# Hampton Roads COVID-19 Resources

Compiled by the  
Virginia Beach Office of Volunteer Resources  
May 2020

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NOTE: This is not an exhaustive list of all organizations providing assistance and services for people impacted by COVID-19. There are many churches, non-profits, and volunteer groups who are helping. If you need more assistance, please call 311 or the United Way in your area.

Food and Basic Needs Assistance

Catholic Charities of Eastern Virginia  
https://www.cceva.org/  
Phone: 757-456-2366  
Youth and family services, financial and housing counseling, financial assistance, mental health counseling, health and community services, and senior services. They serve anyone in need (80% of clients are not Catholic).

COVID19 Community Resources  
http://www.ghrconnects.org/tiles/index/display?alias=COVID19  
List of organizations in Hampton Roads providing food, housing, financial and other assistance.

Energy Assistance  
https://www.dss.virginia.gov/benefit/ea/  
Phone: 804-726-7386  
Financial assistance for eligible low-income households for heating/cooling their homes.

Foodbank of Southeastern Virginia & the Eastern Shore  
https://foodbankonline.org/  
Phone: 757-627-6599  
Emergency food distributions and mobile food pantries.

Great Non-Profits Directory  
https://greatnonprofits.org/  
Find non-profits by service and location

Guidestar Non-Profit Directory  
https://www.guidestar.org/search  
Search for non-profits by location.

Hampton Roads Community Action Program (HRCAP)  
https://hrcapinc.org/covid-19-update/  
Phone: 757-247-0379  
Housing counseling: 757-643-4086, option 1  
Employment preparation, ex-offender reentry programs, food, Head Start, rent payment assistance, utility assistance.

Healthy Chesapeake Coalition  
https://healthychesapeake.org/  
Phone: 757-690-8970  
Coalition of organizations providing meals for kids and homebound seniors, telemedicine, and other health and wellness tools.

Hispanic Resource Center of Coastal Virginia  
https://hrccova.org/  
Phone: 757-927-HOLA (4652)  
COVID19 information in Spanish, assisting families with food, bills, rent, healthcare resources.

Local Departments of Social Services/Human Services  
https://www.dss.virginia.gov/localagency/index.cgi  
Adult and child protective services, senior assistance, foster care program, family services, juvenile justice, services, homeless services, substance use programs, food benefit programs.

Meals on Wheels  
https://www.mealsontwheelsamerica.org/find-meals  
Phone: 888-998-6325  
Meal delivery for low income seniors.

Mercy Chefs  
https://mercychefs.com/  
Phone: 757-292-4264
Provides restaurant quality meals for food providers, such as the Foodbank, Meals on Wheels, schools, and more.

Peninsula Agency on Aging
https://paainc.org/
Phone: 757-873-0541
Serves seniors in Hampton, Newport News, Poquoson, Williamsburg, and York & James City Counties.

Resources 757
https://planningcouncil.myresourcedirectory.com/
Large list of organizations in Hampton Roads providing food, homeless services, assistance for children, mental health resources, senior resources, and much more.

The Salvation Army, Hampton Roads Area Command
http://virginiasalvationarmy.org/hrva/covid-19-landing-page/
Phone: 757-965-9012
Emergency food, rental and utility assistance, and shelter, soup kitchen, drive-thru food pantry.

The Salvation Army of the Virginia Peninsula
Phone: 757-838-4875
Emergency food, utility assistance, and shelter, drive-thru food pantry and senior drive-thru pantry.

Schools in Hampton Roads distributing food for kids
https://hamptonroads.myactivechild.com/blog/schools-providing-meals-for-kids/

Senior Services of Southeastern Virginia
https://www.ssseva.org/page/covid19-update
South Hampton Roads: 757-461-9481

Urban League of Hampton Roads
https://www.ulhr.org/
Phone: 757-673-0851

Franklin: 757-517-2904
Serves seniors over 60 in South Hampton Roads and Western Tidewater. Partnered with Mercy Chefs, the YMCA, and the Foodbank to provide meals for Meals on Wheels clients.

