

Mental Health Resources

Find Calm. Build Resilience. Live Fully.

Mental Health Crisis Services:

Valley Emergency Services: 540-885-0866

Suicide & Crisis Lifeline: 988

Mental Health Crisis Text Line: Text HOME to 741
741

Mental Health Therapy Resources:

Valley Community Services Board:
540-887-3200

Psychology Today:

<https://www.psychologytoday.com/us>

Augusta Health Employee Assistance
Program:

<https://www.augustahealth.com/service/occupational-employee-health-and-wellness/employee-assistance-program/>

Helpful Apps:

InsightTimer:

<https://insighttimer.com/>

Calm: <https://www.calm.com/>

