

Step-Up, Inc	588-3151
Tidewater Builder's Association (TBA)	420-2434
Urban League of Hampton Roads	627-0864
Virginia Employment Commission	558-4455

Libraries

Central Library	410-7100
Dr. Clarence V. Cuffee Outreach & Innovation Library	410-7036
Greenbrier Library	410-7061
Indian River Library	410-7003
Major Hillard Library	410-7078
Russell Memorial Library	410-7020
South Norfolk Library	410-7048

Medical

Clinics	
Chesapeake Care Free Clinic (Medical and Dental)	545-5700
Chesapeake Community Health Center	228-1288
Crisis Pregnancy Clinic of Tidewater	410-9703
EVMS HOPES Free Clinic	446-0366
Hampton Roads Community Health Center (Norfolk)	533-9108
Hampton Roads Community Health Center (Ports.)	393-6363
Old Dominion Dental Clinic (Dental Cleanings only, No Medicaid)	683-4308
Park Place Dental Clinic	683-2692
Virginia League for Planned Parenthood	499-7526

Hospitals	
Bon Secours DePaul Medical Center	889-5000
Bon Secours Maryview Medical Center	398-2200
Chesapeake Regional Medical Center Mother Baby Unit	312-8121 312-6159
Children's Hospital of The King's Daughters Children's Health Line	668-7000 668-7500 or 1-800-395-2453
Sentara Leigh	261-6000
Sentara Norfolk General	388-3000
Sentara Princess Anne	507-1000
Sentara Virginia Beach General Hospital	395-8000

Medicaid and HMOS	
Anthem Health Keepers Plus	1-800-901-0020
Medicaid 'Cover Virginia'	1-866-873-2647
Optima Family Care	1-800-881-2166
Vision/Hearing	
Eye Care America (glasses for seniors)	1-800-222-3937
Lions Quest	602-267-7573
New Eyes for the Needy	1-973-376-4903

Military/Veterans

Air Force Aid Society	1-703-972-2650
Army Emergency Relief	1-866-878-6378
Exceptional Family Members Program	1-800-342-9647
Family Advocacy (Fleet & Family Support Ctr. at Portsmouth Navy Medical Center)	953-7801
Fleet & Family Support Center at Little Creek	462-9503
Fleet & Family Support Center North West Annex	421-8770
Hampton VA Veteran Affairs Medical Center	722-9961
Navy-Marine Corp Relief Society Portsmouth	953-5956

TCC Veteran Services	822-5298
VA Veteran Family and Veteran Support	224-5208
Virginia Department of Veterans Services (Disability/Benefits Claims)	455-0814

Mental Health Resources

Chesapeake Integrated Behavioral Healthcare (CIBH)	547-9334
Mental Health and Wellness Coalition	536-6097
National Alliance on Mental Illness (NAMI) of Coastal Virginia	499-2041

Psychiatric Hospitalization and Residential Care

Inpatient Hospitalization	
Harbor Point Behavioral Health Center	393-0061
Kempsville Center for Behavioral Health	461-4565
Maryview Behavioral Medicine Center	398-2367
Newport News Behavioral Health Center	888-0400
Virginia Beach Psychiatric Center	496-6000
Residential Care Programs	
<i>Magellan IACCT Required for residential placement requests (Medicaid Only) - http://magellanprovider.com</i>	
Chesapeake Children's Services Act (CSA)	382-2000
<i>For non-Medicaid contact Tricare (1-800-444-5445), your local Community Service Board (CSB), and/or your insurance company</i>	

Social Security

National Number	1-800-772-1213
Norfolk-5850 Lake Herbert Dr.	1-866-858-6089
Portsmouth-3305 Airline Blvd.	1-866-593-8851
Suffolk	1-866-835-7769

Substance Abuse Services

AL-ANON Family Groups	563-1600
Alcoholics Anonymous	490-3980
American Addiction Centers	1-888-380-9374
Chesapeake Integrated Behavioral Healthcare (CIBH)	547-9334
CIBH Crisis Intervention/Emergency Services only	548-7000
Substance Use Prevention and Awareness Coalition	536-6035

