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*