

Type of Resource	Name, Address, Phone Number	Website Information	Additional Information
Crisis Hotline/Shelter + Housing	Samaritan House, 2620 Southern Blvd, VA Beach, VA 23452. Crisis Hotline: 757-251-0144. Housing Crisis Hotline: 757-227-5932. Phone: 757-631-0710.	<a href="http://www.samaritanhouseva.org/">http://www.samaritanhouseva.org/</a>	Crisis hotline + shelter for victims of sexual or domestic violence, stalking or human trafficking. 24 hour/7 days a week operated hotline.
VA Bill Assistance	Home Fires Burning; 800-630-6149.	<a href="http://www.home-fires-burning.com/">http://www.home-fires-burning.com/</a>	VA Bill Assistance; providing grants and services for veterans.
VA Bill Assistance	Operation First Response; 20037 Dove Hill Rd, Culpeper, VA, 22701. 888-289-0280. Email: <a href="mailto:info@operationfirstresponse.org">info@operationfirstresponse.org</a> .	<a href="https://www.operationfirstresponse.org/assistance-request/">https://www.operationfirstresponse.org/assistance-request/</a>	VA Bill Assistance; providing assistance for wounded, injured, and critically ill service members + disabled vets from all branches.
Human Services	VA Beach Department of Human Services, 3432 Virginia Beach Blvd, VA Beach, VA 23452. 757-437-3200.	<a href="https://www.vbgov.com/government/departments/human-services/about/Pages/default.aspx">https://www.vbgov.com/government/departments/human-services/about/Pages/default.aspx</a>	Provides Virginia Beach citizens the opportunity to achieve the highest level of self-sufficiency, safety, and quality of life possible, through an array of coordinated services delivered in a climate of dignity, respect and accountability.
Social Services	VA Beach Social Services Department, 291 Independence Blvd #300, VA Beach, VA 23462. 757-491-3990.	<a href="http://www.dss.virginia.gov/">http://www.dss.virginia.gov/</a>	Helping people shape strong futures for themselves, their families and communities, through the delivery of essential services that help them triumph over poverty, abuse and neglect.
Bill Assistance	Email: <a href="mailto:info@needhelppayingbills.com">info@needhelppayingbills.com</a> .	<a href="http://www.needhelppayingbills.com/html/virginia_beach_assistance_prog.html">http://www.needhelppayingbills.com/html/virginia_beach_assistance_prog.html</a>	VA Beach assistance programs; rent/bill/mortgage/charity/medical/debt/electricity/heating/etc.
Bill Assistance/Shelter/Food Pantry/Child Care/Clothing Drive	Suntopia; all inquiries are requested online.	<a href="http://www.suntopia.org/virginia_beach/va/">http://www.suntopia.org/virginia_beach/va/</a>	When you need money to pay your rent, utility bills or get through a difficult time. Food pantries, clothing donations, homeless shelters, and child care.
Food Pantry/Benefits + Assistance	All inquiries are requested online through website via email/forum.	<a href="http://www.foodpantries.org/ci/va-virginia_beach">http://www.foodpantries.org/ci/va-virginia_beach</a>	Access to all food bank information as well as documents needed to receive food assistance
Shelter	Locations in Chesapeake + Portsmouth, VA. Crisis Hotline: 757-251-0144. Phone: 757-485-0883.	<a href="http://hershelter.com/">http://hershelter.com/</a>	Homeless/Domestic Abuse/Safe Shelter for women and children.
Legal Assistance	Virginia Free Legal Answers; phone numbers are listed online	<a href="https://virginia.freelegalanswers.org/">https://virginia.freelegalanswers.org/</a> +	Virginia Lawyers Providing Free Legal Answers.

	depending the type of legal inquiries you have.	<a href="https://virginia.freelegalanswers.org/OtherHelp">https://virginia.freelegalanswers.org/OtherHelp</a>	
ER Shelter + life-saving rehabilitation programs	THE UNION MISSION MINISTRIES 5100 East Virginia Beach Blvd. Norfolk, VA 23502 (757) 627-8686	<a href="https://www.unionmissionministries.org/learn/">https://www.unionmissionministries.org/learn/</a>	ER shelter and life-saving rehabilitation programs provide safe shelter, hot meals, clean clothing, and a second chance to over 375 men and women every day.
