

RESOURCE CARD

THE OFFICE ON CHILDREN & YOUTH

Call us at 568-2558 or

E-mail: hubbeljx@jmu.edu

Website: web.jmu.edu/officeonyouth

*If you or a friend is feeling overwhelmed,
afraid or need help, just call any of these
free and confidential numbers:*

EMERGENCY SERVICES

Harrisonburg Police Dept.	911 or 434-2545
R'ham County Sheriff's Dept.	911 or 564-3800
H'burg/R'ham Crime Solvers	574-5050
Poison Control:	433-9706 OR 1-800-222-1222
Red Cross	434-8891
R'ham Memorial Hosp.	433-4100
Child Abuse & Neglect	1-800-552-7096
Runaway Hotline	1-800-621-4000

EMERGENCY SHELTERS

First Step (domestic violence)	434-0295
Toll Free	1-866-223-9169
Mercy House (homeless shelter)	432-1812
Salvation Army	433-2785

CRISIS COUNSELING/SUICIDE PREVENTION

Covenant House 9-Line	1-800-999-9999
Community Services Board	434-1941
24-Hour Hotline	434-1766
24-Hour Suicide Hotline	1-800-SUICIDE

INFORMATION AND REFERRAL

Community Resource Center	568-2585
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RAPE / SEXUAL ASSAULT / VIOLENCE

The Collins Center	434-2272
Dept. of Social Services	574-5100
Family Violence & Sexual Assault VA Hotline	1-800-838-8238
First Step	434-0295
Stop It Now, VA Dept. of Health Child Sexual Abuse Hotline	1-888-PREVENT 9-6pm, M-F

DRUG & ALCOHOL INFORMATION

Alcoholics Anonymous	434-8870
The National Drug & Alcohol Helpline	1-800-821-4357
Community Services Board	434-1941
RMH LIFE Recovery Program	564-5629

HEALTH / AIDS / PREGNANCY HELP

H'burg/R'ham Co. Health Dept.	574-5100
Harrisonburg Pregnancy Center	434-7528
RMH Center for Behavioral Health	564-5960
Valley AIDS Network	1-800-648-5302
VA HIV/STDS/TB/Pharmacy Services Hotline	1-800-533-4148
National STD Hotline	1-800-227-8922

EATING DISORDERS

Augusta Medical Center:	1-800-932-0262 ext. 2525
Community Services Board McNulty Center	433-3100

EMPLOYMENT

VA Employment Commission	434-2513
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TRANSPORTATION

Harrisonburg Taxi	434-2515
Harrisonburg Bus System	432-0492

Produced in collaboration with
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