



## Appalachian Highlands Youth Resource List

### Northeast Tennessee

#### **211 Resource Referral**

Contact 2-1-1 Northeast TN provides information and referrals, a helpline, and reassurance calls to check on vulnerable individuals. Their services are free, confidential, and available to everyone. You can also visit [www.contact211netn.org](http://www.contact211netn.org).

#### **Substance Use Services**

##### **Comprehensive Community Services Adolescent Johnson City, TN**

*CCS has a residential adolescent treatment facility as well as an intensive outpatient program.*

**Phone:** 423-349-4070 (*24-hour hotline*)

**Address:** 512 Oak Glen Cir., Fall Branch, TN 37656

**Website:** [www.ccs-treatment.com](http://www.ccs-treatment.com)

##### **Frontier Health Adolescent Day Treatment Gray, TN**

*Outpatient recovery center*

**Phone:** 423-467-3600

**Website:** [www.frontierhealth.org](http://www.frontierhealth.org)

#### **Homelessness**

##### **Frontier Health- Project Safe Place Kingsport, TN**

*The Runaway Program and Project Safe Place provides temporary, emergency shelter and counseling to youth who are runaways, throw-aways, or are escaping unresolved family conflicts. This nationwide program is the only one of its kind within a 100-mile radius where youth can seek 72-hour sanctuary. The goal of the program is to intervene quickly and assist the youth and their family with reunification.*

**Phone:** 877-928-9062 (*24-hour hotline*)

**Address:** 433 New Beasonwell Road Kingsport, TN 37660

**Website:** [www.frontierhealth.org](http://www.frontierhealth.org)

#### **LGBTQIA+**



## **PFLAG Tri-Cities**

### **Johnson City, TN**

*Support groups for LGBTQIA+ population*

**Phone:** 423-390-8585

**Address:** PO Box 5506, Johnson City TN 37604

**Website:** [www.pflagtricity.org](http://www.pflagtricity.org)

## **Pride Community Center**

### **Johnson City, TN**

*The PCC will provide information on pertinent issues, such as gay owned or operated businesses, gay friendly businesses, hotlines, LGBT groups, support groups, LGBT activities and events, and LGBT friendly services.*

**Address:** 300 E. Main St., Johnson City, TN 37601

**Website:** [Pridetricities.com](http://Pridetricities.com)

## **Mental Health**

### **Frontier Health**

#### **Kingsport, TN**

**Phone:** 423-224-1300

**Address:** 1570 Waverly Road Kingsport TN 37664

**Website:** [www.frontierhealth.org](http://www.frontierhealth.org)

### **Frontier Health Adventure Program**

#### **Johnson City, TN**

*Intensive Outpatient Treatment program for adolescents 13 to 18 years old with substance abuse, mental health and co-occurring problems, helping youths discover better alternatives to facing and coping with stress, while building problem-solving skills. Referrals are made by juvenile courts, schools, family, or client. Services include individual, group and family therapy, therapeutic recreation, leisure and social skills training, educational service, GED training, aftercare, and random drug screens.*

**Phone:** 423-232-4326

**Address:** 1003 Broadway St., Johnson City, TN 37601

**Website:** <https://www.frontierhealth.org/directory/frontier-health-adventure-program/>

**Categories for resources:** *physical and sexual health, mental health, homelessness, addiction, LGBTQ+ specific*

## **Physical & Sexual Health**

### **RISE**

#### **Kingsport, TN**



*Rise transforms culture around bodies and beings from fear-based to fact-based, oppression to affirmation. We champion responsible, inclusive, trauma-responsive wellness education and care.*

**Phone:** 423-250-3046

**Address:** 227 E Sullivan St., Kingsport, TN 37660

**Website:** [www.risehfl.org](http://www.risehfl.org)



## **Southwest Virginia**

### **2-1-1 VIRGINIA**

Provides access to services in your community and statewide. All referrals are confidential, and you can search for these same services at [www.211virginia.org](http://www.211virginia.org).