SNAP (Supplemental Nutrition Assistance Program)
https://www.dss.virginia.gov/benefit/snap.cgi
Phone: 1-800-552-3431
Government financial assistance to buy food

TANF (Temporary Assistance for Needy Families)
https://www.dss.virginia.gov/benefit/tanf/index.cgi
Phone: 804-726-7385
Eligible families can receive financial assistance for basic needs.

Thrive Peninsula
http://thrivepeninsula.org/help
Food assistance: 757-594-4636
Housing assistance: 757-587-4202
Rent, utility, housing assistance: 757-877-6211

United Way of South Hampton Roads
https://unitedwayshr.org/coronavirus/
Coronavirus Recovery Hotline: 757-858-7777
Assistance applying for benefits, community resource referrals, case management, rent and utility assistance, food resources.

United Way of the Virginia Peninsula
https://www.uwvp.org/covid-19
Financial emergency, call First Call (757-594-4636)
Resource referrals, call Community Resource Center (757-229-2222)
Education and youth, employment, health and wellness, and housing resources for African Americans.

**Virginia 211**
[https://www.211virginia.org/consumer/index.php](https://www.211virginia.org/consumer/index.php)
Phone: 211
Free 24/7 service to help residents find resources they need

**Virginia Peninsula Foodbank**
[https://hrfoodbank.org/](https://hrfoodbank.org/)
Phone: 757-596-7188
Provides emergency food distributions and mobile food pantries

**WIC (Women, Infants, Children)**
[https://www.vdh.virginia.gov/wic/about/](https://www.vdh.virginia.gov/wic/about/)
Phone: 888-942-3663
Special supplemental nutrition program for women, infants, and children.

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**Government Resources**

**State**

**Non-emergency assistance**
Phone: 211

**Virginia Government Website**
Coronavirus Hotline: 877-275-8343.
Resources and links for COVID19 testing, school closures, benefits, other government departments.

**Virginia Department of Social Services**
[https://www.dss.virginia.gov/geninfo/covid.cgi](https://www.dss.virginia.gov/geninfo/covid.cgi)
Phone: 804-726-7000
Information about childcare, assisted living, unemployment benefits, meal sites for children, access to healthcare, and other benefits

**Municipalities**

**Non-emergency assistance (all municipalities)**
Phone: 311

**Chesapeake**
Website: [http://www.cityofchesapeake.net/](http://www.cityofchesapeake.net/)
Department of Human Services
Phone: 757-382-2000

**Hampton**
Website: [https://hampton.gov/](https://www.townofhamptonva.gov/)
Department of Human Services

**Norfolk**
Website: [https://www.norfolk.gov/](https://www.norfolk.gov/)
COVID-19 Resources
Department of Human Services

**Newport News**
Website: [https://www.nnva.gov/human-services](https://www.nnva.gov/human-services)
Phone: 767-926-6300

**Hampton**
Website: [https://hampton.gov/](https://www.hampton.gov/)
Department of Human Services

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**Aline Carr, Voluntary Agency Liaison**
https://www.norfolk.gov/295/Human-Services  
Phone: 757-664-6000

Portsmouth  
Website: https://www.portsmouthva.gov/  
Department of Social Services  
http://www.portsmouthva.gov/384/Social-Services  
Phone: 757-405-1800

Suffolk  
Website: http://www.suffolkva.us/870/City-Government  
Department of Social Services  
http://www.suffolkva.us/760/Social-Services  
Phone: 757-385-3200

Virginia Beach  
Website: https://www.vbgov.com  
COVID19 Information & Resources:  
https://emergency.vbgov.com/  
Department of Human Services  
Phone: 757-385-3200

Child Care

ChildCare Aware  
https://www.childcareaware.org/state/virginia/  
Phone: 1-800-424-2246  
Email: info@childcareaware.org  
Find childcare in your area, information for families and childcare providers.

