

NEW CITY MINISTRIES FELLOWSHIP CHURCH – FAMILY LIFE SERVICES

THE HELP BOOK

The Help Book consists of resources at the local state and national levels. Since most of the members of New City Ministries Fellowship Church reside in Maryland or Virginia, there are more in-depth resources for these states.

THE WARMLINE EMOTIONAL SUPPORT MINISTRY

The Warm Line provides services via telephone, text and email for NCMFC members and immediate family. Availability is as follows:

Emergency Matters: If you, or someone you are assisting, have an emergency call 911 for immediate help.

Urgent Matters:

Text or call Dr. Lewis at (520) 850-3824 between the hours of 8:00 am and 12:00 am EST. He will text and / or call you back within an hour, unless he is airborne.

Routine Matters: Text Dr. Lewis at (520) 850-3824 or email alewis4609@aol.com 24 hours a day, 7 days a week. (Please, no phone calls) He will reply to your text or email within 24 hours.

Resources in this Help Book are updated on a regular basis. If you are aware of a Resource that you think should be in the Help Book, contact Dr. Lewis at the above number or Pastor. Clayton B. Lewis at (757) 483-3570 regarding this.

TABLE of CONTENT

PAGE 4

- I. Aging / Older Adult Services
- II. Bereavement & Greif Counseling
- III. Child and Youth Services
- IV. Cancer Resources
- V. Charity Resources

Page 5

- VI. Consumer and Financial Services
- VII. Disability Services
- VIII. Disasters
- IX. Domestic Violence
- X. Employee Assistance / Counseling
- XI. Floods / Hurricanes Damage to your Auto or property (home)
- XII. Employee Assistance / Counseling
- XIII. Heart Association / Cardiology
- XIV. Hearing and Speech
- XV. Hope

PAGE 6

- XVI. Kids and Parents
- XVII. Kidney / Medical Problems
- XVIII. Legal Services
- XIX. Leprosy
- XX. Lung Diseases
- XXI. Lyme Disease Services
- XXII. Mental Health / Behavioral Health Services **(Including pages 7-11F)**

PAGE 11

- XXIII. Nutrition - Academy of Nutrition & Dietitian
- XXIV. Red Cross
- XXV. Sexual Health
- XXVI. Substance / Drug Abuse Services / National Resources **(thru page 12 #21)**

Page 12

- XXVII. Sudden Infant Death
- XXVIII. Temporary Housing / Help with Rent / Section 8 Housing

Page 13

- XXIX. Veteran Services
- XXX. Virginia Victim Assistance Network
- XXXI. Visually Impaired Services
- XXXII. Vulnerable Adults
- XXXIII. Widowed /Single Parents

Page 14

- XXXIV. X-Rays
- XXXV. Youth / Children / Young Adult Services
- XXXVI. Zoom/Video Conferencing

I. Aging / Older Adult Services

- 1) Alliance for Aging Research – Washington D C – (202) 293-2856.
- 2) Alzheimer Disease Education and Referral Center 1 (800) 428-4380.

II. Bereavement & Grief Counseling

1. National Hotline - The National Crisis Hotline is a free crisis service available throughout the United States. Counselors are available 24 hours a day to assist and make referrals for counseling in your area. The hotline number is 988 (similar to 911).
2. Emotional Anonymous - Emotional Anonymous is a free 12 step-based program (Support Group), for anyone experiencing grief, anxiety, depression, and other emotional difficulties. Services are available remotely, hybrid and in person. Goggle to find out meetings places and times in your area.
- Meetings in the Virginia Beach, Virginia Metro are:
 - Norfolk - Saturdays at 2 pm - Norfolk Fitness Center - (757) 823-4301.
 - Chesapeake - Wednesdays at 6 pm - Greenbrier Library -(757)-382-1966.

III. Child and Youth Services

1. Child and Adolescents Mobile Crisis Services of Tidewater, Virginia (757) 823-1630.
2. Adolescent Mobile Crisis Team – (757) 823-1666 – Tidewater, Virginia area
3. Emergencies – Tidewater, Virginia area (757) 664-7690.

IV. Cancer Resources

1. American cancer Society - 1-(800) 227-2345.
2. Our Journey of Hope Cancer Care Ministry @ NCMFC –
ncmfellowshipchurch.com

V. Charity Resources

1. Charity Air Network – Provide free airline travel in indigent cases where deemed appropriate. 1-(877) 621-7177.
2. Operation Blessing – A faith based nonprofit organization affiliated with Christian Broadcast Network (CBN), headquartered in Virginia Beach, Virginia. Its core mission is to help combat poverty. The organization partner with many other agencies to assist with food, financial help, etc. It also provides a variety of human services in the United States and around the world.