### **Substance Use Services**

#### **Frontier Health- Wise County Behavioral Health**

##### **Big Stone Gap, VA**

*Outpatient mental health and Substance Abuse programs for adults, children, adolescents.*

**Phone:** 276-0523-8360

**Address:** 43 Champions Ave., Big Stone Gap, VA 24219

**Website:** [www.frontierhealth.org](http://www.frontierhealth.org)

#### **Mount Rogers Community Service Board**

##### **Smyth, Wythe, Bland, Carroll, Galax, and Grayson counties**

*Inpatient crisis stabilization, outpatient mental health, and Substance use programs for adults, children, adolescents*

**Phone:** 276-223-3250

**Address:** 770 West Ridge Rd, Wytheville, VA, 24382

**Website:** <https://www.mountrogers.org/>

#### **Highlands Community Services**

##### **Washington County and Bristol City**

*Inpatient crisis stabilization, outpatient mental health, and Substance use programs for adults, children, adolescents*

**Phone:** 276-525-1550

**Address:** 610 Campus Dr, Abingdon, VA, 24210

**Website:** <https://highlandscsb.org/>

#### **ASPIRE**

##### **Marion, VA**

*Outpatient Peer Services*

**Phone:** 276-781-7460

**Address:** 201 Francis Marion Ln, Marion, VA, 24354

**Website:** <https://www.vdh.virginia.gov/mount-rogers/>

#### **Comprehensive Harm Reduction**

##### **Marion, VA**

*Outpatient substance use public health resource*

**Phone:** 276-781-7450

**Address:** 201 Francis Marion Ln, Marion, VA, 24354



**Website:** <https://www.vdh.virginia.gov/mount-rogers/>

**Comprehensive Harm Reduction  
Wise, VA**

*Outpatient substance use public health resource*

**Phone:** 276-328-8000

**Address:** 134 Roberts Av, SW Wise, VA, 24293

**Website:** <https://www.vdh.virginia.gov/lenowisco/harm-reduction/>

**Homelessness**

**Family Crisis Support Services  
Norton, VA**

*Family Crisis operates both a men's and women's shelter for homelessness and domestic violence. FCSS operates the only men's shelter this side of Roanoke in Virginia and is one of the only two dual shelters in Virginia.*

**Phone:** 276-679-7240

**24-hour hotline:** 1-800-572-2278

**Address:** 701 Kentucky Ave. SE Norton, VA 24273

**Website:** [www.family-crisis.com](http://www.family-crisis.com)

**Family Resource Center Inc  
Wytheville, VA**

*Offers cost-free, confidential help for people affected by sexual violence, domestic violence, abuse, or neglect in the counties of Bland, Carroll, Grayson, Smyth, Wythe, and Galax City.*

**Phone:** 276-228-3522; 276-236-0364; 276-782-1608

**24-hour hotline:** 1-800-613-6145

**People Incorporated of Virginia  
Abingdon, VA**

*Homelessness Prevention and Rapid Rehousing*

**Phone:** 276-619-2298

**Address:** 1173 West Main St, Abingdon, VA, 24210

**Website:** <https://www.peopleinc.net/program-housing-programs.htm>

**Abuse Alternatives, Inc.  
Abingdon & Bristol, VA**

*Domestic Violence Intervention Services*

**Phone:** 423-764-2287

**24-hour hotline:** 1-800-987-6499

**Address:** 195 Park St, Abingdon, VA, 24210

**Website:** <http://www.abusealternativesinc.org/>



## **LGBTQIA+**

### **Virginia Rural Health Association Pride of Rural Virginia Southwest Virginia**

*A grant-funded initiative to address LGBTQIA+ health and healthcare priorities in rural areas across Virginia*

**Phone:** 540-231-7993

**Address:** 1872 Pratt Dr, Suite 1125, Blacksburg, VA, 24060

**Website:** <https://vrha.org/pride/>

## **Mental Health**

### **Anchoring Hope Counseling, PLLC Wise, VA**

*AHC provides outpatient individual and family counseling to children and teens (with parental consent) and adults.*