Greater Hampton Roads Diaper Bank  
http://www.ghrdiaperbank.org/  
Phone: 843-991-7731  
Providing diapers to those in need.

Minus 9 to 5, EVMS  
https://www.minus9to5.org/  
Phone: 757-446-7468  
Resources and supplies for childcare centers, assistance with benefits applications.

Virginia Childcare Subsidy Program  
https://www.dss.virginia.gov/family/cc/assistance.cgi  
Financial assistance for childcare costs for children under 13, finding childcare, other resources for parents.

YMCA of South Hampton Roads  
Childcare for essential workers.
Health Insurance and Healthcare

**Cover Virginia**
[https://coverva.org/](https://coverva.org/)
Phone: 855-242-8282
Phone for FAMIS: 866-873-2647
Health insurance for Virginians including Medicaid and FAMIS (Family Access to Medical Insurance Security).

**Dialysis Center Locator**
[https://dialysisfinder.com/](https://dialysisfinder.com/)

**Free health clinics in Virginia**
Phone: 804-340-3434
[https://www.vafreeclinics.org/clinics-in-virginia](https://www.vafreeclinics.org/clinics-in-virginia)

**Medicaid**
[https://www.dss.virginia.gov/benefit/medical_assistance/forms.cgi](https://www.dss.virginia.gov/benefit/medical_assistance/forms.cgi)
Phone: 804-726-7865 or 804-726-7871
Medical insurance for eligible low-income individuals and people with disabilities.

**Medical Assistance Programs, State of Virginia**
[https://www.dss.virginia.gov/benefit/medical_assistance/index.cgi](https://www.dss.virginia.gov/benefit/medical_assistance/index.cgi)
Phone: 804-786-6145
Medical programs for specific groups and issues, Medicaid, Medicare, cancer screening, family planning, and more

**Medicare**
[https://www.medicare.gov/](https://www.medicare.gov/)
Phone: 1-800-633-4227, TTY 1-877-486-2048
Healthcare insurance for people over 65 years old.

**National Alliance for Hispanic Health**
[https://www.healthyamericas.org/](https://www.healthyamericas.org/)
Su Familia Helpline – 1-866-783-2645 (*La línea telefónica nacional para las salud de la familia hispana*)
COVID-19 information in English and Spanish, health information, healthcare service referrals.

**Rx Open**
[http://rxopen.org/](http://rxopen.org/)
Map of pharmacies that are open.

**Urgent Care Center Locator**

**Virginia Department of Health**
COVID19 Eastern Virginia Hotline: 757-683-2745
Information about COVID19 spread, testing, prevention tips, what to do if sick.

COVID-19 Testing

**Testing Centers in Virginia**

**Patient First Centers**

**Velocity Urgent Care**
[https://www.velocityuc.com/locations/](https://www.velocityuc.com/locations/)
Unemployment Assistance

Virginia Employment Commission
https://www.vec.virginia.gov/covid19
How to apply for unemployment benefits.

Legal Assistance

Legal Aid Society of Eastern Virginia
https://www.laseva.org/
Phone: 757-627-5423
Free legal services for civil matters for eligible low-income Virginians.

Virginia Poverty Law Center
Enroll Virginia Helpline: 888-392-5132
Eviction Helpline: 833-NOEVICT (833-663-8428)
Predatory Loan Helpline: 866-830-4501
Senior Legal Helpline: 844-802-5910
Find local legal aid office: 866-534-5243
Legal aid and resources for low-income Virginians. COVID19 resources on unemployment, housing, public health benefits, family law, and immigration resources.

