



## Kanawha County Mental Health Crisis Resources for Students and Families

### Crisis Services (24 hours/7 days)

**Help4WV:** (844) HELP4WV (844-435-7498); Text (844) 435-7498; Email [help4wv@1stchs.com](mailto:help4wv@1stchs.com)

Provides immediate help for any West Virginian struggling with an addiction or mental health issue.

### Behavioral Health Urgent Care / Emergency Room

CAMC General Division Emergency Rm (ER)

501 Morris St, Charleston, WV 25301

304-388-5432 or [camc.org/gh](http://camc.org/gh)

Open 24 Hours

Highland Hospital

300 56<sup>th</sup> St. SE Chas., WV 25304

304-926-1600 or [Highlandhosp.com](http://Highlandhosp.com)

Walk-in Hours: 8 am – 8 pm

### Follow-up Mental Health Counseling or Therapeutic Providers

*Cabin Creek Health Systems:* 304.595.5006; *Clendenin:* 548.7272; *Riverside:* 949.3591; *Sissonville:* 984.1576

*CAMC Family Resource Center:* 304-388-2545 or [familyresourcecenter@camc.org](mailto:familyresourcecenter@camc.org)

*Damous Psychological:* 304.720.3835 or [gmdamous@damouspsych.com](mailto:gmdamous@damouspsych.com)

*Family Care of CHS:* 304.400.7876 or [derrick.gibson@familycarewv.org](mailto:derrick.gibson@familycarewv.org) *Family Care Saint Albans:* 304-201-1130

*Harmony Health:* 304.917.4741 Online at [harmonyh.org](http://harmonyh.org)

*Kanawha Hospice Care:* Grief Counseling 304.926.6538 Online at: <https://www.hospicecarewv.org>

*Lasting Solutions:* 304.941.6256 or [lastingsolutionswv.com](http://lastingsolutionswv.com)

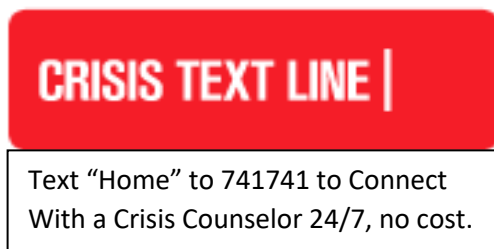
*Mosaic Wellness:* 304.539.0342 or [sclarke@mosaicwellness.life](mailto:sclarke@mosaicwellness.life) Online at: [www.mosaicwellness.life](http://www.mosaicwellness.life)

*New Horizons:* 304-768-5506 or [kara.prunty\\_nh@yahoo.com](mailto:kara.prunty_nh@yahoo.com)

*Pretera:* 304-414-2065 or 304-341-0511; Online at: [www.pretera.org](http://www.pretera.org)

*WVU Behavioral Med & Psychiatry:* 304-388-1000; Online at: <http://wvupc.org/Behavioral-Medicine.aspx>

### 24-hour National Hotlines (Free)



### Resources for Dealing with Stress & Anxiety

*Managing Stress for a Healthy Family-* [www.apa.org/topics/managing-stress-healthy-family](http://www.apa.org/topics/managing-stress-healthy-family) American Psychological Assoc.

*Stress & Coping-* [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html) CDC

*Guided Exercise Videos to Reduce Stress-* <https://www.mindwise.org/act> MindWise Innovations

The inclusion of a name or service on this list should by no means be considered a recommendation or endorsement by Kanawha County Schools.