

**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

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) Highland Hospital

501 Morris St, Charleston, WV 25301 300 56th St. SE Chas., WV 25304

[304-388-5432](https://www.google.com/search?q=camc+general+division&oq=CAMC+General+Division&aqs=chrome.0.0j46j0l3.3662j0j7&sourceid=chrome&ie=UTF-8) or camc.org/gh 304-926-1600 or Highlandhosp.com

Open 24 Hours 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

*Damous Psychological*: 304.720.3835 or gmdamous@damouspsych.com

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

*Harmony Health: 304.917.4741 Online at harmonymh.org*

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

*Lasting Solutions:* 304.941.6256 or lastingsolutionswv.com

*Mosaic Wellness:* 304.539.0342 or sclarke@mosaicwellness.life Online at: www.mosaicwellness.life

*New Horizons:* 304-768-5506 or kara.prunty\_nh@yahoo.com

*Prestera:* 304-414-2065 or 304-341-0511; Online at: www.prestera.org

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

**24-hour National Hotlines (Free)**



Text “Home” to 741741 to Connect

With a Crisis Counselor 24/7, no cost.

**Resources for Dealing with Stress & Anxiety**

*Managing Stress for a Health 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.