Mental Health and Substance Abuse

Hotlines

- Disaster Distress Helpline: 1-800-985-5990, TTY 1-800-846-8517, Text: “TalkWithUs” or “Hablanos” to 66746
- National Suicide Prevention Helpline: 1-800-273-TALK (8255), 1-800-SUICIDE (784-2433), 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)
- Mental Health America crisis helpline: 1-800-273-TALK (8255), text MHA to 741741
- National Youth Crisis Hotline: 1-800-442-HOPE (4673)
- National Hotline for Crime Victims: 1-855-4-VICTIM (1-855-484-2846)
- Alcohol Hotline: 1-800-331-2900
- Alcohol and Drug Abuse Hotline: 1-800-729-6686
- Poison Control: 1-800-222-1222

AA (Alcoholics Anonymous) Meetings Online
Tidewater Area Hotline: 757-490-3980
https://www.tidewaterintergroup.org/online-local-meetings/

NA (Narcotics Anonymous) Online Meetings
Tidewater Area Helpline: 866-972-5055
https://tidewaterareana.org/meetings/wwvm/
COVID-19 Mental Health Resources
https://www.theupcenter.org/coronavirus-mental-health/
Resource list from The Up Center

Crisis Resources
https://namivirginia.org/mental-health-resources/crisis-info/
Large list of resources and helplines from the National Alliance on Mental Illness.

Disaster Distress Helpline
https://www.samhsa.gov/find-help/disaster-distress-helpline
Phone: 1-800-985-5990, TTY 1-800-846-8517
Text: “TalkWithUs” or “Hablamos” to 66746
24/7 free crisis counseling for anyone impacted by disasters or incidents of mass violence (survivors, loved ones, responders, clergy, caregivers, etc.). Callers can connect to counselors in over 100 languages.

Mental Health and Addiction Resources in Hampton Roads
http://shorturl.at/axyU0
Large list of resources in Hampton Roads from The Planning Council.

NAMI Coastal Virginia
https://www.namicoastalvirginia.org/
Phone: 757-499-2041
Online programs and support groups, peer support, family and youth support, mental health information.

NAMI Hampton/Newport News
https://www.namihptnn.org/
Phone: 757-690-1370
Online programs and support groups, peer support, family and youth support, mental health information.

National Suicide Prevention Lifeline
https://suicidepreventionlifeline.org/
Phone: 1-800-273-8255, 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)
Free and confidential support for people in distress 24/7, resources for loved ones and professionals.

Substance Use Disorder Prevention and Recovery
https://www.dss.virginia.gov/community/addiction/index.cgi
Phone: 1-800-662-4357
Assistance finding a provider and funding for treatment.

VBStrong Center
https://thevbstrongcenter.org/
Phone: 757-507-7200
Mental health counseling and wellness resources for people impacted by the Virginia Beach mass shooting of May 31, 2019. Mental health resources and referrals also for people not impacted. Available to all Hampton Roads residents.

Virginia Department of Behavioral Health and Developmental Services
http://dbhds.virginia.gov/
Phone: 804-786-3921, Voice TDD: 804-371-8977
Local Community Service Board Locator
http://www.dbhds.virginia.gov/community-services-boards-csbs
Mental health services, substance abuse services, crisis intervention
Domestic Violence, Child Abuse, and Human Trafficking

Hotlines
*Note: For immediate life threatening situations, please call 911
- Family Violence & Sexual Assault Hotline: 1-800-838-8238
- Virginia Domestic Violence Information: 804-726-7510
- StrongHearts Native Hotline: 1-844-762-8483 (1-844-7NATIVE)
- Childhelp National Child Abuse Hotline: 1-800-4-A-CHILD
- Virginia Child Abuse Hotline: 1-800-522-7096
- Virginia Beach Child Abuse Hotline: 757-385-3400
- National Center for Missing and Exploited Children: 1-800-THELOST (843-5678)
- National Runaway Safeline: 1-800-786-2929 (1-800-RUNAWAY), live chat: www.1800runaway.org
- National Human Trafficking Resource Center: 1-888-373-7888, text “BeFree” to 233733
- Virginia LGBTQ Partner Abuse and Sexual Assault Hotline: 1-866-356-6998, text 804-763-9999

Champions for Children Hampton Roads
https://www.championsforchildrenhr.org/
Phone: 757-440-2749
Resources for positive parenting in COVID19 isolation.

