

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	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
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/	Samaritan House Domestic Violence Hotline - Housing and services for individuals, children and families experiencing domestic violence (757) 430-2120 - 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	The Gathering at Scott Memorial UMC 409 First Colonial Rd, Virginia Beach, VA 23454 (757) 428-3720 - TheGatheringAtScottMemorialUMC.com/fresh-food-wednesdays Food Pantry Wednesday 5pm - 6:30pm				
Judeo-Christian Outreach Center 1053 Virginia Beach Blvd, Virginia Beach, VA 23451 (757) 491-2846 - jcoc.org/about-us/feeding-programs <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;"><u>Community Dinner</u> M-F 5pm, Sat-Sun 2pm</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> Tuesday and Saturday by appointment</td> </tr> </table>	<u>Community Dinner</u> M-F 5pm, Sat-Sun 2pm	<u>Food Pantry</u> Tuesday and Saturday by appointment	PiN Ministry 1164 Millers Lane Suite A, Virginia Beach, VA 23451 (757) 962-3567 - pinministry.org/need <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;"><u>Clothing, Showers, Laundry, Meal (Unhoused only)</u> Mon-Thurs 1pm - 4pm, Sat 11am - 2pm</td> <td style="text-align: center; width: 50%;"><u>Clothing for housed</u> Friday 10am - noon</td> </tr> </table>	<u>Clothing, Showers, Laundry, Meal (Unhoused only)</u> Mon-Thurs 1pm - 4pm, Sat 11am - 2pm	<u>Clothing for housed</u> Friday 10am - noon
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Potter's House 1709 Pacific Avenue, Virginia Beach, VA 23451 (757) 428-7727 - 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 Bag Lunch Wednesday and Friday 9:30am - 11:30am				
FoodPantries.org - A directory to find food pantries near you. 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	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
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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	Vets House - 12 month program providing vets with transitional housing and job assistance (757) 724-8614 - VetsHouseInc.org/
US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline (877) 424-3838 - va.gov/homeless	National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress (800) 273-8255 - SuicidePreventionLifeline.org
National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence (800) 799-7233 - TheHotline.org	National Runaway Safeline - 24/7 crisis line for runaway and homeless youth (800) 786-2929 - 1800runaway.org

Resources

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking (888) 373-7888 - HumanTraffickingHotline.org	Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals. SafeLinkWireless.com AssuranceWireless.com
FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness (800) 662-4357 - FindTreatment.gov/	FreeDentalCare.us - Directory of free and low cost dental clinics 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	

Available services can change often. Please email 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.