Child Care	Hampton Roads individual child care providers; 24-hour options available. Names, Addresses, and phone numbers are listed on website.	<a href="http://hamptonroadschildcare.net/va_beach_providers.htm">http://hamptonroadschildcare.net/va_beach_providers.htm</a>	On this website you are able to advertise your day care, renew your daycare, and find child care.
VA Benefits	1-800-827-1000	<a href="https://www.ebenefits.va.gov/ebenefits/vonapp">https://www.ebenefits.va.gov/ebenefits/vonapp</a>	The VONAPP ( <u>Veterans On Line Application</u> ) website is an official U.S. Department of Veterans Affairs (VA) website that enables service members, veterans and their beneficiaries, and other designated individuals to apply for benefits using the Internet.
Transportation/Car Pool	Hampton Roads Transit; Call: (757) 222-6100 TTY: Dial 711	<a href="http://gohrt.com/route/virginia-beach/">http://gohrt.com/route/virginia-beach/</a>	Providing bus, light rail, ferry, and transportation alternative options.
Child Care	Care.com; you are able to contact them via form on the website.	<a href="https://www.care.com/">https://www.care.com/</a>	You are able to search for care as well as apply for a child care job on this website.
Psychiatric Center	VA Beach Psychiatric Center; 1100 First Colonial Rd, VA Beach, VA 23454. 757-496-6000.	<a href="http://vbpcweb.com/">http://vbpcweb.com/</a>	Virginia Beach Psychiatric Center is a 100-bed facility dedicated to serving the needs of our community's mental health consumers. We offer all of our patients and families healthcare services that are consistently crisis responsive, empowering and respectful, and promote and sustain recovery.
General Hospital	<u>Sentara Virginia Beach General Hospital</u> ; 1060 First Colonial Road Virginia Beach, VA 23454 757-395-8000	<a href="https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-virginia-beach-general-hospital/directions-parking.aspx">https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-virginia-beach-general-hospital/directions-parking.aspx</a>	Sentara Virginia Beach General Hospital is a 276-bed acute care facility that has a long history of commitment to the city, offering specialized, tertiary services. It is the region's only Level III Trauma Center and home to <u>Sentara Heart</u> .
Hospital	<u>Sentara Princess Anne Hospital</u> ; 2025 Glenn Mitchell Drive	<a href="https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location">https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location</a>	Combined with the more than 100 physicians and services also offered on the multiple campus medical office buildings, Sentara Princess Anne

	Virginia Beach, VA 23456 757-507-1000	<a href="https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-princess-anne-hospital/about-us.aspx">s/sentara-princess-anne-hospital/about-us.aspx</a>	Hospital is a comprehensive healthcare destination for the community.
Pediatrics	Sentara Pediatric Physicians; 1080 First Colonial Road Suite 412 Virginia Beach, VA 23454 757-395-6500	<a href="https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-pediatric-physicians/simple-locations/sentara-pediatric-physicians-first-colonial.aspx">https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-pediatric-physicians/simple-locations/sentara-pediatric-physicians-first-colonial.aspx</a>	Sentara Pediatric Physicians are board certified by the American Academy of Pediatrics. They are trained in all aspects of care for infants, children and adolescents.
Urgent Care	Sentara Urgent Care; Address: 2859 Virginia Beach Blvd #100, Virginia Beach, VA 23452 Phone:(757) 395-1300	<a href="https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-urgent-care/simple-locations/sentara-urgent-care-virginia-beach-boulevard.aspx">https://www.sentara.com/hampton-roads-virginia/hospitalslocations/location/s/sentara-urgent-care/simple-locations/sentara-urgent-care-virginia-beach-boulevard.aspx</a>	All Sentara Medical Group urgent care sites are equipped to provide comprehensive care for illnesses, injuries, aches and pains. In addition, all locations offer X-ray and lab services, sports, school and pre-employment physicals, occupational health services and worker's compensation treatment.
Obstetrics + Gynecology	Virginia Beach Obstetrics and Gynecology; Address: 5320 Providence Rd # 100, Virginia Beach, VA 23464 Phone:(757) 420-1414	<a href="http://www.virginiabeachobgyn.com/">http://www.virginiabeachobgyn.com/</a>	Providing gynecology, uro-gyn, obstetrics, and teen care.
