to contact your student's school by phone or email to share concerns about your child.

All teachers and staff have participated in annual required mental health awareness training to help identify students with possible mental health needs. A monthly student mental health professional development series offers additional training to teachers, administrators, and the student support services team to assist with the identification of and response to students who are struggling to facilitate school-based support for students, collaboration with families, and referrals to outside organizations as needed. Additionally, PK-12 local school and county level student support services team members continue to monitor Gaggle Alerts to involve parents immediately when a student writes about potential safety to self or other concerns on their school-issued Chromebook.

PK-12 mental health support specialists are available to help families identify additional community-based mental health resources for students with needs that go beyond the scope of school-based mental health support services. Examples of community agencies with whom CCPS collaborates regularly are:

- Chesterfield County Prevention Services (804) 768-7212
- Chesterfield County Mental Health Services (804) 748-1227
- Chesterfield County Crisis Services (804) 748-6356
- Chesterfield Domestic and Sexual Violence Resource Center (804) 318-8265
- Chesterfield Department of Social Services (804)748-1100
- Area hospitals

Chesterfield Mental Health Prevention Services provides free parent phone mental health-related consultation services. The following fliers detail more information: [English Flyer](#) [Spanish Flyer](#)

A number of local and national organizations partner with CCPS in support of student mental health and wellness. For additional information about resources to access when school is not in session during the Winter Break, please review [Community-Based Mental Health Supports for Students & Families in Crisis](#).

Winter Break activities

If you are looking for fun ways to connect with your children during Winter Break, please take a look at the [ideas](#) shared by WideOpenSchool.org.

The ideas are broken down by children's age, so there is something for everyone PK-12.



Chesterfield County Public Schools

Innovative. Engaging. Relevant.

LOCAL MENTAL HEALTH RESOURCES

COMMUNITY MENTAL HEALTH CENTERS

Chesterfield County Mental Health Department 804-748-1227

Rogers Building 6801 Lucy Corr Blvd. Chesterfield 23832

- **24-hour Crisis Line** 804-748-6356
 - Walk in Monday-Thursday from 8:30 a.m.-9 p.m.
 - Walk in Friday from 8:30 a.m.-5 p.m.
- **Intake for Mental Health and Substance Abuse Services** 804-768-7318
 - Monday and Friday from 8 a.m.-2 p.m.
 - Tuesday through Thursday 8 a.m.-4 p.m.

Richmond Behavioral Health Authority 804-819-4000

Henrico Mental Health Department 804-727-8515

Hanover Mental Health Department 804-365-4222

District 19 Mental Health 804-863-1689

(Serving residents of Petersburg, Hopewell, Colonial Heights, and Prince George)

Goochland-Powhatan Mental Health

- Goochland 804-556-5400
- Powhatan 804-598-2200

CHESTERFIELD PUBLIC SAFETY

Magistrate's Office 804-748-1410

Police Department - Emergency 911

Non-Emergency 804-748-1251

CHESTERFIELD EMPLOYEES

Chesterfield Employee Assistance Program (EAP) 1-855-278-6865

HOTLINE/ADVOCACY

National Suicide Prevention Hotline	1-800-273-TALK (8255)
National Suicide Prevention Text Line	Text CONNECT to 741-741
The Trevor Project Hotline (LGBTQ youth)	1-866-488-7386
Children's Mental Health Resource Center	www.mentalhealth4kids.org
American Psychological Association Public Education Line	1-800-964-2000

SUPPORT GROUPS

Alcoholic Anonymous	www.aarichmond.org
	804-355-1212
	804-458-1959
	804-353-4885
	www.na.org
	1-800-777-1515
	804-378-0035
FACES (Family Advocacy Creating Education and Services)	www.staystrongvirginia.org
Stay Strong (eating disorder support groups)	804-257-7226
SCAN (Stop Child Abuse Now)	www.dbsalliance.org
DBSA (Depression Bipolar Support Alliance)	www.namivirginia.org
NAMI (National Alliance on Mental Illness)	1-800-656-4673
RAINN (Rape, Abuse, Incest National Network)	www.sidebysideva.org
Side by Side (formerly ROSMY: support for LGBTQ Youth)	804-458-2704
James House (Domestic Violence, Sexual Violence, Stalking)	211.getcare.com
Virginia Resource Database	

PSYCHIATRIC HOSPITALS

Tucker Pavilion (at Chippenham Hospital)	804-323-8846
Virginia Treatment Center for Children	804-828-8822
St. Mary's Hospital	804-287-7836
VCU/MCV	804-828-8200
Poplar Springs Hospital	1-866-546-2229 (24 hour line)
*St. Joseph's Villa – Crisis Stabilization Unit	804-553-3200

PRIVATE ORGANIZATIONS

Chesterfield Family Guidance	804-743-0960
6603 Irongate Square	
Richmond, VA 23234	
Dominion Behavioral Health	804-794-4482
703 N. Courthouse Rd., Suite 101	
Richmond, VA 23236	

Ironbridge Wellness 9844 Lori Road, Suite 100 Chesterfield, VA 23832	804-717-1111
James River Psychotherapy 720 Moorefield Park Dr., Suite 202 Richmond, VA 23236	804-272-7611
Oxbridge Counseling Services 10128 Hull Street Road Midlothian, VA 23112	804-276-5761
The Meridian Group 1109 Krause Rd., Suite 100 Chesterfield, VA 23832	804-751-8644
Tucker Psychiatric Clinic 1000 Boulders Parkway, Suite 202 Richmond, VA 23225	804-320-7881
Intercept Youth Services – Crisis One	804-980-5373