



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

BEST TREATMENT AND RECOVERY PROGRAMS FOR YOUR LOVED ONES

June 2007 from

www.facesva.org/pdf/articles/best_treatment_and_recovery_programs_for_your_loved_ones_june2007.pdf

FACES knows that families can not rest until they can find the best treatment and recovery program for their loved ones. We also know that in order to do this, everyone must take care of their own physical and emotional needs. We are here to help support you in your quest. The **FACES** support group meets on the 1st and 3rd Tuesday each month to share information, tips, sorrow, joy and hope. Please join us at 7:00-8:30 PM.

FACES also shares information at our monthly advocacy meetings ([see calendar](#)) and, of course, you can call the office at (804) 378-0035 for individual assistance in securing information or support.

The following information was requested and seems to be a useful source for "children of all ages."

Helping Children Understand Mental Illness: A Resource for Parents and Guardians.
<http://www.mhasp.org/coping/guardians.html>

If you or someone you know could benefit from seeing a mental health professional, these resources can help you find the right care:

- Your family physician or health care provider.
- Mental health division of your local health department.
- Community mental health center.
- Family services agency, such as Catholic Charities, family services, or Jewish Social Services.
- Employee assistance program provided by your employer.
- Professional counselor who works in a mental health center, outpatient clinic, private or group practice, general or psychiatric hospital, or nursing home.
- Pastoral counselor/member of the clergy.
- Self-help or mutual support group.
- Mental health or crisis hotline, drug hotline, or suicide prevention center.

- Hospital emergency room.

For more information, contact:

SAMHSA's National Mental Health Information Center

800-789-2647

mentalhealth.samhsa.gov

Resources available locally can be located in the blue pages of your telephone book. A partial list of numbers for Chesterfield and surrounding counties follows:

- Chesterfield Co. Mental Health 24 hour crisis hotline: (804) 748-6356 — New requests for consumer services: (804) 768-7202
- Compassionate Friends (grief group): (804) 254-0588
- National Suicide Crisis Hotline: 1-800-784-2433
- Salvation Army (ask for Alcohol/Drug rehab center): (804) 225-7470
- VA Coalition for the Homeless: (804) 644-5527

This is not meant to be a complete list.