

COMMUNITY
MENTAL HEALTH

RESOURCE GUIDE



William & Mary
School of Education



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COMMUNITY SUPPORT

COMMUNITY SUPPORT NATIONAL



MENTAL HEALTH SUPPORT

988 Suicide and Crisis Lifeline 24/7

Call or text 988

Chat: 988lifeline.org

National Alliance on Mental Illness (NAMI) HelpLine

Monday-Friday 10 am - 10 pm ET

1-800-950-NAMI(6264)

Text "HelpLine" to 62640

<https://www.nami.org/support-education/nami-helpline/>

LGBTQ+ SUPPORT

The Trevor Project

Connect to a crisis counselor 24/7

<https://www.thetrevorproject.org/get-help/>

1-866-488-7386

Text "START" to 678-678

TrevorSpace

<https://www.trevorspace.org>

PFLAG

<https://pflag.org/>

COMMUNITY SUPPORT NATIONAL

EATING DISORDER RECOVERY

Families Empowered And Supporting
Treatment for Eating Disorders (FEAST)

<https://www.feast-ed.org/feast-anad-online-support-groups/>

The Eating Disorder Foundation

<https://www.eatingdisorderfoundation.org/get-help/support-groups/support-group-schedule/>

SUBSTANCE USE RECOVERY

SAMHSA National Helpline 24/7

1-800-662-HELP(4357)

Text zip code to 435748

<https://www.samhsa.gov/find-help/helplines/national-helpline>

ADDICTIONS RECOVERY

Alcoholics Anonymous

<https://www.aa.org/>

Narcotics Anonymous

<https://na.org/>

Sex Addicts Anonymous

<https://saa-recovery.org/>

Gamblers Anonymous

<https://www.gamblersanonymous.org/ga/content/about-us>

For Family Members and Loved Ones

Al-Anon

<https://al-anon.org/>

Nar-Anon

<https://www.nar-anon.org/>

S-Anon

<https://sanon.org/>

COMMUNITY SUPPORT

LOCAL

Local support resources service the Hampton Roads, Williamsburg and VA Beach areas.

MENTAL HEALTH & CONNECTION

NAMI Williamsburg

<https://namiwilliamsburg.org/>

NAMI Coastal Virginia

<https://www.namicoastalvirginia.org/>

Boys & Girls Club

kbarrett@bagclub.com \ 757-247-1364

United to Empower -Surry County

757-618-6563

<https://www.facebook.com/unitedtoempower>

EATING DISORDER RECOVERY

Eating Disorders Anonymous Group

<https://eatingdisordersanonymous.org/meetings/?meeting=williamsburg-va-sundays-600pm-hybrid-2>

LGBTQ+ SUPPORT

Side by Side

<https://www.sidebysideva.org/>

PFLAG Williamsburg

<https://loveislovetidewater.org/pflag-williamsburg>

SUBSTANCE USE RECOVERY

Alcoholics Anonymous Groups

(includes both virtual and in-person)

<https://www.aawilliamsburg.org/meetings>

CONNECTION



FAUGET
FESTIVAL

CONNECTION

VOLUNTEER!

Williamsburg Farmer's Market

<https://williamsburgfarmersmarket.com/volunteer/>

Williamsburg Families

<https://www.williamsburgfamilies.com/williamsburg-va-resources/volunteer-williamsburg/>

