

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

Service	Name	Contact/Hours	Details
Low-Cost Mental Health Services	<a href="#">Shenandoah Community Health Services</a>	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	<a href="#">National Counseling Group</a>	505 N. Main St. Suite 101 Woodstock, VA (540)409-4920	<ul style="list-style-type: none"> <li>• Child and Family Services</li> <li>• Life Skills Services</li> <li>• Outpatient Counseling Services</li> <li>• Adult Support Services</li> <li>• Substance Use Services</li> </ul>
Peer Support for Mental Health, Trauma, and Substance Use	<a href="#">Strength In Peers</a>	9560 S. Congress St. New Market, VA (540)217-0869 <a href="#">Email</a>	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](#)