

Emergency Mental Health Crisis Services

| Service | Name | Contact/Hours | Details |
|---------------------|---|------------------------|---|
| Crisis Phone Line | National Suicide Prevention Hotline | (800)273-8255 | Speak with a live person any time, day or night, during a crisis. |
| Crisis Text Service | National Crisis Text Line | Text "home" to 741-741 | Text confidentially with a live person any time, day or night, during a crisis. |
| Crisis Phone Line | Northwestern Community Services Crisis Line | (540)635-4804 | Local crisis line available day or night to talk to a live person. |

Non-Emergency Mental Health Services

| Service | Name | Contact/Hours | Details |
|--|---|--|---|
| Community Services Board *Same Day intakes for Mental Health and Substance Use *By Appointment Mental Health and Substance Use services | Northwestern Community Services | 494 N. Main St. Suite 300 Woodstock, VA (540)459-5180 Appointments Mon-Fri 9am-5pm Same Day Access: Walk-in hours for mental health or substance use services <i>Adults-</i> Tuesdays and Wednesdays 8:30am-11:30am at the Winchester Clinic 158 Front Royal Pike, Suite 200 Winchester, VA OR Thursdays 8:30am-11:30am at the Warren Clinic 209 W Criser Rd. Suite 100 Front Royal, VA <i>Children-</i> Fridays 9am-12pm at the Shenandoah Clinic (494 N. Main St., Suite 300) | Northwestern Community Services offers: <ul style="list-style-type: none"> • Outpatient Services • Case Management • Day support • Residential Programs • Emergency Programs • 24-hour Emergency Evaluation • Short-term Treatment • Hospital Referrals For people experiencing mental health or substance use difficulties. For Same Day Access, Bring These With You: <ul style="list-style-type: none"> • Virginia Picture ID • Social Security Card • Insurance Card or Proof of Income • Current List of Medications • Current Provider information • Legal Guardian Documentation |

| Service | Name | Contact/Hours | Details |
|--|--|--|---|
| Low-Cost Mental Health Services | Shenandoah Community Health Services | 124 Valley Vista Dr. Woodstock, VA (540)459-1700 | Accepts Medicaid, private insurance, and offers sliding scale costs for self-pay. |
| Community Based Counseling Outpatient Counseling Substance Use services | National Counseling Group | 505 N. Main St. Suite 101 Woodstock, VA (540)409-4920 | <ul style="list-style-type: none"> • Child and Family Services • Life Skills Services • Outpatient Counseling Services • Adult Support Services • Substance Use Services |
| Peer Support for Mental Health, Trauma, and Substance Use | Strength In Peers | 9560 S. Congress St. New Market, VA (540)217-0869 Email | Services for people with Medicaid, or who are uninsured or underinsured and make less than 200% the federal poverty limit. |
| To Look up specific counselors in your area by criteria, visit: Psychology Today- Find A Therapist | | | |