VI. Consumer and Financial Services

- Consumer Credit Counseling – Free National Credit and Financial counseling – 1 (800) 388-2227.

VII. Disability Services

1. Access Disability Board (Advocacy to help you get services)– 1 (800) 872-1600.
2. American Disability Association – 1-(800) 514-0301.

VIII. Disasters

- Disasters Distress Hotline – 1-(800) 985-5990.

IX. Domestic Violence

- Domestic Violence National Hotline – 1-(800) 662-HELP 4357.

X. Employee Assistance / Counseling

- Employee Assistance / Counseling Services
- ❖ Contact Human Resources (HR), on your job to learn more about Employee Assistance Program Services. The services are free and include a specific number of free counseling sessions. If more sessions are necessary, a referral is usually made to an agency that accepts your insurance plan or sliding scale for fees.

XI. Floods / Hurricanes Damage to your Auto or property (home)

- Federal Emergency Management Administration 1- (800) 621-3362 4.

XII. Gambling Services for Problem Gamblers

- National Council on Problem Gambling Hotline – 1 (800) 522-4700.

XIII. Heart Association / Cardiology

- American Heart Association – 1 (800) 242-8721.

XIV. Hearing and Speech

- Hearing and Speech Hotline – 1-(800) 638-8255.

XV. Hope

- Hope-line Crisis National Network - 1- (800) 784-2433. Telephone Services for those distressed and need to talk about problems in their lives.

XVI. Kids and Parents

- Jack and Jill National Organization – Support Healthy Child / Youth Development and Parents – Headquarters in Washington, D C – 1 (202) 667-7010.

XVII. Kidney / Medical Problems

- American Kidney Association and Fund 1-(866) 300-2900.

XVIII. Legal Services

1. Every city or locality offer legal services provided by the Legal Aid Society / Organization. The services are available to those who are indigent or low to moderate income. Services are available in person, or an application can be completed online. Services are available for a myriad of legal matters (wills / estate, divorce, bankruptcy, housing, immigration, etc.).
2. For those with a higher income the local Bar Association can usually offer an attorney referral service in the area of legal practice needed. There is typically a modest fee for the referral service.
3. If a criminal attorney is needed contact the county or city attorney's office where you reside. Services are free if a person cannot afford an attorney.
4. Law Schools have Legal Clinics staffed by 2nd and 3rd year law students. Services are provided free by the students, and they are supervised by faculty members who are licensed attorneys.
5. Many attorneys will provide a onetime free consultation. The consultation is usually 30 minutes to an hour.

XIX. Leprosy

- American Leprosy Mission – 1 (888) 366-6611.

XX. Lung Diseases

- American Lung Association – 1 (800) 586-4872.

XXI. Lyme Disease Services

- American Lyme Diseases Association Line – 1-(727) 876-5963.

XXII. Mental Health / Behavioral Health Services

1. National Alliance on Mental Illness – (NAMI). 1- (800) 950-6264.
2. National Institute of Mental Health Resource Center. 1 – (866) 615-6464. Hours - 8:30 am – 5:00 pm EST.
3. National Association of Suicidology – 1-(800) 273-TALK (8255).

A) Mental Health / Crisis Services – Montgomery County, Maryland.

- Montgomery County, Maryland Crisis Center – Rockville, MD. Open 24 hours a day. 1301 Piccard drive, Rockville, MD 20850. 1-(240) 777-4000. The Crisis center provide 24 hours FREE Crisis Services. No Appointment is needed.

1. Mobile Crisis Team (MCT), provides emergency crisis evaluations for individuals experiencing a mental health crisis.
 - a. Treatment referrals are provided for all crises.
 - b. The Program has four (4) crisis beds as an alternative to hospitalization.