**Phone:** 276-298-5034

**Address:** 217 E. Main St. Wise, VA 24293

**Website:** [www.ahchope.com](http://www.ahchope.com)

### **Commonwealth Catholic Charities Norton, VA**

*We provide quality, compassionate human services to all people, especially the most vulnerable, regardless of faith.*

**Phone:** 276-679-1195

**Address:** 507 Park Ave. NW, Norton, VA 24273

**Website:** [www.cccofva.org](http://www.cccofva.org)

### **Cumberland Mountain Community Service Board Buchanan, Russell, and Tazewell Counties**

*Cumberland Mountain Community Services Board constantly strives to enhance a service delivery system through planning, development, involvement, and vision. Accomplishments today are building a foundation for improving future services to individuals. Our commitment is to provide mental health, intellectual/developmental disabilities and/or substance use disorder services which are: person centered, community based, recovery oriented, strengths based, accessible, and cost effective.*

**Phone:** 276-964-6702 or 800-347-4939

**Address:** 196 Cumberland Rd, Cedar Bluff, VA, 24609

**Website:** <https://www.cmcsb.com/index.html>



**Family Crisis Support Services  
Norton, VA**

*Youth Outreach Services through Family Crisis Support Services are available for children ages 11-19. These services include one on one supportive counseling, art and music opportunities, referral sources, mentor services, and clothing vouchers. FCSS also provides a homeless shelter.*

**Phone:** 276-679-7240

**Address:** 701 Kentucky Ave. SE Norton, VA 24273

**Website:** [www.family-crisis.com](http://www.family-crisis.com)

**Family Preservation Services  
Norton, VA**

*In-home and outpatient counseling services for all ages, psychiatric medication services, etc.*

**Phone:** 276-679-1045

**Address:** 340 Anderson Hollow Road Suite 200, Norton, VA

**Website:** <https://fpscorp.com/wise-county-office/>

**Frontier Health  
Big Stone Gap, VA**

*Outpatient mental health and Substance Abuse programs for adults, children, and adolescents.*

**Phone:** 276-523-8300 (adults); 276-523-8360 (children & adolescents)

**Website:** [www.frontierhealth.org](http://www.frontierhealth.org)

**Health Connect America  
Norton, VA**

*HCA currently offers Therapeutic Day Treatment services in the schools, Intensive In-Home services, and Outpatient for teens. They are working on getting an adolescent intensive outpatient program for substance abuse hopefully in January 2022.*

**Phone:** 276-644-7690

**Address:** 616 Park Ave. NW., Norton, VA 24273

**Website:** [www.healthconnectamerica.com](http://www.healthconnectamerica.com)

**Lonesome Pine Office on Youth  
Big Stone Gap, VA**

*LPOY offers a mentor program, strengthening families program, family liaison program, and a Teen Outreach Program.*

**Phone:** 276-523-5064

**Address:** PO Box 568, Big Stone Gap, VA 24219

**Website:** [www.lonesomepineofficeonyouth.org](http://www.lonesomepineofficeonyouth.org)



**Southwest Virginia Children's Advocacy Center  
Big Stone Gap, VA**

*The CAC offers free counseling services to children and adults who are survivors of child abuse, neglect, or witnesses to violence.*

**Phone:** 276-523-4202 (ask for the CAC)

**Address:** 1501 Third Avenue East, Big Stone Gap, VA

**Website:** <https://meoc.org/childrens-services/>

**Mount Rogers Community Service Board  
Smyth, Wythe, Bland, Carroll, Galax, and Grayson counties**

*Inpatient crisis stabilization, outpatient mental health, and Substance use programs for adults, children, adolescents*

**Phone:** 276-223-3250

**Address:** 770 West Ridge Rd, Wytheville, VA, 24382

**Website:** <https://www.mountrogers.org/>

**Highlands Community Services  
Washington County and Bristol City**

*Inpatient crisis stabilization, outpatient mental health, and Substance use programs for adults, children, adolescents*

