

ABCD Study

Virginia Commonwealth University

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Adolescent Brain Cognitive Development®
Teen Brains. Today's Science. Brighter Future.

VCU Site Contact Info

Phone: 804-828-4085

Text: 804-537-0678

E-mail: abcd@vcuhealth.org

Website: abcdstudy.org

Emergency Hotlines

National Suicide Prevention Lifeline

Website: www.suicidepreventionlifeline.org

Phone (24/7): 1-800-273-8255

Alcoholics Anonymous 24-Hour Helpline

Website: www.aarichmond.org

Phone(24/7): 804-355-1212

YWCA Domestic Violence Crisis Hotline

Website: www.ywcarichmond.org

Phone (24/7): 804-612-6126

National LGBTQ+ Lifeline (Trevor Lifeline)

Website: www.thetrevorproject.org

Phone (24/7): 1-866-488-7386

Text: send "START" to 678678

United We Dream: Immigrant Hotline

Website: <https://unitedwedream.org/about>

Phone (24/7): 1-844-363-1423

COVID-19 Specific Resources

National Resources

Centers for Disease Control and Prevention

Website: <https://www.cdc.gov/cdc-info/index.html>

Phone: 800-232-4636

World Health Organization

Website: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Richmond & Virginia Resources

Virginia Department of Health

Phone (for general COVID-19 questions): 800-533-4148

Bon Secours

COVID-19 Video Visits: Occurring 24/7 using the Bon Secours app. Use code CARE2020 for a free COVID-19 Visit.

Website: https://blog.bonsecours.com/tag/coronavirus-covid-19/?_ga=2.10113525.1719546681.1585173161-1087844170.1585173161

VCU Health

Phone: 804-628-7425

Website: <https://www.vcuhealth.org/>

Common Help

Website: <http://www.co.richmond.va.us/departments/socialservices/benefits-programs/common-help>

Richmond & Virginia Resources Continued

Virginia Department of Social Services

Includes child care, assisted living, unemployment, and food resources.

Website: <https://www.dss.virginia.gov/geninfo/corona.cgi>

Phone: 211

Feed More

Website: <https://feedmore.org/how-we-help/hunger-hotline/>

Phone: 804-521-2500

Location: 1415 Rhoadmiller Street, Richmond VA 23220

VA Employment Commission

Website: <http://www.vec.virginia.gov/covid19>

Richmond Area Schools

Includes meal distribution sites, at home learning resources and FAQ.

Richmond Public Schools

Website: <https://www.rvaschools.net/site/Default.aspx?Page ID=7342>

Henrico Public Schools

Website: <https://henricoschools.us/covid19/>

Chesterfield County Public Schools

Website: <https://mychesterfieldschools.com/coronavirusinformation/>

VA Department of Education

Includes meal distribution sites, at home learning resources and FAQ.

Website: http://www.doe.virginia.gov/support/health_medical/office/covid-19.shtml

North Carolina Resources

Division of Child Development and Early Education

Website: <https://ncchildcare.ncdhhs.gov/WhatsNew/Coronavirus-Information-for-Child-Care>

North Carolina Department of Public Instruction

Includes information about online learning, internet, and school meals.

Website: <https://www.dpi.nc.gov/news/covid-19-response-resources>

North Carolina Department of Commerce: Employment Security

Information about unemployment

Website: <https://des.nc.gov/need-help/covid19-information>

Maryland Resources

Maryland Department of Education

Includes information about child care, school meals, and digital learning.

Website: <http://marylandpublicschools.org/Pages/default.aspx>

Maryland Department of Labor

Includes information about unemployment

Website: <https://www.dlir.state.md.us/employment/unemployment.shtml>

Maryland Department of Health

Includes information about FAQ.

Website: <https://coronavirus.maryland.gov/>

West Virginia Resources

Department of Health and Human Resources

Website: <https://dhhr.wv.gov/COVID-19/Pages/default.aspx>

Hotline: 1-800-887-4304

Workforce Website: workforcewv.org

WV Department of Public Education

Instruction Includes information about school meals.

Website: <https://wvde.us/covid19/>

Richmond Resources

Mental Health Services

Richmond Behavioral Health Authority

Website: www.rbha.org

Phone (8:00am-5:00pm): 804-819-4000

Crisis Services (24/7): 804-819-4100

Health Brigade

Website: www.healthbrigade.org

Phone (Monday –Thursday 9:00am-12:00pm & 1:00pm-5:00pm): 804-358-6343

Location: 1010 North Thompson Street Richmond, VA

Commonwealth Catholic Charities – Richmond

Website: www.cccofva.org

Phone: 804-285-5900

Email: agency@cccofva.org

Location: 1601 Rolling Hills Drive Richmond, VA

Jewish Family Services

Website: www.jfsrichmond.org

Phone: 804-282-5644 X 239

Location: 6718 Patterson Avenue Richmond, VA

Richmond Resources Continued

Housing Services

Commonwealth Catholic Charities – Richmond

Website: www.cccofva.org

Phone: 804-285-5900

Email: agency@cccofva.org

Location: 1601 Rolling Hills Drive Richmond, VA

Neighborhood Housing Services of Richmond, Inc.