If a family member, with a mental health crisis, refuse an evaluation, do the following in Montgomery and Prince George counties:

- Call the Montgomery / Prince George County Crisis Center- 1-(301) 429-2185.
 - The Mobile Crisis Team (MCT) can respond to any mental health / behavioral health crisis in Montgomery County.
 - The Team responds with the Police to urgent / emergency situations and will evaluate the person.
 - The MCT will make recommendations and referrals.
 - If clinically indicated, the MCT can help facilitate an involuntary evaluation at a hospital Emergency Room.
- 2. Montgomery / Prince George County Maryland Mental Health Court
 - This Court is an option for people who have committed a misdemeanor and have mental health disorder / behavioral health problems.
- 3. Montgomery County / Prince George, Maryland – When a relative has a mental health but refuses help:
 - Contact a doctor, psychologist, social worker, professional counselor, health officer or law enforcement officer. They can file a Petition for an emergency evaluation for possible an involuntary hospitalization, without a Judge's approval.
 - The Law requires the Petitioner has personally examined the individual. The Professional must hand the Petition to a law enforcement officer.
 - A Petition for an emergency evaluation can be made if the Petitioner has reason to believe the individual:
 1. Has a mental disorder.
 2. The individual presents a danger to the life or safety of the individual or others.
- 4. Maryland / Montgomery / Prince George Counties criteria for an involuntary admission to a mental health Facility:
 - Has a mental disorder and needs inpatient care or treatment

- Presents a danger to the life or safety of the person or others and is unable or unwilling to be admitted voluntarily and
- There is no available less restrictive form of intervention that is consistent with their welfare and safety.

5. Important Numbers for Mental Health / Behavioral Health Services:

1. Mobile Crisis Team Montgomery County – (240) 777-4000
2. Mobile Crisis Team Prince George County – (301) 927-4500

6. District Courts for Involuntary Admissions

a) Montgomery County

1. Rockville (301) 279-1500
2. Silver Spring (301) 563-8500

b) Prince George's

1. Hyattsville (301) 699-2766
2. Upper Marlboro (301) 952- 4080

7. National Alliance on Mentally Illness Maryland

10630 Little Patuxent Parkway – Suite 475
Columbia, MD 20044
(410) 884-8691
1-(877) 878-2371 info@namimd.org

B) Mental Health / behavioral health Services in Tidewater, Virginia Norfolk / Virginia Beach Metro Area).

1. National Alliance for the Mentally Ill in Tidewater, Virginia – (757) 499-2041
2. National Alliance for the Mentally Ill in Richmond, Virginia – (757) 285-8264.
3. Veterans – Hampton, Virginia Medical Center – (757) 722-9961.

a) Emergencies

- Call 911. Explain there is a mental health emergency. Ask for the Crisis Intervention Team. The CIT is specially trained to manage mental / behavioral health crisis.

b) Sheriff Office

- 1) Chesapeake – (757) 382-6159
- 2) Norfolk – (757) 664-4700
- 3) Portsmouth – (757) 393-8210
- 4) Suffolk – (757) 514-7840

5) Virginia Beach – (757) 385-4555

c) Emergency Mental Health Services / Intake

1) Chesapeake – (757) 548-7000

2) Norfolk – (757) 664-7690

3) Portsmouth – (757) 393-8990

4) Suffolk / Isle of Wight – (757) 925-2484 9..

5) Virginia Beach – (757) 385-0888

6) Military and Veterans – 1-(800) 273-8255

7) TAPS 24/ 7 – National Military Hotline – 1- (800) 959-TAPS (9277)

C. Mental Health / Behavioral Health Programs in the greater Tidewater, Virginia Metro Area

1. Chesapeake

a) Chesapeake Integrated Behavioral Health – (757) 547-9332

b) Chesapeake care Clinic – (757) 545-5700

2. Norfolk

a) Kempsville Center for Behavioral health – Child & Adolescent Center – (757) 461- 4565

