

Need to talk?

We at NAMI Virginia recognize the importance of support for our families and peers during this difficult time. You don't have to suffer in silence. You are never alone. We are here for you.

There are many services listed here that may be helpful to you. As always, feel free to reach out to our Helpline at (888) 486-8264 or info@namivirginia.org.

Need Help In A Crisis?

NAMI National Crisis Text Line
Text NAMI to 741741

National Suicide Prevention Lifeline
(800) 273-TALK (8255)

National Domestic Violence Hotline
(800) 799-SAFE (7233)

National Sexual Assault Hotline
(800)-656-HOPE (4673)

Mental Health Crisis Hotline
1-800 442-HOPE (4673)

Helplines offering information and referral services

NAMI National Helpline
Answering voicemails within 24 - 48 business
hours
800-950-NAMI (6264)

NAMI Virginia Helpline
M-F 8:00am-5:00pm
(888)-486-8264

Substance Abuse Mental Health Services
Administration (SAMHSA) National Helpline
Available 24/7
(800) 662-HELP (4357)