Child Protective Services
https://www.dss.virginia.gov/family/cps/index.cgi
Child abuse and neglect information and resources.

COVID19 Family and Youth resources

Help and Emergency Response Inc. (HER Shelter)
http://hershelter.com/
Hotline: 757-485-3384
Shelter and support for survivors of domestic and sexual violence, human trafficking, stalking, and homelessness.

Polaris Project
http://polarisproject.org/
National Human Trafficking Hotline: 1-888-373-7888, text BeFree to 233733, live chat on website
General questions: 202-790-6300
Advocate for human trafficking victims and survivors.

Samaritan House
https://samaritanhouseva.org/
Crisis hotline: 757-430-2120
Phone: 757-587-4202
Housing and support services for victims of sexual assault, domestic violence, stalking, human trafficking.

Survivor Ventures
https://www.survivorventures.org/
Phone: 757-317-0352
Email: info@survivorventures.org
Support and services for survivors of human trafficking and commercial sexual exploitation in Hampton Roads, rental assistance, training and education, employment assistance.

YWCA South Hampton Roads
https://www.ywca-shr.org/
Crisis hotline: 757-251-0144
Phone: 757-625-4248
Shelter and crisis services for children, adults, and LGBTQ individuals who are victims of interpersonal violence, stalking, and human trafficking.

### Homeless and People at Risk of Becoming Homeless

#### For Kids
https://www.forkids.org/
Phone: 757-622-6400
Housing Crisis Hotline (SE Virginia): 757-587-4202
Shelter and services for homeless children and families

#### Judeo Christian Outreach Center (JCOC)
https://jcoc.org/
Phone: 757-491-2846
Email: jcoc@jcoc.org
Food, shelter, and transitional housing for the homeless and people at risk of becoming homeless

#### Mercy Drops Dream Center
https://www.mercydrops.life/
Phone: 757-967-7599
Resources for homeless in Portsmouth, clothing, food, shelter, residential program, job placement, outreach

#### PiN Ministry
https://www.pinministry.org/
Phone: 757-962-3567
Food, clothing, shelter, medical care for the homeless and very poor

#### The Salvation Army, Hampton Roads Area Command
http://virginiasalvationarmy.org/hrva/covid-19-landing-page/
Phone: 757-965-9012
Emergency food, rental and utility assistance, and shelter, soup kitchen, drive-thru food pantry

#### The Salvation Army of the Virginia Peninsula
Phone: 757-838-4875
Emergency food, utility assistance, and shelter, drive-thru food pantry and senior drive-thru pantry

#### StandUp for Kids Hampton Roads
https://www.standupforkids.org/hamptonroads
Services and resources for homeless youth at the Virginia Beach oceanfront. Drop in center, street outreach, high school mentoring.

#### Union Mission Ministries
https://www.unionmissionministries.org/
Phone: 757-627-8686
Emergency shelter, food

#### Virginia Beach Housing Resource Center
Regional Housing Crisis Hotline: 757-227-5932
Sheltering and housing resources for the homeless
Military and Veterans

American Red Cross Coastal Virginia
https://www.redcross.org/local/virginia.html
South Hampton Roads office: 757-446-7700
Peninsula office: 757-838-7320
Fort Eustis: 757-878-3339
JEB Langley: 757-225-4060, x64
JEB Little Creek: 757-440-1111
Assistance and resources for active duty military, veterans, and their families.

Disabled American Veterans (DAV)
https://www.dav.org/
Transportation to medical appointments, benefit claims assistance, employment resources

United Way of South Hampton Roads
https://unitedwayshr.org/what-we-do/mission-united/
Crisis Line (urgent help): 800-273-8255, press 1
Helpline: 757-858-7777
Assistance and resources for active duty military, veterans, and families through Mission United program.