b) Norfolk Community Services Board – (757) 756-5600

c) Norfolk Hope Free Clinic (757) 446-0366

d) Eastern Virginia Medical School – Hope Free Clinic – (757) 446-0366

e) Jewish family Services (757) 321-2222

f) Sentara Norfolk General - _757) 388-3000

g) Children Hospital of The Kings Daughters – (757) 668-7000

h) The Barry Robinson Center – (757) 455-6100

i) The Chas Foundation (757) 489-2427

j) United Methodist Family Services – (757) 490-9791

k) Tidewater Pastoral Counseling – (757) 623-2700

l) The Up center – (757) 640- 0929

3. Portsmouth

a) Bon Secours Maryview Medical Center – (757) 395-8000

b) Portsmouth Behavioral Healthcare Services – (757) 393-5357

4. Suffolk and Western Tidewater

a) Suffolk Main Number (757) 942- 1069

b) Emergency Number – (757) 925-2484

- c) Intake Address – 5268 Godwin Boulevard, Suffolk, Virginia 23434
- 5. Franklin – (757) 562- 2208
- 6. Smithfield – (757) 357-7458
- 7. Western Tidewater Free Health Clinic – (757) 923-3940
- 8. Virginia Beach
 - a) Sentara Virginia Beach General – (757) 395-8000
 - b) Stephen A. Cohen Military Family Center – Virginia Beach - (757) 965-8686
 - c) Virginia Beach Psychiatric Center- (757) 496-6000 (free confidential Assessments)
Intake (757) 627-5433

D. Involuntary Mental Health Admissions

- Contact the local city Police Department and they will assist you with an involuntary evaluation. This will vary with what the Police sees when he/she arrives and interacts with the person in need of services.
 - A) For a person to be evaluated involuntarily, he or she must exhibit behaviors that indicate they have a mental disorder (long term condition), or currently / acutely mentally ill (short term).
 - B) The person may be hospitalized for up to 72 hours to be evaluated, and this is called a Temporary Detention Order or Hold.
 - C) Magistrate Court – is the Court in cities and counties in Virginia, which one can file a Petition to have a person admitted to a mental health facility against their wishes.
 - D) The Petitioner need to clearly document the behaviors they believe the person is exhibiting and thus needs to be in a mental health facility.

E. Crisis Intervention in Tidewater, Virginia. Navigating a Mental Health

- Emergency Services Intake
 - 1) Chesapeake – (757) 548-7000
 - 2) Norfolk (757) 664-7960
 - 3) Portsmouth – (757) 393- 8990
 - 4) Suffolk / Isle of Wight – (757) (757) 925-2484
 - 5) Virginia Beach – (757) 385-0888
 - 6) Military & Veterans (1- (800) 959-2484

F. Frequent Numbers for Mental Health Issues

1. National Alliance on Mental Illness – Coastal / Tidewater Virginia – (NAMI), (757) 499-2041. www.namicoastalvirginia.org Free support groups, classes and programs.
2. NAMI Hotline – 1- (800) 950-NAMI (6264) M-F 10 am – 6 pm. 12.
3. Virginia Department of Behavioral Health (804) 786-3921). State agency for mental health.
4. SAMHSA (Substance Abuse & Mental Health Administration) www.samhsa.gov
5. Emotions Anonymous www.emotionsanonymous.org

XXIII. Nutrition - Academy of Nutrition & Dietitian – 1 (800) 877-1600

- 1) Obesity
 - a) Overeaters Anonymous – National Number – 1 (505) 891-2664.
 - 2) Pastoral Services
 - b) New City Ministries Fellowship Church – Chesapeake, Virginia – (757)483-3570.

XXIV. Red Cross

- American Red Cross – 1-(800) 733-2767

XXV. Sexual Health

1. American Sexual Association – 1- (800) 227-8922
2. The National Sexual Assault Hotline – 1-(800) 656-4673

XXVI. Substance / Drug Abuse Services / National Resources

1. Alcoholic Anonymous – 1-(833) 754-0596
2. Al-Anon Family Group / Alateen 1-(888) 425-2666
3. America Self-help Clearinghouse 1-(973) 625-3037
4. Campaign For Tobacco Free Kids 1- (202) 296-5469
5. Center For Research on Adolescent Drug Abuse- Drug Strategies, Inc. – 1-(800) 257-7800
6. Child of Alcoholics Foundation, Inc. 1-(800) 542-2322
7. Drug Rehab Lifeline- 1-(877) 340-0134
8. Harm Reduction Coalition – 1-(510) 444-6969 Join Together – 1- (617) 437-1500
9. Latino Council on Alcohol and Tobacco – 1- (213) 625-5795
10. Narcotics Anonymous – 1 – (877) 469-4783
11. National Alliance for Drug Endangered Children – 1-(303) 413-3064
12. National Council on Alcoholism and Drug Dependence – 1-(800) 622-2255
13. National Family Partnership 1-(305) 856-4173 or 1- (800) 705-8997
14. National Inhalant Prevention Coalition – 1-(800) 378-4357
15. National Recovery Self-Help Network 1 (530) 621-4374 or 1- (621)-2667
16. National Substance Abuse Index – 1- (877) 340-0184