Williamsburg Parks & Recreation

<https://www.williamsburgva.gov/458/Volunteer-Opportunities>

Williamsburg Regional Library

<https://www.wrl.org/how-do-i/volunteer/>

VolunteerMatch.org

<https://www.volunteermatch.org>

WILLIAM & MARY CAMPUS ORGANIZATIONS

Tribelink

<https://tribelink.wm.edu>

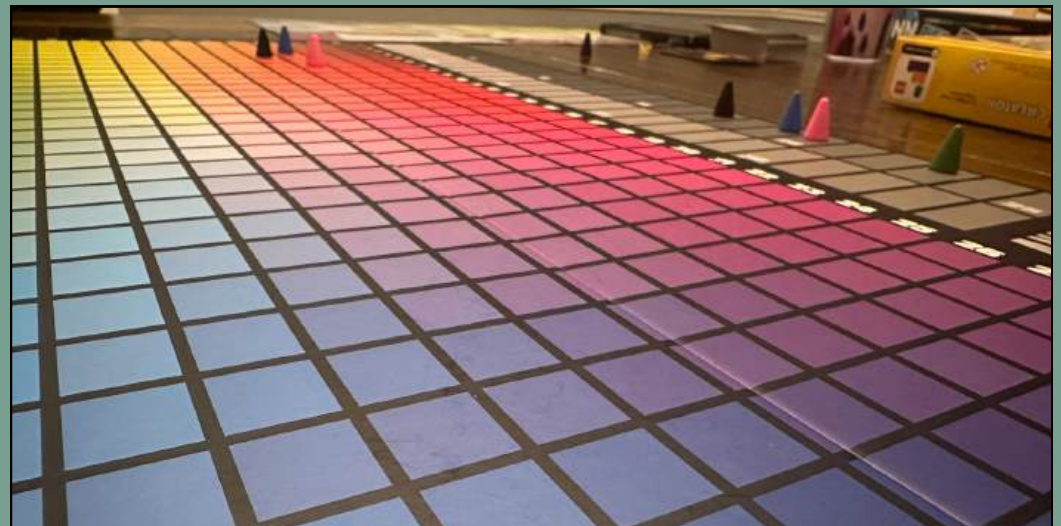
Give Pulse Volunteer Opportunities

<https://wm.givepulse.com/group/405265-William-and-Mary>

Graduate Student Engagement

Graduate Education Association

Graduate Student Commons at Swem Library



CONNECTION

MEET NEW PEOPLE

ASPIRE Young Professionals

<https://www.williamsburgchamber.com/aspire>

Coffee and Crochet in Newport News

<https://www.meetup.com/coffee-and-crochet/>

Events @ Precarious Beer Project

<https://www.precariousbeer.com/events>

Meetup.com

<https://www.meetup.com>

My Active Child

<https://hamptonroads.myactivechild.com/>

Second Sundays

<https://www.2ndsundayswilliamsburg.com/>

Tap'N Roll Game Shop

<https://tapnroll.com/>

The Arc Greater Williamsburg

<https://www.thearcgw.org/activities>

Trivia Nights @ Local Breweries

<https://www.facebook.com/speedquizzingva/>

Williamsburg Community Events Calendar

<https://connect.businesswilliamsburg.com/communitycalendar>



CONNECTION

ADUOCATE

Public Board and Council Meetings

Williamsburg

<https://www.williamsburgva.gov/497/Public-Meetings>

James City County

<https://www.jamescitycountyva.gov/129/Agendas-Minutes>

Newport News

<https://www.nnva.gov/271/City-Council>

Hampton

<https://www.hampton.gov/3098/City-Council-meeting-information>

State Level

Virginia General Assembly

<https://viriniageneralassembly.gov/>



FREE COMMUNITY EVENTS

Merchant's Square New Town

Concert Series

Last Friday of every month, May to October

Movie Nights

Sundays, July to August

Public Libraries

Williamsburg Library Events

<https://www.wrl.org/events/>

Surry County Public Library Events

<https://blackwaterlib.org/library-branch/surry/>

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CREATIVITY



CREATIVITY

GET CREATIVE!

Williamsburg Area

Williamsburg Contemporary Arts Center

<https://visitwcac.org/programs/overview/>

William & Mary Swem Library

Swem Makerspace

Reeder Media Center

Paint on Pottery

<https://paintonpotterytoo.com/index.html>



GET CREATIVE!

Surrounding Areas

Children's Museum of Virginia

<https://childrensmuseumvirginia.com>

Torggler Fine Arts Center

<https://thetorggler.org/learn/studio-classes.html>

Hampton Arts

<https://www.artcentervb.org/classes.html>

Virginia Beach Art & Pottery Classes

<https://www.artcentervb.org/classes.html>

Virginia Museum of Fine Arts Classes

<https://vmfa.museum/studio-school/art-classes/>

The Perry Glass Studio at the Chrysler Museum

<https://chrysler.org/glass/>

CREATIVITY



PERFORMING ARTS

Performing Arts in Williamsburg

<https://www.visitwilliamsburg.com/things-to-do/museums-and-attractions/theatres/>

