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](http://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
**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](http://www.211virginia.org)

Free and confidential information and referrals for:

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