

Resources to Support Virginia Tech Community

Resources at Virginia Tech:

For VA Tech staff:

- * Human Resources and Benefits: (540) 231-9331, www.hr.vt.edu
- * Employee Relations: (540) 231-7772
- * Work/Life Resources: (540) 231-3213, www.worklife.vt.edu
- * ADA Services: (540) 231-4638
- * Counseling for faculty and staff: ValueOptions Employee Assistance Program, (866) 725-0602, www.virginiatech.healthandperformancesolutions.net

For VA Tech Students and Family:

- * Dean of Students office: (540) 231-3787, www.dos.vt.edu
- * Parent/family info-line: (800) 533-1144
- * Counseling for students: Cook Counseling Center, (540) 231-6557, www.ucc.vt.edu
 - Emergency Services for Virginia Tech Students: If you are feeling out of control and have thoughts of harming yourself or someone else, secure help right away. If it is outside normal business hours, assistance is available by calling (540) 231-6444.
- * Cranwell International Center :Support and resources for international community:, (540) 231-6527, www.uusa.vt.edu/cranwell/cranwell.php contacts: Kim Beisecker and Jennie Wagstaff

For Staff and Students:

- * Police tip line: (540) 231-6411
- * For exercise and stress relief: Recreational Sports is keeping its facilities at McComas and War Memorial open for the rest of the week

Local Services/Agencies:

- * American Red Cross, Montgomery County: 540-443-3606

- * **ACCESS:** (540) 961-8400 (Emergency Services clinicians that can meet with you at your location). A friend or family member can call for you)
- * **CONNECT:** (800) 284-8898 or (540) 731-7385 (A mental health admittance and referral service of Carilion Health Care)
- * **RESPOND:** (540) 953-5324 (A mental health admittance and referral service of Montgomery Regional Hospital and Lewis Gale Hospital)
- * **Virginia Tech Police:** 911 if on campus or (540) 231-6411
- * **Blacksburg Police:** 911 if off campus in Blacksburg or (540) 961-1150

Emergency Services:

* **Lewis-Gale Center for Behavioral Health/RESPOND Crisis Hotline (540) 776-1100 or 1-800-541-9992**

* **RAFT CRISIS HOTLINE 1-800-suicide, 1-888-717-3333, or 540-961-8400** -- TDD accessible

RAFT, a program of NRVCS, is dedicated to providing crisis hotline counseling services to the community. Raft offers:

- Empathy: listens to problems and suggests alternatives
 - Mental Health and Substance Abuse Crisis Calls: screens calls and connects callers with emergency services staff when necessary.
 - Information and Referral: provides information and access to support groups and other services in the community.
- Calls to RAFT Hotline are free and confidential.**

* **WOMEN'S RESOURCE CENTER OF THE NEW RIVER VALLEY**

Crisis Hotline 639-1123

Help when you want it. Hope when you need it. 24 hours a day.

* **The ARMS Reach Project** provides free mental health care for low to moderate income, uninsured individuals in the New River Valley. If you want to refer someone to *ARMS Reach* or get more information, contact any of the follow ARMS Reach network organizations.

* **Mental Health Association of the NRV**, 540-951-4990 or 1-800-559-2800

* **New River Valley Agency on Aging**, 540-980-7720 or 866-260-4417

* **New River Valley Health District**, 540-381-7100

* **VA Rural Health Resource Center**, 540-231-6866

Grief Services:

* **New River Valley Hospice:** (800) 834-9281

* **RESPONDING TO A DEATH in the Virginia Tech Community**

<http://www.erc.vt.edu/webfinal.pdf>

* **GRIEF SUPPORT -- Through Carilion Hospice Services**

Please call 540-633-9370 or toll free at 1-800-834-9281 by 4:30 p.m. the day of the group if you plan to attend

- **First Presbyterian Church Manse**
408 N. Jefferson Ave., Pulaski, VA
Meets the first Tuesday of each month at 6:00 pm

- **Christiansburg Mennonite Fellowship**
40 Cedarwood Drive, Christiansburg, VA
Meets the third Tuesday of each month at 6:00 pm

- **First Christian Church**
400 Tyler Ave., Radford, VA
Meets the third Thursday of each month at 6:00 pm

* **NEW -- Suicide Survivors' Group**— 231-6782
Sponsored by the Family Therapy Center of Virginia Tech

* **COMPASSIONATE FRIENDS OF THE ROANOKE VALLEY**

Support group for families, especially parents, grandparents, and siblings, who have experienced the death of a child (of any age). For more info, call 540 387- 3081(evenings) or 231-8639 (days)

- Meets the 1st and 3rd Thursdays of every month at the Good Samaritan Hospice located at 3825-A Electric Road, Roanoke VA 24018