Performing Arts in Richmond

<https://www.visitrichmondva.com/things-to-do/arts-and-culture/performing-arts/>

Arts and Music in Hampton Roads

<https://hamptonroadsalliance.com/arts-and-music-in-hampton-roads/>

ART MUSEUMS

Muscarella Art Museum

<https://muscarelle.wm.edu/>

Art Museums of Colonial Williamsburg

<https://www.colonialwilliamsburg.org/explore/art-museums/?from=homecarousel>

Virginia Museum of Contemporary Art

<https://virginiamoca.org/>

Torggler Fine Arts Center

<https://thetorggler.org/>

Chrysler Museum of Art

<https://chrysler.org/>

Barry Art Museum

<https://barryartmuseum.odu.edu>

Virginia Museum of Fine Art

<https://vmfa.museum>



ESSENTIAL SERVICES

ESSENTIAL SERVICES

CHILD-FOCUSED

First Spark

Low-cost and free prenatal services

Assistance with child care search

11832 Canon Blvd., Suite F

Newport News, VA 23606

757-240-2731

<https://www.firstsparkva.org/>

WJCC-CAA Early Education Head Start

757-229-9332 Option 1

3300 Acorn Street (Suite B)

Williamsburg, VA 23188

headstart@weareace.org

<https://www.wjcc-caa.org/about-5>

FOOD SECURITY

William and Mary Campus Food Exchange

(For students, faculty and staff at William & Mary)

Two locations: Basement of the Wesley House & Room
157 of the Sadler Center.

<https://wmwesley.org/campus-food-pantry/>

FISH, INC (Food Pantry and Clothing)

757-220-9379

312 Second Street, Williamsburg VA, 23185

<https://fishwilliamsburg.org/contact-us-welcome-to-fish-williamsburg-opening-hours-and-contact-information-provided/>

Virginia Peninsula Foodbank

2401 Aluminum Ave., Hampton, VA 23661

757-596-7188

<https://hrfoodbank.org/>

Grove Christian Outreach Center

8800 Pocahontas Trail, Williamsburg, VA 23185

757- 887-1100

<https://www.groveoutreach.com/contact/>

ESSENTIAL SERVICES

HOUSING

Williamsburg House of Mercy

10 Harrison Avenue, Williamsburg, VA 23185

757-229-3700

<https://williamsburghouseofmercy.org/how-we-help/housing/>

Project HOPE Virginia

Virginia's Program for the Education of Homeless Children and Youth

757 221-4002

<https://projecthopevirginia.org/>

OLDER ADULTS

Advanced Care Planning Resources

<https://www.riversideonline.com/en/patients-and-visitors/advance-directives/resources>

Peninsula Agency on Aging

<https://paainc.org/>

Williamsburg Faith in Action

Support services for older adults

<https://wfia.org/>

MEDICAL CARE

Lackey Clinic

1620 Old Williamsburg Road

Yorktown, VA 23690

757-886-0608

<https://lackeyclinic.org/>

Moms In Motion

Consumer-Directed Service(s)

Facilitation (CDSF)

1-800-417-0908

<https://momsinmotion.net/about-us/our-story/>

Olde Towne Medical & Dental Center

5249 Olde Towne Road

Williamsburg, VA 23188

[757-259-3258](https://www.otmdc.org/)

<https://www.otmdc.org/>

REMINDERS

Today I will not stress over things I can't control

Small steps are also progress

There is no such thing as failure, only experiences

Asking for help is a sign of strength

If I stay strong and confident, I know I will get through it

The day is now in the past and i will let it be

I am capable of creating my dream reality

Everything I need comes into my life at the right time

MENTAL HEALTH

FAUGET
FESTIVAL

MENTAL HEALTH

AGENCIES & COMMUNITY SERVICE BOARDS

Hampton-Newport News Community Services Board
<https://www.hnnscsb.org/>

Williamsburg - Colonial Behavioral Health
<https://www.colonialbh.org/>

Norfolk

<https://www.norfolk.gov/996/Norfolk-Community-Services-Board>



LGBTQ+

Inclusive Therapist Directory
<https://www.inclusivetherapists.com/>

LGBT Life Center
<https://lgbtlifecenter.org/>
Trans Bodies, Trans Selves
<http://transbodies.com/>

