



Mental Health Crisis & Emergency Resources

Enamour Mental Health & Wellness, LLC is committed to ensuring all of our clients have a variety of resources to meet their mental health needs. We especially would like all clients to be safe in a crisis situation. Our practice does not offer crisis mental health services at this time and does not provide after-hours or on-call support. Anyone experiencing an emergency are encouraged to dial 911 or visit their local emergency room.

The following is a list of resources that may be utilized when feeling unsafe, in a mental health crisis, or experiencing a mental health emergency:

- Suicide Prevention Crisis Line: 1-800-273-TALK (8255)
- Crisis Text Line: Text "HELP" to 741741
<https://www.crisistextline.org/resources/>
- Trevor Lifeline (LGBTQ+ Youth) 1-866-488-7386 or Text "Start" to 678678
<https://www.thetrevorproject.org/get-help/>
- RAINN – National Sexual Assault Hotline 800-656-HOPE (4673) or chat @ <https://rainn.org/>
- VIRGINIA RESIDENTS ONLY:
Contact the emergency services number for your [local community services board](#). At that page, you can search by city, county or zip code to find the community services board in your area. Once located, go to their webpage and locate their emergency/crisis number that is 24/7.
- NAMI – National Alliance on Mental Illness
<https://namivirginia.org/mental-health-resources/crisis-info/>
- Girls & Boys Town National Hotline (800) 448-3000
- National Hopeline Network (800) SUICIDE
- National Youth Crisis Hotline (800) 442-HOPE (4673)



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