VA Medical Centers and Clinics in Hampton Roads
https://www.hampton.va.gov/emergency/index.asp

Veterans Crisis Line
https://www.veteranscrisisline.net/
Phone: 800-273-8255, press 1
Text 838255, Deaf & hard of hearing: 800-799-4889
Free, confidential resource that’s available to all veterans, even if you’re not registered with VA or enrolled in VA health care.

Veterans Navigator
https://veteransnavigator.org/
Resources for veterans and caregivers including COVID-19 information

Virginia Department of Veterans Services
https://www.dvs.virginia.gov/
Phone: 804-786-0286
Education, transition, employment, veterans care centers, cemeteries, veteran and family support

Seniors

AARP
https://www.aarp.org/health/?cmp=CON-HEALTH-COVID19-031220
Health information, news, and resources for seniors and caregivers.

Administration for Community Living (ACL)
https://acl.gov/COVID-19
Increasing access to resources for older Americans and people with disabilities.
Eldercare Locator, federal policy information, and information about COVID-19 in English, Spanish, and American Sign Language.

Eldercare Locator

Phone: 800-677-1116
Find caregivers for elders

Meals on Wheels
https://www.mealsonwheelsamerica.org/find-meals
Phone: 888-998-6325
Meal delivery for low income seniors.

National Council on Aging
https://www.ncoa.org/covid-19-resources-for-older-adults/
Resources for seniors and caregivers.

Peninsula Agency on Aging
https://paainc.org/
A Line, Voluntary Agency Liaison

Phone: 757-873-0541
Serves seniors in Hampton, Newport News, Poquoson, Williamsburg, and York & and James City Counties.

Senior Navigator
https://seniornavigator.org/
Guide to local services for seniors and caregivers.

Senior Services of Southeastern Virginia
https://www.ssseva.org/page/covid19-update
Meals on Wheels:
https://www.ssseva.org/page/meals-on-wheels/
South Hampton Roads: 757-461-9481
Franklin: 757-517-2904
Serves seniors over 60 in South Hampton Roads and Western Tidewater. Partnered with Mercy Chefs, the YMCA, and the Foodbank to provide meals for Meals on Wheels clients.

Social Security Administration
https://secure.ssa.gov/ICON/main.jsp
Phone: 800-772-1213

Virginia Department for Aging and Rehabilitative Services (DARS)
https://www.vda.virginia.gov/index.htm
Phone: 804-662-9333 or 800-552-3402
Resources for seniors, people with disabilities, their families and caregivers.

Virginia Office of Long-Term Care Ombudsman
https://elderrightsva.org/
Long-Term Care Ombudsman programs can resolve complaints, protect rights, and promote access to services for long-term care facility residents before, during and after emergencies such as COVID-19.

Abuse and Neglect of Seniors and Individuals with Disabilities

To report abuse or neglect of older persons or persons with disabilities:
Adult Protective Services Hotline: 1-888-832-3858
Local Adult Protective Services are found in local Departments of Social Services:
https://www.dss.virginia.gov/localagency/index.cgi

Adult Protective Services
https://www.vadars.org/aps/AdultProtServ.htm
Phone: 804-662-7000 or 800-552-5019, TTY 800-464-9950
Information about adult abuse, neglect, and exploitation.

In general, abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. All 50 states have passed some form of elder abuse prevention laws. Abuse may be:

- **Physical Abuse**—inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- **Sexual Abuse**—non-consensual sexual contact of any kind.
- **Neglect**—the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- **Exploitation**—the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else’s benefit.
- **Emotional Abuse**—inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.
- **Abandonment**—desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- **Self-neglect**—characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

**Signs of possible abuse and neglect:** trouble sleeping, depressed, confused, unexplained weight loss, signs of trauma such as rocking back and forth, agitate or violent, withdrawn, stops joining in activities they enjoy, unexplained bruises or burns or scars, unwashed, dirty clothes, bed sores, other preventable conditions.