Support Groups

Alzheimer's Association/Alzheimer's Caregiver Support	
	1-800-272-3900
Brain Injury Association Brain Injury Information Center	
	1-800-444-6443
CHKD SibShops	668-7273
National Alliance on Mental Illness (NAMI) of Coastal Virginia	
	499-2041
Grandparents as Parents	1-818-264-0880
Grandparents Raising Grandchildren	434-5162
Virginia Department of Health Caregivers Support Group	382-8653

Transportation

Go To Work Virginia	1-804-548-4300
Health Keepers Transport (5 day notice)	1-877-892-3988
HRT	222-6100
HRT paratransit	455-8010

Optima (Sentara) Cab (5 day notice)	1-877-892-3986
Senior Services of Southeast Virginia	461-9481
Straight Medicaid Cab (5 day notice)	1-866-386-8331
VA Premier Transport	461-0064

Web Resources

211 virginia.org	www.resources757.org
www.ABBAlist.org	www.bankonhr.org
www.CIBHPrevention.com	www.cityofchesapeake.net
www.ParentsinneedHR.org	

WIC

Great Bridge	382-8608
South Norfolk	382-2651

Youth/Teen Programs

4-H Program	382-6348
Boy Scouts of America	497-2688
Boys & Girls Club of Southeast Virginia:	
Thurgood Marshall Unit	545-7263
Truitt Unit	494-7949
Chesapeake Integrated Behavioral Healthcare	547-9334
Chesapeake Parks, Recreation and Tourism Administration	382-6411
Chesapeake Parks, Recreation and Tourism Centers:	
Camelot	485-7400
Deep Creek	487-8841
Dr. Clarence V. Cuffee	648-8549
Great Bridge	382-6292
Indian River	424-4238
River Crest	436-3100
South Norfolk	543-5721
Western Branch	465-0211
Community Programs, Division of Human Services	382-2226
Girl Scouts of Colonial Coast	547-4405
NextGen Pathways	233-8686
Together We Can	518-0770
Triple R Ranch	421-4177
VOLUNTEER Hampton Roads	624-2400
YMCA:	
Great Bridge/Hickory Family YMCA	546-9622
Greenbrier Family YMCA	547-9622
Greenbrier North YMCA	366-9622
Taylor Bend Family YMCA	638-9622
Youth Fire Intervention Program	382-2489



For more resource information, contact:

Customer Contact Center: 382-CITY (2489)

Information & Referral: 211

Housing Crisis Hotline 587-4202

or

www.ABBAlist.org

Updated March 2022

The Chesapeake Resource Guide

connecting
citizens
to
resources.....



Chesapeake Health Department

Baby Care	382-8652
Car Seat Program	382-8652
Family Planning	382-8631
Great Bridge	382-8600
Immunization Clinic	382-8631
STD Clinic	382-8631

Chesapeake Integrated Behavioral Healthcare (CIBH)

Main Number	547-9334
Mental Health Services, Substance Abuse Services, Intellectual Disability Case Management Services and Day Support Services, Residential Services, Prevention Programs, Parenting Programs	
Emergency Services	548-7000
Infant & Toddler Connection of Chesapeake	547-8929

Chesapeake Public Schools

Adult Education Center (GED, ESOL)	482-5680
Family & Community Engagement Center (FACE)	482-5923
Preschool Intake	494-7600
Student Enrollment Registration	547-0545

Chesapeake Social Services

Main Number	382-2000
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www.commonhelp.virginia.gov

Benefits Program: Childcare, Food Stamps, Fuel Assistance, General Relief, Medicaid, State/Local Hospitalization (SLH), Temporary Assistance to Needy Families (TANF)

Medical Insurance: Family Access to Medical Insurance Security (FAMIS), Medicaid

Adult Protective Services	382-2008
After Hours Adult Protective Services	1-800-552-7096
After Hours CPS Emergencies	1-800-552-7096
Child Protective Services	382-2020

