

Toll Free Numbers

AARP	888-687-2277
ABC Violations.....	866-437-3155
Al-Anon/Alateen.....	877-339-8350
Alcohol and Drug Help Line	800-821-4357
Alcohol and Drug Information “CADRE”	800-451-5544
Alzheimer’s Association.....	800-272-3900
AMC Cancer Information Center.....	800-525-3777
American Council for the Blind.....	800-424-8666
American Diabetes Association.....	800-342-2383
American Kidney Fund	866-300-2900
American Liver Foundation	800-465-4837
American Lung Association	800-586-4872
American Social Health Associations Sexually Transmitted Infections Resource Center Hotline	800-227-8922
American Tinnitus Association.....	800-634-8978
Amyotrophic Lateral Sclerosis Association “ALS”	800-782-4747
Arc	800-433-5255
Brain Injury Association of America	800-444-6443
Cancer Research Institute.....	800-992-2623
Child Abuse & Neglect Hotline.....	800-552-7096
Child Support Enforcement.....	800-468-8894
Children’s Tumor Foundation	800-323-7938
Christopher Reeve Spinal Cord Injury and Paralysis Foundation	800-225-0292
City of Hope Cancer and Disease Center	800-826-4673

Cornelia de Lange Syndrome Foundation.....	800-753-2357
Cystic Fibrosis Foundation.....	800-344-4823
Dental Life Line Network.....	888-471-6334
Diabetes Research Hotline.....	800-321-3437
Drug Abuse Hotline.....	888-426-2361
Drug Violation Hotline Commonwealth of Virginia.....	800-553-3673
“Easter Seals (DC, MD, VA)”.....	800-886-3771
Endometriosis Association.....	800-992-3636
Epilepsy Foundation.....	800-332-1000
Food Stamp and Fuel Assistance Information/Virginia Department of Social Services.....	800-552-3431
Huntington Disease Society of America.....	800-345-4372
International Dyslexia Association.....	866-893-0583
International Hearing Society Hearing Aid Hotline.....	800-521-5247
International Rett Syndrome Foundation.....	800-818-7388
Job Accommodation Network.....	800-526-7234
Juvenile Diabetes Research Foundation International.....	800-533-2873
Learning Ally.....	800-221-4792
Leukemia & Lymphoma Society.....	800-955-4572
Library of Congress National Library Service for the Blind and Physically Handicapped.....	800-424-8567
Long Term Care Ombudsman Program/Virginia Division for the Aging.....	800-552-3402
Lung Line for Asthma and Respiratory Disorders.....	800-222-5862
Lupus Foundation of America.....	800-558-0121
Medic Alert Foundation.....	888-633-4298
Mental Health America.....	800-969-6642

Money Management International.....	866-290-2655
Muscular Dystrophy Association	800-572-1717
Myasthenia Gravis Foundation.....	800-541-5454
Narcotics Anonymous	800-777-1515
National AIDS Hotline	800-342-2437
National AIDS Hotline/Center for Disease Control	800-232-4636
National Alliance on Mental Illness.....	800-950-6264
National Association for Hearing and Speech Action.....	800-638-8255
National Brain Injury Information Center	800-444-6443
National Center for Stuttering	800-221-2483
National Council on Aging.....	800-677-1116
National Down Syndrome Society.....	800-221-4602
National Headache Foundation.....	888-643-5552
National Health Information Center (NHIC)	800-336-4797
National Hospice and Palliative Care Organization	800-658-8898
National Mental Health Association.....	800-969-6642
National Organization for Rare Disorders	800-999-6673
National Rehabilitation Information Center.....	800-346-2742
National Reye’s Syndrome Foundation	800-233-7393
National Spinal Cord Injury Association	800-962-9629
National Stroke Association	800-787-6537
National Suicide Prevention Lifeline	800-273-8255
National Tuberous Sclerosis Association	800-225-6872
Organ Donations, The Living Bank.....	800-528-2971

Parkinson’s Disease Foundation	800-457-6676
Prevent Blindness America.....	800-331-2020
Random House Audio Books.....	800-733-3000
Recorded Books	877-732-2898
Rehabilitative Services Virginia.....	800-552-5019
Research to Prevent Blindness.....	800-621-0026
RP Foundation Fighting Blindness.....	800-683-5555
Saint Jude Children’s Hospital	800-336-3083
Shenandoah Area Agency on Aging Ombudsman	800-883-4122
Sickle Cell Disease Association.....	800-421-8453
Simon Foundation for Continence.....	800-237-4666
Spina Bifida Association	800-621-3141
State Park and Cabin Reservation for Virginia.....	800-933-7275
Substance Abuse and Mental Health Services Administration.....	800-662-4357
The Described Captioned Media Program/TTY.....	800-237-6213
United Cerebral Palsy Association	800-872-5827
Virginia Department of Health Public Information Hotline	877-275-8343
Virginia Department of Social Services-Child Protective Services Abuse and Neglect Hotline.....	800-552-7096
Virginia Division for the Aging and Rehabilitative Services.....	800-552-3402
Virginia Missing Children Clearinghouse Information	800-822-4453
Virginia State Bar Lawyer Referral Service	800-552-7977
World Craniofacial Foundation.....	800-533-3315