**Individuals with Disabilities and Special Needs**

**American Association on Health and Disabilities**
[https://www.aahd.us/covid-19/](https://www.aahd.us/covid-19/)  
Phone: 301-545-6140  
COVID-19 resources for people with disabilities

**Disability Navigator**
[https://disabilitynavigator.org/](https://disabilitynavigator.org/)  
Guide to local resources including COVID19 resources

**List of Special Needs Resources in Hampton Roads**
[https://hamptonroads.myactivechild.com/resources/special-needs/hampton-roads/](https://hamptonroads.myactivechild.com/resources/special-needs/hampton-roads/)

**Social Security Disability**
[https://www.ssa.gov/disability/](https://www.ssa.gov/disability/)  
Phone: 800-772-1213, TTY 800-325-0778  
Social security benefits for eligible individuals with disabilities.

**Virginia Department for the Blind and Vision Impaired**
[https://www.vdbvi.org/](https://www.vdbvi.org/)  
Phone: 804-371-3151 or 800-622-2155  
Rehabilitation, education, job training and placement, services to assist people in gaining independence.

**Virginia Department for the Deaf and Hard of Hearing**
[https://www.vddhh.org/](https://www.vddhh.org/)  
Phone: 804-662-9502 (V/TTY) or 800-552-7917 (V/TTY)  
Telecommunication equipment for eligible applicants, interpreters, community service specialists, COVID19 information

**Virginia Department of Behavioral Health and Developmental Services**
Phone: 804-786-3921, Voice TDD: 804-371-8977  
Resources for people with developmental disabilities, early intervention for infants and toddlers, health resources, housing, employment, case management
American Indians and Alaska Natives

Center for American Indian Health
http://caih.jhu.edu/news/covid19/
COVID19 materials for tribal use.

Indian Health Service
www.ihs.gov/coronavirus
COVID-19 information and resources for American Indians and Alaska Natives. Testing and case data for IHS regions, tribe-specific

StrongHearts Helpline
https://www.strongheartshelpline.org/
1-844-762-8483 (1-844-7NATIVE)
Domestic violence and dating violence hotline for American Indians and Native Alaskans.

LGBTQ Resources

Hotlines
- LGBT National Hotline: 888-843-4564
- LGBT National Youth Talkline: 800-246-7743
- LGBT National Senior Hotline: 888-234-7243
- Virginia LGBTQ Partner Abuse and Sexual Assault Hotline: 866-356-6998, Text 804-763-9999
- Trevor Hotline-crisis intervention for LGBTQ youth: 866-488-7386, text START to 678678
- Trans Lifeline-suicide/crisis hotline for transgender people: 877-565-8860

Equality Virginia
https://www.equalityvirginia.org/news/covid-19-resources/
COVID-19 resource hub

LGBT Life Center of Hampton Roads
https://lgbtlifecenter.org/
Phone: 757-640-0929
Healthcare, mental health, transportation, housing, and other resources.

LGBT National Help Center
http://www.glnh.org/
Online chats, peer support, LGBTQ resources

Hampton Roads Pride
https://hamptonroadspride.org/resources/
LGBT resource list

LGBTQ National Help Center
http://www.glnh.org/
Online chats, peer support, LGBTQ resources

PFLAG Hampton Roads
https://www.pflaghr.com/
Support meetings, resources

The Trevor Project
https://www.thetrevorproject.org/
Phone: 866-488-7386
Crisis intervention hotline, online chats, and support for youth.

Immigrants and Refugees

DACA Information for COVID-19

Justice for Immigrants COVID-19 Resource Page
https://justiceforimmigrants.org/covid-19-resource-page/
Pet Food Pantries

Chesapeake Humane Society Pet Food Pantry
https://chesapeakehumane.org/pet-food-pantry/
Phone: 757-546-5355
No income restrictions during COVID19. Online application.

