

Mental Health & Wellness Resources

Abuse and Neglect:

Child Abuse and Neglect Hotline (24 hrs.): 1-800-552-7096

(Try both numbers before the hotline)

Rappahannock Dept. of Social Services: 540-675-3313

Rappahannock Sheriff's Department: 540 -675- 5300

Culpeper crisis line for services to abused families: 540-825-8891

Alcoholic and Drug Helpline: 1-800-821-4357

Computer Safety:

<http://www.onguardonline.gov>

<https://internetsafety101.org/parentsguidetosocialmedia>

<http://www.safekids.com/safety-advice-tools/>

<https://www.stopbullying.gov/cyberbullying/digital-awareness-for-parents>

https://beinternetawesome.withgoogle.com/en_us/

Curriculum and Instructional Resources

(for social, emotional, physical, and environmental health)

<https://healthsmartva.org/>

Department of Social Services: Rappahannock County: 540-675-3313

Free Medical/Dental Clinic: Fauquier: 540-347-0394

(the clinic supports Rappahannock Residents)

Grief:

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

Bereavement Services

Hospice of the Piedmont

675 Peter Jefferson Parkway, Suite 300

Charlottesville, VA 22911

Email: Sonja.fahy@hopva.org

434-817-6915

Health Department: Rappahannock County: 540-675-3516

Legal Services:

Legal Aid Works: 540-825-3131

Legal Services of Northern Virginia: 703-778-6800

Mental Health/Substance Abuse:

Rappahannock Rapidan Community Services:

Culpeper: 540-825-5656

Fauquier: 540-347-7620

Medicaid, Private Insurance, or No Insurance

Health Connect America: 540-399-9970

National Counseling Group: 540-825-0705

Anxiety and Depression Association of America
(helpful tips and resources)

<https://adaa.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Helpline: 1-800-662-4357

www.samsha.gov/find-help/national-helpline

Nutrition Services:

Rappahannock County Food Pantry: 540-987-5090

mimi@rappahannockpantry.org

Nutrition Director (RCPS): Amanda Butler: 540-227-0023 ext. 3001

abutler@rappahannockschools.us

BackPack Program:

School Counselor (RCES): Candy Lamma: 540-227-0200 ext. 3005

clamma@rappahannockschools.us

Social Worker (RCPS): Kathy Sickler: 540-683-0437

ksickler@rappahannockschools.us

Suicide Help Lines:

National Suicide Prevention Lifeline (24/7): 1-800-273-8255

Those who speak Spanish should call: 1-888-628-9454

Those who are deaf or hard of hearing should call: 1-800-799-4889

<https://suicidepreventionlifeline.org/>

Crisis Text Line from the National Alliance on Mental Illness (24/7):

Text "NAMI" to 741741

www.crisistextline.org

Peer2Peer Regional Warmline: 1-833-626-1490

(Alt. to Crisis Line for: Culpeper, Fauquier, Madison, Orange and Rappahannock Counties)

American Foundation for Suicide Prevention

<https://afsp.org/>

Transportation:

Foothills Area Mobility System: 540-365-2868