

## 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](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 |

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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](http://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                   |