Services Division: Adoption, Adult Protective Services, Child

Protective Services, Foster Care	
Virginia Initiative for Employment Not Welfare (VIEW)	382-2312
Welfare to Work Programs: JOBSWORK	382-2312

"55 Plus"

55+ Resource Information	382-2268
Chesapeake Parks, Recreation, and Tourism	382-6411
City Call Center	382-2489
Healthy Grandfamilies Program	434-5162
I-Ride Transportation Service	222-4513
Long-term Care Ombudsman	461-9481 ext. 542
Meals-on-Wheels	312-6458
Medicare Help	222-4542
Senior Navigator	866-393-0957
Senior Services of Southeast Virginia	461-9481
Visiting Physicians Association	853-1380

Abuse Services

Adult:	
Adult Protective Services	382-2008
After Hours Adult Protective Services	1-800-552-7096

Family Violence and Sexual Assault Hotline	1-800-838-8238
Help and Emergency Response (HER) Shelter	485-3384
Legal Aid Society of Eastern Virginia	627-5423
Samaritan House/Safe Harbor	631-0710
Victim Witness Program	382-6417
YWCA Coordinated Crisis 24-Hour Hotline	251-0144

Child:	
After Hours CPS Emergencies	1-800-552-7096
CASA	382-8183
Champions for Children	440-2749
Child Protective Services	382-2020

Bills/Financial Resources

BankOn	bankonhr.org
Catholic Charities Financial Assistance Program	587-4202
Chesapeake Department of Human Services	382-2000
Help and Emergency Response (H.E.R.)	485-3384
House of Blessing	547-9341
Housing Crisis Hotline	587-4202
Portsmouth Area Resources Coalition (PARC)	393-7848
Salvation Army	543-8100
S.T.O.P. Inc.	858-1360

Child Support and Legal Assistance

Child Support Enforcement	1-800-468-8894
Legal Aid Society of Eastern Virginia Central Intake	1-866-LEGL-AID

Classes

Health, Nutrition, and Youth Development	
Virginia Cooperative Extension	382-6348
Smoking Cessation — Quit Now VA	1-800-784-8669

Parenting:	
Catholic Charities	484-0703
Chesapeake Department of Human Services	382-2000
Chesapeake Fathers in New Directions Program	382-2092
Chesapeake Public Schools Family & Community	

Engagement (FACE)	482-5923
Children First Co-Parenting Class	382-2226
Children's Hospital of The King's Daughters	668-9304
Healthy Grandfamilies Program	434-5162
National Alliance on Mental Illness (NAMI) of Coastal Virginia	499-2041
Nurturing Parent & S.T.E.P. (CIBH)	819-6168
Seton House (classes for teens and parenting teens)	306-1840

Pregnancy:	
Breastfeeding Support Group (CRH)	312-6245
Childbirth/Lamaze Classes (Optima/Sentara)	1-866-239-0618
Children's Health Investment Program of SHR	543-9100

Public Safety Community Outreach	
Chesapeake Fire Department	382-6297
Crime Prevention Unit	382-6189

Counseling

Catholic Charities	467-7707
Chesapeake Integrated Behavioral Healthcare (CIBH)	
Crisis Line 24 hours	548-7000

Chesapeake Integrated Behavioral Healthcare (CIBH)	
Mental Health	547-9334
Children's Hospital of the King's Daughters (CHKD)	668-HOPE (4673)
Crisis Pregnancy Center of Tidewater	410-9703
Eden Counseling and Consulting	466-3336
EDMARC Grief Counseling/Piece by Peace (Grief Counseling)	967-9251
Encircle	722-4707
Family Insight	233-0003
Family Preservation	455-8300
Jewish Family Services	459-4640
Keim Centers	499-4444
Kempsville Center	461-4565
LGBT Life Center	640-0929
Mediation Center of Hampton Roads	624-6666
National Counseling Group	325-9570
Regent University's Psychological Services	352-4488
The Barry Robinson Center	455-6100
The UP Center	622-7017
Therapeutic Interventions	410-0382
Tidewater Pastoral Counseling Services	623-2700
Tidewater Youth Services Commission	488-9382
Virginia League for Planned Parenthood	499-7526
YWCA Coordinated Crisis Response	251-0144

