



RESOURCES

Wellness resources in Virginia are all around us—in places like parks and gardens and within organizations like non-profits and schools. This list is a starting point. Please check back often; we will add new resources every few months.

VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES (DBHDS) OFFICE OF BEHAVIORAL HEALTH WELLNESS (OBHW)

Works to prevent substance use disorder and promote mental health. The OBHW team joins with and lifts local voices to create more equitable and resilient communities because the overall quality of life for everyone matters.

virginiapreventionworks.org/our-initiatives & virginiapreventionworks.org/about-us

COMMUNITY SERVICES BOARDS (CSBS)

Every locality (city and county) in Virginia is served by a CSB. Statewide, there are 39 CSBs (and one Behavioral Health Authority). CSBs provide services to improve the quality of life for people with mental health or substance use disorders, developmental disability, or co-occurring disorders. More broadly, CSBs are also community educators, organizers, and advocates.

To find the CSB that serves your locality go to: vacsb.org/csb-bha-directory

DBHDS OBHW works in partnership with CSB “wellness” and “prevention” professionals in Virginia. After you find your CSB or BHA, look for “Behavioral Health Wellness,” or “Prevention.” Each team is different but all offer resources and training opportunities like **Lock and Talk**, and **Mental Health First Aid**, and partner with community coalitions.

COMMUNITY COALITIONS

Community coalitions are at the heart of local efforts to promote wellness and prevent substance misuse.

These volunteer-driven organizations welcome partners representing various sectors including: youth, parents, businesses, media, educators, youth-serving organizations, law enforcement, faith communities, civic and volunteer organizations, health providers, and others interested in promoting wellness.

Your CSB’s Prevention or Wellness office can help connect you with a local coalition or send an email to infoccova@gmail.com.

COMMUNITY COALITIONS OF VIRGINIA (CCOVA)

CCoVA works collaboratively to prevent and reduce substance use and related risk factors in Virginia communities in ways that are measurable and that improve well-being of individuals and communities.

communitycoalitionsofva.com

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)*

Offices and Centers provide national leadership to advance the agency's mission and improve the behavioral health of the nation. SAMHSA's public messages offer information and videos to support the agency's mission to reduce the impact of substance abuse and mental illness on America's communities.

[samhsa.gov/public-messages](https://www.samhsa.gov/public-messages)

*Activate Your Wellness is funded through SAMHSA's State Opioid Response Grant.

VIRGINIA CREDIT UNION

A not-for-profit financial cooperative that serves its members and has a wide array of free financial wellness learning opportunities.

[vacu.org/learn](https://www.vacu.org/learn)

[vacu.org/learn/financial-education](https://www.vacu.org/learn/financial-education)

MENTAL HEALTH AMERICA (MHA)

A community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all.

Check out their Self-Help section including Ten Tools To Help Live Your Life Well.

mhanational.org/self-help-tools

CURB THE CRISIS

This website provides information for all Virginians in the fight against opioid misuse and overdose.

curbthecrisis.com

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

Part of the U.S. Department of Health and Human Services. Check out the 7 Strategies to Live a Heart-Healthy Lifestyle.

cdc.gov/chronicdisease/resources/infographic/hearthealth.htm

DO YOU HAVE A FAVORITE WELLNESS RESOURCE IN VIRGINIA?

Please go to the Activate Your Wellness site at virginia-preventionworks.org/activate and share your resource recommendation in the conversation box at the bottom of the page.