

Free SUPPORT BY TELEPHONE

Temporary NON-CRISIS emotional support for adult people of color during COVID-19 outbreak

WHEN

Wednesdays - 5:00 pm – 8:00 pm

PLEASE LEAVE A VOICEMAIL IF YOU WOULD LIKE A CALL BACK:

434-218-0440 *

We recognize and honor the courage it takes to seek support. Call-in wellness consultations are provided on a first come, first serve basis. We suggest calling toward the beginning of the clinic, and no later than 50 minutes prior to the end of phone-in clinic hours

Please note: We strive to provide this service to all who need it, but in the event that demand exceeds our available resources, our team will make every effort to connect you with appropriate care.



Brought to you in partnership by:



Central Virginia Clinicians of Color Network



ABOUT

One-on-one phone check-ins with a clinician are offered free of charge on Wednesday evenings only. These check-ins are designed to offer immediate, short-term assistance including: *emotional support, brief assessment, education, coping, grounding, resources, and referral services.*

This support line is not designed for crisis intervention

If you are experiencing a mental health emergency, please call 911, go to your nearest emergency room, or contact one of the crisis hotlines listed below:

National Suicide Prevention Hotline:

(800) 273-8255,
available 24/7

Region Ten

Emergency Services:

(434) 972-1800,
available 24/7

Live Lifeline Chat:

<https://suicidepreventionlifeline.org/chat/>

* By leaving a voicemail you are agreeing to have a clinician from the Central Virginia Clinician of Color Network call you back for a telephone check-in. At the beginning of your telephone check-in, the clinician will review a confidentiality and informed consent policy.