

**Access Points** - Entry points to find and access local resources.

**2-1-1 Virginia** - 24/7 phone line to help you find local resources you need.

call 211 - [211virginia.org](http://211virginia.org)

**Virginia Beach Housing Crisis Hotline** - The first step in connecting with homeless services and community resources. M-F 8am - 7pm  
(757) 227-5932 - [vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/default.aspx](http://vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/default.aspx)

**Hampton Roads Housing Crisis Hotline** - The first step in connecting with homeless services and community resources. M-F 8am - 7pm  
(757) 587-4202 - [theplanningcouncil.org/homeless-solutions/housing-crisis-hotline/](http://theplanningcouncil.org/homeless-solutions/housing-crisis-hotline/)

**Samaritan House Domestic Violence Hotline** - Housing and services for individuals, children and families experiencing domestic violence  
(757) 430-2120 - [SamaritanHouseVA.org](http://SamaritanHouseVA.org)

**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**Housing Resource Center** - One-stop shop of services for families and individuals experiencing homelessness or a housing crisis. Showers, laundry, housing support, cafeteria, health care, and social services

104 N. Witchduck Road, Virginia Beach, VA 23462

(757) 385-5167 - [vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/housing-resource-center.aspx](http://vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/housing-resource-center.aspx)

**The Gathering at Scott Memorial UMC**

409 First Colonial Rd, Virginia Beach, VA 23454

(757) 428-3720 - [TheGatheringAtScottMemorialUMC.com/fresh-food-wednesdays](http://TheGatheringAtScottMemorialUMC.com/fresh-food-wednesdays)

Food Pantry

Wednesday 5pm - 6:30pm

**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**Judeo-Christian Outreach Center**

1053 Virginia Beach Blvd, Virginia Beach, VA 23451

(757) 491-2846 - [jcoc.org/about-us/feeding-programs](http://jcoc.org/about-us/feeding-programs)

Community Dinner

M-F 5pm, Sat-Sun 2pm

Food Pantry

Tuesday and Saturday by appointment

**PiN Ministry**

1164 Millers Lane Suite A, Virginia Beach, VA 23451

(757) 962-3567 - [pinministry.org/need](http://pinministry.org/need)

Clothing, Showers, Laundry, Meal  
(Unhoused only)

Mon-Thurs 1pm - 4pm, Sat 11am - 2pm

Clothing for housed  
Friday 10am - noon

**Potter's House**

1709 Pacific Avenue, Virginia Beach, VA 23451

(757) 428-7727 - [vbumc.org/potters-house](http://vbumc.org/potters-house)

Bag Lunch, Food Pantry

Tuesday and Thursday 9:30am - 11am

**Star of the Sea**

1404 Pacific Avenue, Virginia Beach, VA 23451

(757) 428-1244 - [StarOfTheSeaParish.com/social-ministry](http://StarOfTheSeaParish.com/social-ministry)

Bag Lunch

Wednesday and Friday 9:30am - 11:30am

**FoodPantries.org** - A directory to find food pantries near you.  
[foodpantries.org/](http://foodpantries.org/)

**Emergency Shelters**

**Union Mission** - Men: ext. 200, Women: ext 354, Women w/ children: ext. 351

5100 E. Virginia Beach Blvd, Norfolk, VA 23502

(757) 627-8686 - [UnionMissionMinistries.org/get-help](http://UnionMissionMinistries.org/get-help)

## Emergency Shelters

**Seton Youth Shelter** - Serves youth aged 9 - 18  
101 N Lynnhaven Rd Ste 101, Virginia Beach, VA 23452  
(757) 498-4357 - [SetonYouthShelters.org/help-me](https://SetonYouthShelters.org/help-me)

## Resources

**Step Up inc.** - Life skills and employment assistance for ex-offenders  
5900 East Va. Beach Blvd Suite 102, Norfolk, VA 23502  
(757) 588-3151 - [stepupincorporated.org/index.html](https://stepupincorporated.org/index.html)

**Vets House** - 12 month program providing vets with transitional housing and job assistance  
(757) 724-8614 - [VetsHouseInc.org/](https://VetsHouseInc.org/)

**US Department of Veterans Affairs** - 24/7 Homeless Call Center Hotline  
(877) 424-3838 - [va.gov/homeless](https://va.gov/homeless)

**National Suicide Prevention Lifeline** - Provides 24/7, free and confidential support for people in distress  
(800) 273-8255 - [SuicidePreventionLifeline.org](https://SuicidePreventionLifeline.org)

**National Domestic Violence Hotline** - 24-hour confidential service for survivors, victims and those affected by domestic violence  
(800) 799-7233 - [TheHotline.org](https://TheHotline.org)

**National Runaway Safeline** - 24/7 crisis line for runaway and homeless youth  
(800) 786-2929 - [1800runaway.org](https://1800runaway.org)

**National Human Trafficking Hotline** - Call if you or someone you know is a victim of human trafficking  
(888) 373-7888 - [HumanTraffickingHotline.org](https://HumanTraffickingHotline.org)

**Free Mobile Phone Service** - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.  
[SafeLinkWireless.com](https://SafeLinkWireless.com)  
[AssuranceWireless.com](https://AssuranceWireless.com)

**FindTreatment.gov** - Directory of providers treating substance use disorders, addiction, and mental illness  
(800) 662-4357 - [FindTreatment.gov/](https://FindTreatment.gov/)

## Resources

**FreeDentalCare.us** - Directory of free and low cost dental clinics  
[FreeDentalCare.us/](https://www.freedentalcare.us/)

**Virginia Veteran and Family Support** - Information/referrals to resources for homeless veterans in Virginia; Care/Health/PTSD services

**(877) 285-1299** - [dvs.virginia.gov/virginia-veteran-and-family-support-2](https://dvs.virginia.gov/virginia-veteran-and-family-support-2)

Available services can change often. Please email [support@HelpSheets.org](mailto:support@HelpSheets.org) with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.