Courts

Circuit:	382-3000
Civil, Criminal, Deeds & Records, Marriage License, Notaries, Probate Will	
General:	382-3100
Traffic, Criminal, Civil	
Juvenile & Domestic Relations Court	382-8100
Juvenile Intake, Probation and Parole	382-8150
Mediation Information (Juvenile Court)	382-8133
Victim Witness Program	382-6417

Disability Information/Special Needs

Autism Society of America (Tidewater chapter)	461-4474
Brain Injury Association of American	1-800-444-6443
Chesapeake Parks, Recreation & Tourism Therapeutic Recreation Program	382-1328
Chesapeake Public Schools Family & Community Engagement (FACE)	482-5923
Chesapeake Public Schools Preschool Intake	494-7600
CHKD Care Connection for Children	668-7132
Dept. of Aging and Rehabilitative Services	1-800-552-5019
Independence Center, Inc.	461-8007
Infant & Toddler Connection of Chesapeake (CIBH)	547-8929
Social Security/SSI/SSDI	1-800-772-1213
The Hitching Post Education Center	606-0756

Early Care/Education

Chesapeake Department of Human Services	
Early Child Care Program Coordinator	382-2322
Chesapeake Public Schools Preschool Initiative	842-4099
Child Care Aware of Virginia	1-804-285-0846

Children's Harbor Early Care Programs	622-0900
Head Start (Main)	247-0379
Social Services — Child Care	382-2264

Emergency

Animal Control	382-8080
Chesapeake (CIBH) Mental Health Crisis	548-7000
Crime Prevention Unit	382-6189, 382-6223 or 382-6194
Emergency Police/Fire/Ambulance	911
(non-emergency 382-6161)	
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Virginia Poison Control	1-800-222-1222

Food Pantries/Meals

Food Bank of Southeastern Virginia/Foodbankonline.org	627-6599
See Abbalist.org	
Jewish Family Services of Tidewater	321-2222
Buffalow Friends & Family Community Center	739-5222
WIC Office - Great Bridge	382-8608
WIC Office - South Norfolk	382-2651

Home Visitation Programs

Chesapeake Baby Care	382-8652
CHIP of SHR	543-9100
Comfort Care Home Health & Hospice	312-6460
Parents as Teachers — The UP Center	397-2121
Therapeutic Interventions	410-0382

Housing

Chesapeake Redevelopment & Housing Authority (CRHA)	523-0401
Norfolk Redevelopment & Housing Authority (NRHA)	623-1111
Portsmouth Redevelopment & Housing Authority (PRHA)	399-5261
Regional Housing Crisis Hotline	587-4202
S.T.O.P. Inc.	858-1360
Suffolk Redevelopment & Housing Authority (SRHA)	539-2100
Virginia Housing Development Authority (VDHA)	1-877-843-2123
Virginia Supportive Housing	1-804-788-6825

Housing Crisis Assistance

Regional Housing Crisis Hotline	587-4202
Chesapeake Area Shelter Team (CAST)	321-9353
Chesapeake We Care Resource Center	937-8740
Help and Emergency Response (HER) Shelter	485-3384
Norfolk Emergency Shelter Team (NEST)	823-1622
Portsmouth Area Resources Coalition (PARC)	393-7848
Seton Youth Shelters	
(Boys Facility)	498-4673
(Girls Facility)	306-1840
Union Mission	627-8686
Virginia 211	211

Jobs/Job Training

Goodwill Industries	248-9405
Hampton Roads Workforce Council	461-7537
Integrity Staffing Services	420-0555
Job Corps	1-800-733-5627