WIC	Virginia Beach WIC Program; Address: 4452 Corporation Ln, Virginia Beach, VA 23462 Phone: (757) 518-2789	<a href="http://www.wicprograms.org/ci/va-virginia_beach">http://www.wicprograms.org/ci/va-virginia_beach</a>	Women, Infants and Children (WIC) is a nutrition program that helps mothers and young children stay healthy and eat properly. WIC helps women, infants and children during times of important growth and helps women and children get the nutrition services and foods that they need to stay healthy. The WIC program serves eligible women.
SNAP	For additional information, contact Jayne Scholl, (757) 385-3229/ Human Services Department, Financial Assistance (757) 385-3200 (757) 385-3311	<a href="https://www.vbgov.com/government/departments/human-services/financial-assistance/Pages/Supplemental-Nutritional-Assistance-Program-SNAP-General-Information.aspx">https://www.vbgov.com/government/departments/human-services/financial-assistance/Pages/Supplemental-Nutritional-Assistance-Program-SNAP-General-Information.aspx</a>	SNAP can be used like cash to buy eligible food items from authorized retailers. Authorized retailers will display either the Quest logo or a picture of a Virginia EBT card. To learn more about SNAP, visit the <a href="#">Virginia Department of Social Services</a> .

Medical Assistance Programs/Health Care Coverage	Applications/forms located on website. (804) 726-7000 (Main Agency) (800) 552-3431 (SNAP Hotline) 801 E. Main Street Richmond, VA 23219	<a href="http://www.dss.virginia.gov/benefit/medical_assistance/index.cgi">http://www.dss.virginia.gov/benefit/medical_assistance/index.cgi</a>	When you apply for Medical Assistance, you are screened for all possible programs based on your age, income, financial resources, and other information. To be eligible for a Medical Assistance Program, you must meet the financial and non-financial eligibility conditions for that program.
Child Care Services	Applications/forms located on website. (804) 726-7000 (Main Agency) (800) 552-3431 (SNAP Hotline) 801 E. Main Street Richmond, VA 23219	<a href="http://www.dss.virginia.gov/family/cc/assistance.cgi">http://www.dss.virginia.gov/family/cc/assistance.cgi</a>	The Child Care Subsidy Program provides financial assistance to eligible families to help pay for the cost of child care so they can work or attend education or training programs. The Child Care Subsidy Program services are child-centered and family-focused and support the broader objective of strengthening families' goals of economic self-sufficiency and quality early childhood programs for their children. Participating families may select any legally operating child day care facility eligible to participate in the program.
Social Security	Applications/forms/numbers located on website.	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>	Information on social security benefits, applying for retirement or disability, retirement estimator, and changing/managing your benefits.
HIV + STI Testing	Heather Bronson at <a href="mailto:heather.bronson@vdh.virginia.gov">heather.bronson@vdh.virginia.gov</a> .	<a href="http://www.vdh.virginia.gov/disease-prevention/counseling-and-testing-information/">http://www.vdh.virginia.gov/disease-prevention/counseling-and-testing-information/</a>	Confidential testing for HIV & STI's is available at many locations throughout Virginia. Enter your zip code for locations closest to you.
Planned Parenthood	Planned Parenthood - Virginia Beach Health Center; Address: 515 Newtown Rd, Virginia Beach, VA 23462. Phone: (757) 499-7526.	<a href="https://www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750?utm_campaign=virginia-beach-health-center&amp;utm_medium=organic&amp;utm_source=local-listing">https://www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750?utm_campaign=virginia-beach-health-center&amp;utm_medium=organic&amp;utm_source=local-listing</a>	Abortion, Birth control, General health care, HIV + STI Testing, treatment + vaccines, LGBT services, Men + women health care, Plan B, Pregnancy testing + services, etc.
Carpool	Contact information provided through submission on website.	<a href="https://www.carpoolworld.com/carpool.html?to=VIRGINIA_BEACH&amp;wc=USA,US&amp;ws=VA&amp;lat=36.9066812&amp;lon=-76.0730145">https://www.carpoolworld.com/carpool.html?to=VIRGINIA_BEACH&amp;wc=USA,US&amp;ws=VA&amp;lat=36.9066812&amp;lon=-76.0730145</a>	Find your perfect rideshare!

