

HELPFUL RESOURCES

For Teens

ReadyKids

24/7 C'Ville Teen Hotline: (434) 972-7233

Side By Side

24/7 LGBTQ+ Youth Support: (888) 644-4390

For All Ages

Mental Health Help

Region Ten

Child & Family Services:

(434) 953-0409

Emergency Services:

(434) 972-1800

The Women's Initiative

Main Office:

(434) 872-0047

Se habla español

National Suicide Prevention Lifeline

(800) 273-8255

Crisis Text Line

Text HOME to 741741

Sexual Violence Help

Sexual Assault Resource Agency

24/7 Hotline: (434) 977-7273

Domestic Violence Help

Shelter for Help in Emergency

24/7 Hotline: (434) 293-8509

Shelter services available

Child Abuse Help

Childhelp

National Hotline: (800) 422-4453

Can call or text