***Mental Health & Wellness Resources***

**Abuse and Neglect**:

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

 (Try both numbers below 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/](https://childrengrieve.org/)

Bereavement Services

Hospice of the Piedmont

675 Peter Jefferson Parkway, Suite 300

Charlottesville, VA 22911

Children’s Bereavement Counselor: Allyson Lother: 434-817-690

Email: allyson.lother@hopva.org

**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

S.E.E Recovery Center (Support, Encourage, Empower)

710 U.S. Avenue

Culpeper, VA 22701

540-825-3366

Email: seerecovery@rrcb.org

<https://www.rrcsb.org/wp-content/uploads/2022/08/AugustSEE-Recovery-Center-2022.pdf>

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](http://www.samsha.gov/find-help/national-helpline)

**Nutrition Services:**

Rappahannock County Food Pantry: 540-987-5090

mimi@rappahannockpantry.org

Nutrition Director (RCPS): Jackie Tederick: 540-227-0023 ext. 3212

jtederick@rappahannockschools.us

Backpack Program: Kayla Robey: 540-227-0200

krobey@rappahannockschools.us

**School Social Worker** (RCPS):Erica Jennejahn: 540-683-0437

ejennejahn@rappahannockschools.us

**Suicide Help Lines:**

Suicide and Crisis Lifeline: 988

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 “HOME” to 741741

[www.crisistextline.org](http://www.crisistextline.org)

Peer2Peer Regional Warmline: 1-833-626-1490

(Alternative 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