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Mental Health Resources & Hotlines

Virginia



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Mental Health Resources & Hotlines: Virginia

Virginia Tech Farm Stress and Wellness Resources: This resource page offers case studies to educate farm families about farm stress, contacts to reach out to, and resources from the Virginia Department of Agriculture and others. Find their resource page [here](#).

Community Service Board Crisis Phone Numbers by County: The Community Services Board help Virginia residents with mental health struggles, among other issues. Find a list of their crisis phone numbers for each county [here](#).

Crisis Line of Central Virginia: This 24/7 hotline is free, confidential and can be reached at 434-947-4357.