

Local Helplines

For Albemarle, Charlottesville, Fluvanna, Greene,
Nelson, and Louisa

Updated: May 2022

Crisis

Emergency:	911
Regional Crisis Call Center:	(434) 230-9704
Region Ten CSB:	(434) 972-1800
24/7 Teen Hotline:	(434) 972-7233
Runaway Emergency Services:	(434) 972-7233
Suicide Prevention Lifeline:	1-800-273-8255
Veteran's Crisis Line:	1-800-273-8255, press 1
Crisis Text Line:	741-741
Veteran's Text Line:	838-255
Poison Control:	1-800-222-1222
Sexual Assault Resource Agency (SARA):	(434) 977-7273
Shelter for Help in Emergency:	(434) 293-8509
The Trevor Project (LGBTQ):	1-866-488-7386

Non-Crisis

Madison House Helpline:	(434) 295-8255
On Our Own (Peer Support):	(434) 979-2440
Alcoholics Anonymous:	(434) 293-6565
Narcotics Anonymous:	1-800-777-1515
Side By Side (LGBTQ+ Youth):	1-888-644-4390
Help Happens Here (Info/Referral):	(434) 227-0641

Online Resources

SPARC (Suicide Prevention Awareness Resource Council)
www.SPARCchope.org

Lock and Talk Virginia
www.lockandtalk.org

Region Ten Community Services Board
www.regionten.org

Help Happens Here
www.HelpHappensHere.org

Suicide Prevention Lifeline
www.SuicidePreventionLifeline.org

National Crisis Line
www.crisistextline.org

Trevor Project (LGBTQ support)
www.theTrevorProject.org

NAMI (National Alliance on Mental Illness)
www.NAMI.org

Veterans and Families
www.VeteransCrisisline.net

AFSP (American Foundation for Suicide Prevention)
www.afsp.org

Alcoholics Anonymous/Narcotics Anonymous
piedmontvana.org
aaheartofva.org