17. Students Against Destructive Decisions – 1-(877) 723-3462
18. Treatment Coordination and Advocacy – 1-(612) 871-7878
19. Women for Sobriety – 1- (800) 333-1606
20. Hour Addiction Treatment Helpline 1-(877) 340- 0184
21. Substance Abuse Mental Health Services Administration National Helpline– 1-(800) 662-4357

- Substance / Drug Abuse and Addiction Websites

1. Al-Anon Family Group Headquarters, Inc – Al-Anon.org.
2. Alateen, for Teenagers Living in an Alcoholic Home – Alateen.org
3. American Academy of Child and Adolescent Psychiatry - - aacap.org
4. BefreePima.org
5. Child Help USA – childhelpusa.org
6. Children of Alcoholics Foundation – coaf.org
7. collegedrinkingprevention.org
8. drug.org
9. DSM-V.org
10. Gang Prevention Network gangprevention.org
11. Join Together – jointogether.org
12. methalliance.org
13. methproject.org
14. National Adolescent Health Information Center – smmhp-psych.UCLA.edu
15. National Alcoholic and Substance Abuse Information Center
Addictioncareopinions.com
16. National Alliance on Mental Illness – NAMI.ORG
17. National Association for Children of Alcoholics NACOA.org
18. National Network for Youth NN4Youth.org
19. National Hope-line Network - 1-(800) 784-2433
20. Recovery Resources Online – Soberrecovery.com
21. SAMHSA.comthepartnership@drugfree.org

XXVII. Sudden Infant Death

- American SIDS Institute – 1 (800) 232-7437

XXVIII. Temporary Housing / Help with Rent / Section 8 Housing

1. Housing Urban Development - 1 (800) 347-3735
2. Prince George’s County Maryland Housing Authority – 1- (301) 883-5501
3. Hampton Roads Housing Authority
4. Chesapeake Housing Authority – 1-(757) 523-0401

5. Norfolk Redevelopment and Housing Authority – 1(757) 623-1111
6. Portsmouth Housing Authority – 1-(757) 399-5261
7. Suffolk City Housing Authority – 1-(757) 539-2100
8. Virginia Beach Housing Development Authority – 1-(757) 385-5750)

XXIX. Veteran Services

1. The Veterans Crisis Line – 1- (800) 273-8255
2. Walter Reed Hospital – 1 (301) 295-4000
3. Bethesda Naval Hospital 1 (800) 210-0139 or 1 (202) 433-0346
4. Hampton, Virginia VA Regional Hospital – 1 (757) 722-9961
5. McGuire VA Hospital, Richmond Virginia – 1(804)675-5000
- 6.

XXX. Virginia Victim Assistance Network

- Homicide Survivors Support Groups - This program is for people who have lost a loved one to a homicide. It brings friends and family of homicide victims together in regional support groups to provide healing and resources.
 - Services Provided:
 1. Support group
 2. Help finding resources
 3. Peer Support
- a. Contact Information - (804) 331-4057, ext. 103.
- b. Cost – Free
- c. Open - Monday- Friday 9:00 am - 5:00 pm

XXXI. Visually Impaired Services

- 1) American Foundation for the Blind – 1 (800) 232-5463.
- 2) Boys and Girls Services
- 3) Boys and Girls Club – 1 (800) 854-CLUB 2582

XXXII. Vulnerable Adults

1. Elder Abuse – 1- (800) 326-6865 – Free 24 / 7 Hotline
2. Elder Care Locator – 1-(800) 677-1116 or <http://ncea.aclNational>
3. National Adult Protective Association - -(202) 370-6292
4. National Center on Elder Abuse – 1-(855) 500-3537 (toll free)
5. U S Department of Justice – 1- (202) 514-2000

XXXIII. Widowed /Single Parents (includes divorced and never married parents)

1. Parents Without Partners (PWP), support for single parents – 1 (800) 637-7974

2. Various other services are available for widows and Widowers

XXXIV. X-Rays

- Nationwide Access to Affordable to x-rays and imaging – 1-(855) 346-5152

XXXV. Youth / Children / Young Adult Services

1. Boys and Girls Clubs – National Number 1- g.(404) 487-5700
2. YMCA – National Number _1- (800) 872-9622
3. YWCA – National Number – 1- (202) 467-0801

XXXVI. Zoom/Video Conferencing

- Various social service agencies offer a myriad of services on Zoom. Many organizations offer support and counseling services via Zoom and /Video Conferencing.