DIRECTORIES

Clinicians of Color Directory
<https://www.cliniciansofcolor.org/>
Virginia Harm Reduction Coalition
<https://carrynaloxone.org/>

NAMI Williamsburg
<https://namiwilliamsburg.org/programs/>
Arc of Greater Williamsburg
<https://www.thearcgw.org>

SMART Recovery
<https://meetings.smartrecovery.org>
Aster Springs
<https://astersprings.com/locations/richmond>

Oceanside Evaluations
<https://oceansideevals.com/>
Therapy for Black Girls
<https://therapyforblackgirls.com/>

MENTAL HEALTH

APPS

Breathe2Relax

Talkspace (depression)

Headspace (mindfulness)

Breathe, Think, Do With Sesame (for kids)

I am Sober (substance use)

Calm (sleep)

Happify (positive thoughts)

Worry Watch (anxiety)

Moodfit (patterns of behavior)

Shine (BIPOC)

Calm Harm (self-harm)

Feeling Good Teens (confidence and resilience)

Cosmic Kids (mindfulness and yoga)

eQuoo (kid's emotional health)

Positive Penguins (kid's feelings)

SEXUAL & DOMESTIC VIOLENCE

Williamsburg

Avalon

<https://avaloncenter.org/>

The Haven

<https://www.wm.edu/offices/communityvalues/gbvras/thehaven/>

Hampton

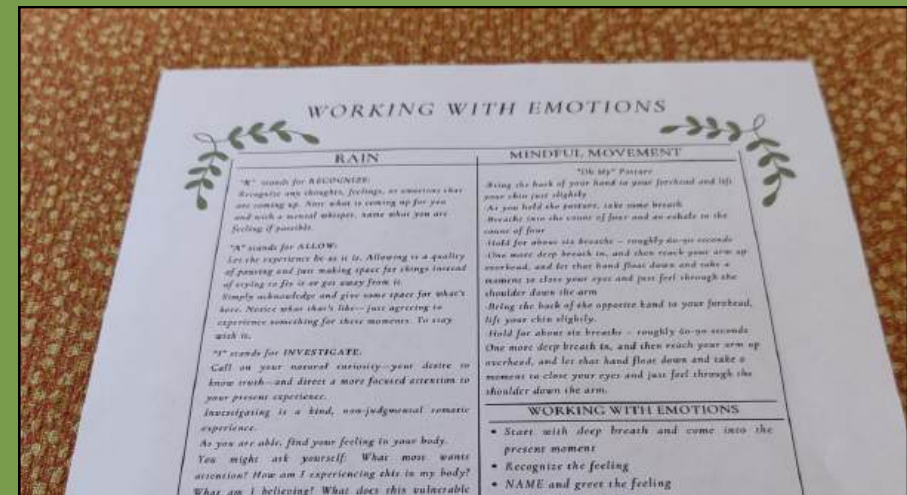
Transitions Family Violence Services

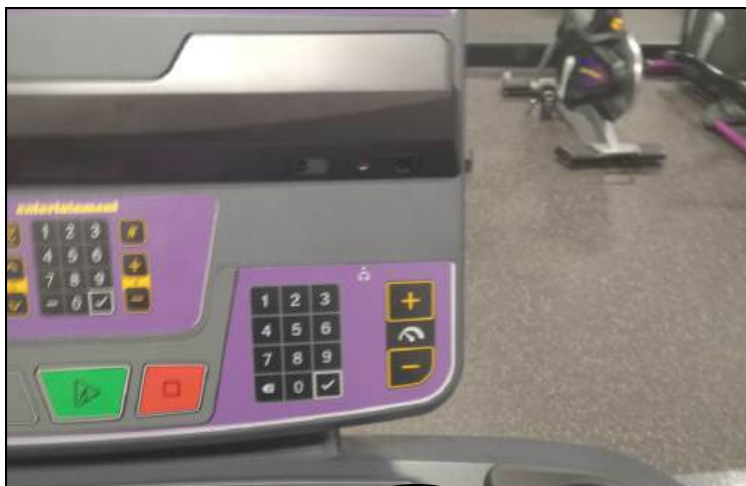
<https://www.transitionsfvs.org/contactus>