Friends of Norfolk Animal Care Center Pet Pantry
https://www.friendsofnacc.com/pet-pantry
Phone: 757-354-4427
Email: friendsofnacc@gmail.com

Norfolk SPCA Emergency Pet Pantry
https://norfolkspca.com/emergency-pet-pantry/
Phone: 757-622-3319
Curbside pickup or delivery of pet food for people experiencing financial hardship due to COVID19.

Peninsula Pet Pantry
https://www.peninsulapetpantry.org/
Phone: 757-243-1170
Distributions twice a week and delivery to some seniors and people with disabilities.

Portsmouth Humane Society Pet Pantry
https://portsmouthhumanesociety.org/services-resources/pet-pantry/
Phone: 757-397-6004
Email: phspetfoodpantry@gmail.com

Suffolk Humane Society Pet Pantry
https://www.suffolkhumanesociety.com/events/pet-pantry-0
Phone: 757-538-3030

Virginia Beach SPCA Pet Pantry
https://vbspca.com/petpantry/
Phone: 757-427-0070

Business Recovery Resources

Hampton Roads Chamber of Commerce
COVID19 Business Resource Guide

Hampton Roads COVID19 Business Recovery Forum
https://www.757recovery.com/
Provides expert assistance for businesses, including private non-profits, with navigating the CARES Act and other business resources.

Hispanic Chamber of Commerce of Coastal Virginia
https://hcccova.org/covid-19
Phone: 757-828-7337
Small business guidance and loan resources.
Information in Spanish.

**National Council of Nonprofits**
Information and resources for non-profits, including resources for funding.

**Small Business Administration**
COVID19 small business guidance and loan resources.

**Virginia Beach Economic Development**
COVID19 Business Resources

**How to Help**

**Volunteering**

**Volunteer Hampton Roads**
https://www.volunteerhr.org/coronavirus
Recruiting volunteers for non-profits responding. Opportunities include meal preparation, food deliveries, blood donor screening, and virtual opportunities.

**Virginia Medical Reserve Corps**
Volunteer link: http://www.vdh.virginia.gov/mrc/apply-to-volunteer/

**Foodbank of Southeastern Virginia & the Eastern Shore**
Volunteer link: https://foodbankonline.org/how-to-help/donate-time/volunteer/

**Virginia Peninsula Foodbank**
Volunteer link: https://hrfoodbank.org/volunteer/

**CoronaAid757**
Volunteer link: http://coronaaid757.com/
Donate Funds

All of the non-profits in this guide accept monetary donations. Please check their websites for more information.

United Way of South Hampton Roads Coronavirus Recovery Fund
https://unitedwayshr.org/coronavirus/

United Way of the Virginia Peninsula Emergency Fund
https://www.uwvp.org/united-way-emergency-fund

COVID-19 Directories and Resource Lists from Other Agencies

City of Virginia Beach Coronavirus Resources
https://emergency.vbgov.com/coronavirus

CoronaAid757 Resource List
http://coronaaid757.com/resources/

New Virginia Majority COVID19 Resource list
https://www.newvirginiamajority.org/covid19_resources

Public Library Resources during COVID-19 in Hampton Roads
https://hamptonroads.myactivechild.com/blog/public-library-resources-covid-19/

The Planning Council Resources 757 Directory
https://planningcouncil.myresourcedirectory.com/index.php

The Up Center: COVID-19 Preparations and Resources
https://www.theupcenter.org/coronavirus/

Tidewater Community College: Community Resources during COVID-10
http://shorturl.at/hAW69

United Way of South Hampton Roads: COVID-19 Community Resources
http://www.ghrconnects.org/tiles/index/display?alias=COVID19

Virginia Health Care Foundation: COVID-19 Resources
https://www.vhcf.org/looking-for-help/covid-19-resources/