

HOTLINES

- **National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
- **Graduate Student Crisis Line**
1-877-GRAD-HLP (1-877-472-3457)
www.gradresources.org
- **Treatment Referral Hotline (Substance Abuse)**
1-800-662-HELP (1-800-662-4357)
- **Linea Nacional de Esperanza**
1-800-SUICIDA (1-800-784-2433)
24/7 Spanish language hopeline
- **Veterans' Hotline**
1-877-VET-2-VET (1-877-838-2838)
Staffed by trained veterans
www.veteranscall.us
- **Madeline's House**
24 hour domestic violence and sexual assault hotline: 1-888-819-2926 or 434-292-1077
www.madelineshouse.org
- **Rape Abuse, and Incest National Network— National Sexual Assault Hotline**
1-800-656-HOPE (1-800-656-4673)
24-hour online chat: <http://online.rainn.org>

Psychiatric Hospitals

Tucker's Pavilion 7101 Jahnke Road Richmond, Va. 23225 804-323-8846	CENTRA Virginia Baptist Hospital 3300 Rivermont Avenue Lynchburg, Va. 24503 434-947-4444
Poplar Springs Hospital 350 Poplar Drive Petersburg, Va. 23805 804-733-6874	Richmond Community Hospital 1500 N. 28 th Street Richmond, Va. 23223 804-287-7836
St. Mary's 5801 Bremo Road Richmond, Va. 23226 804-287-7836	UVA Health System 125 Lee Street Charlottesville, Va. 22908 434-924-2198
VCU MCV 1300 East Marshall Street Richmond, Va. 23298 804-828-2000	VCU Virginia Treatment Center for Children 515 N. 10 th Street Richmond, Va. 23219 804-828-8822
John Randolph 411 W. Randolph Road Hopewell, Va. 23860 804-452-3847	

Survivor Support Groups

Lynchburg Mental Health America of Central Virginia

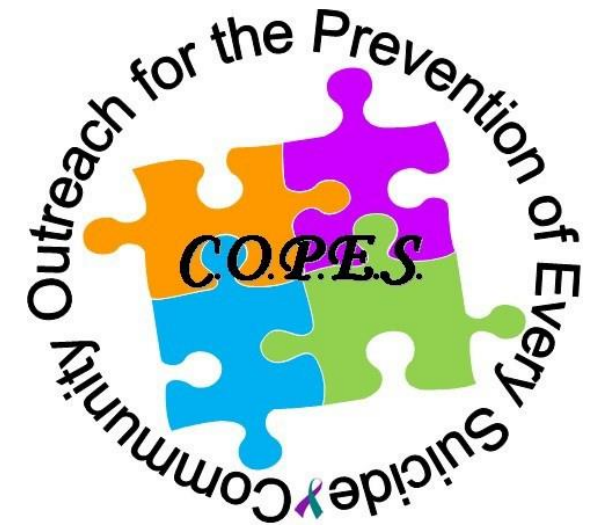
Survivors of Loss to
Death by Suicide
Support Group

Lynchburg, Va.
www.mhacv.org

Richmond

Monument Heights Baptist Church

Survivor of Suicide Loss
Support Group
Meetings: 1st Thursday of
every month
www.monumentheights.org



Suicide Prevention Resource Guide

This guide is designed to assist Prince Edward and its surrounding counties in locating crisis support services and suicide prevention resources.

The National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans: Press 1
Spanish: Press 2

For hearing and speech impaired w/ TTY:
1-800-799-4TTY

Provided by the C.O.P.E.S. Coalition

C.O.P.E.S is dedicated to providing public awareness, education, and training, for suicide prevention within Prince Edward and its surrounding counties.

E-mail: copescoalition@gmail.com



@ COPES Coalition

Local Therapists

Crossroads CSB Emergency Services

1-800-548-1688
(24 hr. Line)

Intake

1-866-307-0370
Bush River Drive
Farmville, VA 23901

Piedmont Psychiatric Center

434-315-5359
Crisis Line: 1-800-784-2433
935 S. Main Street
Farmville, VA 23901

Central VA Community Health Center

434-581-3271
25892 N. James
Madison Hwy. New
Canton, VA 23123

Casting Your Cares, LLC

434-315-4707
502 Beech Street
Farmville, VA 23901

Fortune Counseling

434-808-5112
103 N. Main Street,
Suite 202A Farmville,
VA 23901

Jennifer Apperson, PhD., Clinical Psychologist

434-547-7792
200-B Milnwood Road
Farmville, VA 23901

Piedmont Psychological Services

434-315-8813
200-B Milnwood Road
Farmville, VA 23901

Hope for Tomorrow Counseling

434-392-4073
217 West Third Street
Farmville, VA

434-575-0145

435 Main Street
South Boston, VA

Family Preservation Services

434-392-3328
404 East Third Street, Suite 200
Farmville, VA 23901

Delvin Counseling Center, Inc.

434-392-9859
1 Mill Street
Farmville, VA 23901

Safe Harbor Counseling Services

434-414-8303
502 Beech Street
Farmville, VA 23901

College/University Counseling Services

Longwood: CAPS

201 High Street
Health & Fitness Center
Farmville, VA 23909
Phone: 434-395-2409

Hampden-Sydney College

Counseling
Hampden Sydney, VA 23943
Phone: 434-223-6411

Training C.O.P.E.S. Offers

Mental Health First Aid for Youth

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

8-hour Training
15 minimum participants

safeTALK

Most people with thoughts of suicide don't want to die— instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or crisis line workers—among many others who have suicide intervention training.

3-hour Training
15 minimum participants

For More Information Call:

434-392-9461

Internet Resource

- **American Foundation for Suicide Prevention**
www.afsp.org
- **National Alliance of Mental Illness**
www.namivirginia.org
- **National Suicide Prevention Lifeline**
www.suicidepreventionlifeline.org
- **Society for the Prevention of Teen Suicide**
<http://www.sptsusa.org>
- **Suicide Prevention Resource Center**
www.sprc.org
- **College of Mental Health Website**
www.ulifeline.org

Additional Resources

Mental Health America of Central Virginia

501 12th Street Lynchburg, VA 24504
434-847-9055
www.mhacv.org

Military One Source

(24 hour resource for military members,
spouses and families)
1-800-342-9647
www.MilitaryOneSource.com

LGBT Youth Suicide Hotline

Trevor Project

1-866-488-7386
www.thetrevorproject.org

Piedmont Psychiatric Center

3300 Rivermont Ave
Lynchburg, VA 24503
434-200-4444