Newport News

The Center for Sexual Assault Survivors

<https://www.visitthecenter.org/>





MOVEMENT



MOVEMENT

FACILITIES & RECREATION CENTERS

Williamsburg Indoor Sports Complex (WISC)

<https://www.thewisc.com>

James City County Recreation Center

<https://www.jamestownva.gov/facilities/facility/details/james-city-county-recreation-center-33>

Quarterpath Recreation Center

<https://www.williamsburgva.gov/696/Quarterpath-Recreation-Center>

William & Mary Campus Recreation

<https://www.wm.edu/offices/wellness/campusrec/>

APPS

Nike Training Club

Nike Run Club

Stand Up! The Work Break Timer

William & Mary FitWell

YOUTUBE CHANNELS

Body Project

Juice & Toya

Boho Beautiful Yoga

PS Fit

Fitness Blender

The Fitness Marshall

Heather Robertson

Yoga with Adriene

Hybrid Calisthenics

Walk at Home

RECREATIONAL GROUPS

Club Waka Hampton Roads

<https://clubwaka.com>

Special Olympics Virginia - Peninsula Chapter

<https://www.specialolympicsva.org/?locale=en>

Peninsula Running Clubs

<https://colonialroadrunners.org/groupruns.html>

BikeWalk Williamsburg Programs

<https://www.bikewalkwilliamsburg.org/programs>





NATURE

NATURE

FIND A PARK!

U.S. National Parks

<https://www.nps.gov/index.htm>

Virginia Parks

<https://www.dcr.virginia.gov/state-parks/>

<https://www.nps.gov/state/va/index.htm>

Local Parks

Hampton

<https://hampton.gov/138/Parks>

James City County

<https://www.jamescitycountyva.gov/756/>

[Parks-Trails](#)

Newport News

<https://nnparksandrec.org/parkstrails/>

Williamsburg

<https://www.williamsburgva.gov/296/Parks-Facilities>

York County

<https://www.yorkcounty.gov/740/Parks-Facilities>

[Facilities](#)

People with permanent disabilities,
current military, veterans and Gold Star families get free entrance to
U.S. National Parks!

