

RESOURCES FOR ROANOKE AND THE SURROUNDING AREA

COOK COUNSELING CENTER

The **Cook Counseling Center** (CCC) provides individual, group counseling, crisis intervention, psychiatric care, and referral to qualified community practitioners. CCC offers workshops and outreach presentations to the campus community on a variety of topics, including stress management, relaxation skills training, and study skills assistance. Business hours are Monday through Friday from 8 AM-5 PM. **Emergency services are available after regular office hours by calling (540) 231-6557.** More information can be found by visiting our website at: www.ucc.vt.edu

Other area resources are available to assist with a variety of issues, including:

CRISIS / MENTAL HEALTH EMERGENCY

Blue Ridge Behavioral Access Center	(540) 343-3007
Blue ridge Behavioral Healthcare Crisis Services	(540)981-9351
Cook Counseling Center	(540) 231-6557

CRISIS HOTLINES

Adult Protective Services	(888) 832-3858
Child Abuse and Neglect Hotline	(800) 244-5373
Child Protective Services	(800) 552-7096
Domestic Violence Hotline	(800) 838-8238
Poison Control	(800) 222-1222
Respond-LewisGale Medical Center	(540) 776-1100
Sexual Assault Response & Awareness - SARA,	(540) 981-9352
Suicide Hotline	(800) 273-8255

HEALTH DEPARTMENT

Roanoke City Health Department	(540) 283 5050
Roanoke County/Salem Health Department	(540)387-5530
Roanoke County/Vinton Health Department	(540)857-7800

HOSPITALS

Bradley Free Clinic	(540)344-5156
Carilion Clinic	(540)981-7900
Carilion Connect	(540)981-8181
Carilion Roanoke Community Hospital	(540)985-8000
Carilion Roanoke Memorial Hospital	(540)981-7000
Lewis-Gale Medical Center	(540)776-4000
Veterans Affairs Medical Center	(540)982-2463

IMMIGRATION

Citizen & Immigration Services	(800) 375-5283
Literacy Volunteers of America	(540) 265-9339
Refugee & Immigration Services	(540)342-7561

LOCAL RESOURCES

Partnership for Prescription Assistance	(888)477-2669
Planned Parenthood	(540)562-2370
Project Access	(540)344-4200
Rescue Mission	(540)777-7671
Roanoke Valley Interfaith Hospitality Network	(540)343-9982

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MENTAL HEALTH

Advanced Psychiatric Services	(540) 772-1974
Avenues to Recovery	(540)344-3400
Bethany Hall Recovery Home for Women	(540)343-4261
Blue Ridge Behavioral Healthcare	(540)266-9200 / (540)345-9841
Carilion Clinic Psychiatry & Behavioral Medicine	(540) 981-8025
Comprehensive Counseling Services	(540)343-0004
Drop-In Center Testing and Resources	(540)982-2437
East Mental Health	(540) 777-3935
Emotional Health Stabilization - EHS	(540)793-4678
Family Preservation Services	(540)344-7048
Mental Health America of Roanoke Valley	(540)344-0931
Mountain Psychiatry LLC	(540) 728-1570
New Horizons Health Care	(540)362-0360
Partnership for Prescription Assistance	(888)477-2669
Roanoke League of Therapists	(540)343-3577
The Center 4U	(540) 387-3105
Turning Point Domestic Violence Shelter	(540)345-0400

POLICE

Police Department -City of Roanoke	(540)853-2212
Police Department -City of Salem	(540)375-3010
Police Department -Roanoke County	(540)562-3265

TRANSPORTATION

Smart-Way Commuter Bus	(540) 982-6622
United Ambulance Services	(540) 981-0400
Valley Metro Bus	(540)982-2222

VETERANS

American Red Cross	(540)985-3535
Armed Forces Emergency Services - AFES	(877)272-7337
Veterans Outreach Center	(540) 342-9726
US Department of Veterans Affairs	(540) 597-1730 / (800) 827-1000

VIRGINIA 2-1-1 Get Connected. Get Answers. Dial 211 or visit www.211virginia.org

Free and confidential information and referrals for:

Community Services	Physical & Mental Health Resources
Disaster Recovery	Service Providers
Domestic Violence Programs	Substance Abuse
English as a Second Language	Suicide Prevention
Legal Assistance	Work Initiatives