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Mental Health Dialogue Project – Resource Information

The United Way of Northern Shenandoah Valley, in partnership with NAMI Winchester (National Alliance on Mental Illness), and planning partners, held a community dialogue on October 20, 2013 at Lord Fairfax Community College.

We identified that:

- One in four Americans suffer from a mental illness.
- Almost 50% of teens affected by mental illness do not receive treatment.
- Suicide is the third leading cause of death for 15 to 24 years of age.

It was noted at the community dialogue, that information on mental health related resources is needed to assist individuals and families facing the challenges of mental illness.

People with mental illness can be anxious...depressed...angry...or, even violent. Mental illness is not their fault...mental illness can be controlled.

The following can connect you to the resources that can help:

- **211 Virginia:** Dial 2-1-1 • www.211virginia.com

Free and confidential information and referrals. When you dial 2-1-1, you will be connected to a trained professional who can provide referrals to health and human services.

- **Concern Hotline:** 540-667-0145 • www.concernhotline.com

Provides round-the-clock hotline support to anyone in need. This is the area's only crisis intervention, suicide prevention, and information and referral hotline. Their mission is to comfort and calm community members experiencing stress or crisis by providing a trained, compassionate listener. Any time of the day or night, callers can talk to a caring, supportive, non-judgmental hotline listener. Services are anonymous and confidential, and available to anyone in need.

- **National Suicide Prevention Lifeline:** 800-273-8255 • www.suicidepreventionlifeline.org

Help and support available 24/7/365. Call to speak with trained counselors near you. Speech or hearing impaired with TTY equipment, may call 1-800-799-4TTY (4889). Chat from 5 p.m.–1 a.m. EST (Monday through Friday) at www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx.

- **Anti-Bullying Hotline:** 800-273-8255 • www.stopbullying.gov

According to the American Psychological Association, 70 percent of middle and high school students have experienced bullying at some point and 5-15 percent of youth are chronic victims of bullying. Statistics show that 23% of students in grades 4-6 had been bullied several times and more and 20% had bullied others.

- **National Alliance on Mental Illness (NAMI):** Local: 540-533-1832 • National: 800-950-6264
www.nami.org

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

• **Valley Behavioral Health Services of Winchester:** 540-536-8152 • www.valleyhealthlink.com

Valley Health provides a treatment team of licensed professionals from multiple disciplines to ensure a total system of healing for each patient. Treatment for inpatient services of acute care-or short term stay- is supervised by a team of psychiatrists and is supported by registered nurses, social workers, licensed professional counselors, and activity coordinators. Outpatient services for psychiatric assessment and medication management are offered off-campus through Valley Behavioral Health at Shenandoah Memorial Hospital in Woodstock, Virginia.

• **Northwestern Community Services:** 540-542-0937 • www.nwcsb.com

NWCS offers an array of outpatient, case management, day support, residential and emergency programs that are designed to enhance the quality of life for both children and adults affected by emotional/behavioral disorders, mental illness, substance use, and mental retardation and developmental disabilities (MR/DD). Northwestern specializes in rehabilitative and family support services for individuals with such long-term challenges as schizophrenia, bipolar disorder, major depression, addiction, and those with significant impairments from MR/DD. New referrals are screened for appropriateness and, depending upon capacity/need for service requested, may require placement on a waiting list.

• **Mental Health Referral Service:** 800-969-6642 • www.mentalhealthamerica.net

Provides resources to find mental health treatment services, including affordable treatment for those without insurance, within their community. Mental Health America's fact sheet "[Finding the Right Care](#)" and some of the sites listed provide detailed information to help choose a mental health professional and to enable people to better understand treatment options and the treatment process.

• **Mental Health Family Support Group:** 800-969-6642
www.mentalhealthamerica.net/go/find_support_group

Many people find peer support a helpful tool that can aid in their recovery. There is a variety of organizations that offer support groups for consumers, their family members and friends. Some support groups are peer-led, while others may be led by a mental health professional. Some organizations now offer on-line support groups, discussion boards, and blogs as additional ways to connect with others in similar situations. These can be helpful additions to in-person support groups and can be especially helpful if there are no groups in your area. For a list of support groups, please visit the web site.

• **Veteran's Crisis Line:** 1-800-273-8255 • www.veteranscrisisline.net

The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.