BEACHES

Buckroe Beach

First Landing State Park

Gloucester Point Beach Park

Grandview Beach

Jamestown Beach

Yorktown Beach

PLAYGROUNDS

Kidsburg at Veterans Park

Fort Fun at Huntington Park

Fantasy Farm @ Riverview Farm Park

Kids Cove at Mount Trashmore

Accessible Playgrounds

My Place Playground

Thomas Street Reserve

NATURE TRAILS

Greensprings Interpretive Trail

Waller Mill Park

Quarterpath Park

Yorktown Waterfront Walk

Chippokes State Park

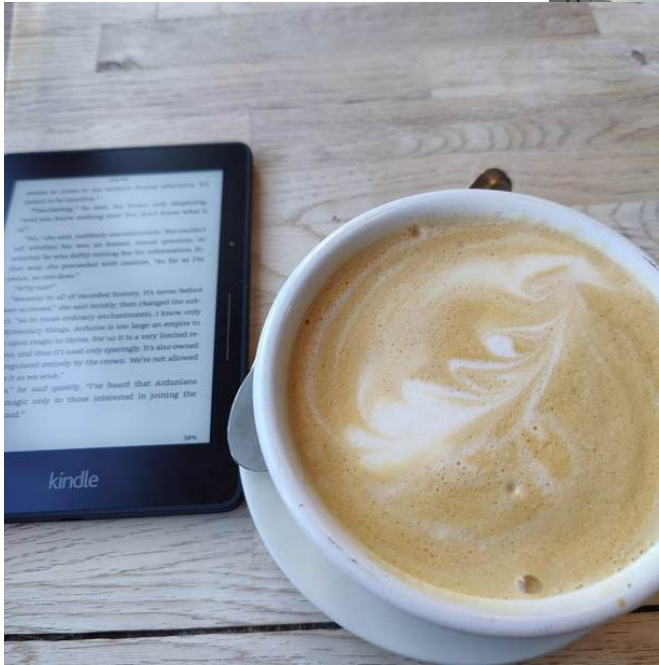
Newport News Park

Riverview Farm Park

Sandy Bottom Nature Park

Fort Monroe Seawall Trail





NOURISHMENT

NOURISHMENT

FARMERS MARKETS

Hampton Roads Farmers Markets

List of farmers markets in the Hampton Roads Area

<https://hamptonroads.myactivechild.com/blog/hampton-roads-farmers-markets/>

Williamsburg Farmer's Market

<https://williamsburgfarmersmarket.com/>

Yorktown Market Days

<https://www.visityorktown.org/225/Market-Days>

Surry Farmer's Market

<https://surrycountytourism.com/174/Surry-Farmers-Market>

NUTRITION GUIDES

Eat Smart, Move More

<https://eatsmartmovemoreva.org/>

U.S. Department of Agriculture MyPlate

<https://www.myplate.gov/>

RESOURCE SUPPORTS

Virginia Fresh Match Program

<https://vafma.org/programs/virginia-fresh-match/>

Riverside Health

<https://www.riversideonline.com/en/medical-services/diabetes-services/diabetes-education/nutrition-education>

TPMG Nutrition Services

<https://mytpmg.com/location/nutrition-services/>

Sentara Diabetes and Outpatient Resource Center

<https://www.sentara.com/hospitallocations/sentara-williamsburg-regional-medical-center/medical-services/health-education-center>

PETS



PETS



SERVICES, PROGRAMS, & FACILITIES

Nautical Dog & Schwartzy's Cat Cove
<https://nauticaldogwilliamsburg.com>

Heritage Humane Society Events
<https://heritagehumane.org/events/>

Newport News Parks and Recreation
Animal Services
<https://nnparksandrec.org/dog-parks/>

Virginia Beach SPCA: Visiting Paws
<https://vbspca.com/visiting-paws/>

Richmond SPCA: Pet Visitation Programs
<https://richmondspca.org/what-we-do/programs-services/pet-visitation-programs/>

ANIMAL THERAPY

Paws to Read with K-9 Connection
<https://www.wrl.org/series/paws-to-read-with-k-9-connection/>

Healing Strides: Mental Animal Therapy
<https://www.healingstridesofva.org>

Service Dogs of Virginia
<https://www.servicedogsva.org>

PETS

DOG PARKS

Hampton

Ridgeway Bark Park
Sandy Bottom Bark Park

Newport News

Fido Field at Riverview Farm Park

Smithfield

Bark Park at Windsor Castle Park

Williamsburg

Waller Mill Dog Park
Veterans Park

Yorktown

Back Creek Park



ZOOS

Petting Zoos

Bluebird Gap Farm

<https://www.hampton.gov/139/Bluebird-Gap-Farm>

Bel Laurel Farm

<https://bellaurelfarm.com/home>

Zoos

Virginia Zoo in Norfolk

<https://virginiazoo.org>

Metro Richmond Zoo

<https://metrorichmondzoo.com>

AQUARIUMS

Virginia Aquarium & Marine Science Center

<https://virginiaaquarium.com>

PHOTOVOICE PROJECT DESCRIPTION

Photovoice is a research method where people record their community's strengths and challenges through photography. The photos are then used to foster meaningful discussions about key issues, engage stakeholders and develop actionable strategies to tackle community concerns.

Master's students in Clinical Mental Health Counseling at William & Mary completed a photovoice project in summer 2024 as part of their coursework. They took photos to answer the question:

What does mental health look like in our community from the perspective of being a CMHC master's student at William & Mary?

Students identified the themes of community, connection, creativity, essential services, mental health services, movement, nature, nourishment and pets as components that sustain the mental health and overall wellbeing of our community.

This Community Mental Health Resource Guide was developed as the result of students' photovoice project. We hope you find this Guide useful as both a professional resource for those you work with, and a personal resource to support your own wellbeing.

EDITORS

Amber Pope, Ph.D.
Raven Pierce ('25)
Traci Powers ('25)
Kadesha Gibbs ('25)
Yi-Yun "Minnie" Tsai ('26)
Mia Carlyle ('25)



William & Mary
School of Education

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Heather Moore
Carly Nash

Brandon Parker
Raven Pierce
Traci Powers
CJ Roberts
Sydney Scouten
Rachel Snyder
Yi-Yun "Minnie" Tsai
Emma Ukrop
Karina Villarroel
Mark Walker