Website: <http://www.nhsofr.org>

Phone: 804-329-2500

Location: 2712 Chamberlayne Ave. Richmond, VA 23222

Housing Families First

Website: www.housingfamiliesfirst.org

Phone: 804-236-5800

Email: terri@housingfamiliesfirst.org

Location: 3900 Nine Mile Road, Henrico, VA 23223

Richmond Redevelopment & Housing Authority

Website: <https://www.rrha.com/public-housing/>

Phone: (804) 780-4200 Dial 711

Email: info@rrha.com

Location: 901 Chamberlayne Parkway Richmond, VA 23220

Richmond Resources Continued

LGBTQ+ Resources

Diversity Richmond

Website: <http://diversityrichmond.org/>

Phone: 804-622-4646

Email: bill.harrison@diversityrichmond.org

Location: 1407 Sherwood Ave. Richmond, VA 23220

James River Transgender Society

Website: www.jrts.org

Phone: 804-404-2425

Location: 1407 Sherwood Ave. Richmond, VA 23220

Parents, Families and Friends of Lesbians and Gays (PFLAG)

Website: www.pflagofrichmond.org

Phone: 804-751-5167

Email: pflagrichmondcoordinator@comcast.net

Location: 2311 Westwood Ave. Richmond, VA 23230

Side By Side

Website: www.sidebyside.org

Phone: 804-644-4800

Youth Support Hotline: 888-644-4390

Email: info@sidebysideva.org

Location: 2311 Westwood Ave. Richmond, VA 23230

Virginia Resources

Northern, VA

Fairfax-Falls Church Community Services

Website: <https://www.fairfaxcounty.gov/community-services-board/publications/community-resources-list>

Phone: 703-324-7000

Location: 12011 Government Center Parkway, Suite 836, Fairfax, Virginia 22035

Hampton, VA

Hampton VA Medical Center

Website: <http://www.hampton.va.gov/>

Phone: 757-722-9961

Location: 100 Emancipation Dr, Hampton, VA 23667

Suicide Prevention Coordinators

Email: VHASPCVA-590HAMSuicidePreventionTeam@va.gov

Phone: 757-722-9961 x3355

Salem, VA

Salem VA Medical Center

Website: <https://www.salem.va.gov/>

Phone: 540-982-2463

Location: 1970 Roanoke Blvd., Salem, VA 24153

Veterans Crisis Line

Phone: 1-800-273-8255 (Press 1)

North Carolina Resources

Addiction Treatment

Stepping Stones Community Resources Inc.

Website: <https://steppingstonescri.net/>

Phone: 919-269-9300

Location: 3904 Airport Dr, Wilson, NC 27896

Childcare/Youth Services

NC Childcare Network

Website: www.ncchildcare.net

Phone: 800-859-0829

Location: 319 Chapanoke Rd, Suite 120, Raleigh, NC 27603

Clothing

Catholic Parish Outreach

Website: www.cporaleigh.org

Phone: 704-282-1297

Location: 2013 N. Raleigh Blvd., Raleigh, NC 27604

Dress for Success

Website: www.trianglenc.dressforsuccess.org

Phone: 919-286-2128

Location: 1812 Tillery Pl Suite 105, Raleigh, NC 27604

North Carolina Resources Continued

Financial and Food Wake County Human Services

Website: www.wakegov.com/humanservices

Phone: 919-212-7000

Location: 220 Swinburne Rd., Raleigh, NC 27610

Handicapped/Disabled Services Vocational Rehabilitation

Website: www.ncdhhs.gov/division/dvrs

Phone: 919-859-8301

Maryland Resources

Community Services Locator

Website: <https://211md.org/>

Baltimore County Government Services

Website: www.baltimorecountymd.gov

Phone: 410-887-2594

Washington DC Resources

DC Community Resources

Website: <https://dhcf.dc.gov/page/dc-community-resources>

Capital Area Food Bank

Still operating during COVID-19 Pandemic

Website: <https://www.capitalareafoodbank.org/>

Phone: 202-644-9800

Location: 4900 Puerto Rico Ave NE, Washington, DC 20017

Hours: Monday-Friday 8:30am-5:00pm