**Phone:** 276-525-1550

**Address:** 610 Campus Dr, Abingdon, VA, 24210

**Website:** <https://highlandscsb.org/>

**Physical & Sexual Health**

**Lenowisco Health Dept.  
Wise, VA**

*The health department can provide birth control without parental consent and STI testing. Its service area includes the counties of Wise, Lee, and Scott and the City of Norton.*

**Phone:** 276-328-8000

**Address:** 134 Roberts Ave SW, Wise, VA 24293

**Website:** <https://www.vdh.virginia.gov/lenowisco/contact-us/>

**Lonesome Pine Office on Youth  
Big Stone Gap, VA**

*LPOY offers a mentor program, strengthening families program, family liaison program, and a Teen Outreach Program.*

**Phone:** 276-523-5064

**Address:** PO Box 568, Big Stone Gap, VA 24219

**Website:** [www.lonesomepineofficeonyouth.org](http://www.lonesomepineofficeonyouth.org)



**Mount Rogers Health District**

**Bristol, Bland, Carrol, Galax, Grayson, Smyth, Washington and Wythe**

*The mission of Mount Rogers Health District is to build healthy communities through disease prevention and control, health promotion and education, protection of environmental resources, and preparedness for emergency response.*

*Bland County Health Department*

**Phone:** 276-688-3642

**Address:** 209 Jackson St, Bland, VA, 24315

**Bristol City Health Department**

**Phone:** 276-642-7335

**Address:** 341 Piedmont Ave, Bristol, VA, 24201

**Carroll County Health Department**

**Phone:** 276-730-3180

**Address:** 605-15 Pine St, Hillsville, VA, 24343

**Galax City Health Department**

**Phone:** 276-236-6127

**Address:** 502 South Main St, Galax, VA, 24333

**Grayson County Health Department**

**Phone:** 276-773-2961

**Address:** 186 west Main St, Independence, VA, 24348

**Smyth County Health Department**

**Phone:** 276-781-7460

**Address:** 201 Francis Marion Ln, Marion, VA, 24354

**Washington County Health Department**

**Phone:** 276-781-7460

**Address:** 15068 Lee Hwy, Suite 1000, Bristol, VA, 24202

**Wythe County Health Department**

**Phone:** 276-228-5507

**Address:** 290 South 6th St, Suite 300, Wytheville, VA, 24382

**Mel Leaman Free Clinic**

**Phone:** 276-781-2090

**Address:** 601 Radio Hill Rd, Marion, VA, 24354

**Website:** <https://www.melleamanfreeclinic.org/>

**Teen Parenting Support**



## **Moms-R-Us**

### **Northeast Tennessee and Southwest Virginia**

*Mission is to improve the lifetime health and wellness of teens and their babies by providing the education, resources, encouragement, and individualized support necessary to ensure they complete their education and work towards family self-sufficiency.*

**Phone:** 423-968-9444

**Email:** [teenpregnancysupport@ywcatvna.org](mailto:teenpregnancysupport@ywcatvna.org)



## **National Resources**

### **Resources for LGBTQ+ young people**

#### **The Trevor Project**

The Trevor Project provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor. Their trained counselors understand the challenges LGBTQ young people face.

They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you'd like

Visit [TheTrevorProject.org](http://TheTrevorProject.org) Press ESC three times to leave and erase this from your history.

**Text** START to 678-678

**Call** 866-488-7386

#### **Q Chat Space**

[Q Chat Space](#) is a new digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups. The program gives youth safe opportunities to connect with each other, in spaces moderated by trusted adults, within a structure that encourages compassionate interactions and discourages bullying and harassment.

#### **National Suicide Prevention Lifeline**

**1-800-273-8255**

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

**To find more local resources**, visit: [www.suicidepreventionlifeline.org/our-crisis-centers/](http://www.suicidepreventionlifeline.org/our-crisis-centers/)

#### **National Sexual Assault Hotline**

**1-800-656-4673**

Trained support specialists provide support, information, advice, or a referral.

**To find other resources that are more local**, visit [www.centers.rainn.org](http://www.centers.rainn.org)

### **Sexual Health Resources**

#### **Roo**

[Roo](#) (or **text** "Roo" to 22422) is an online chatbot powered by Planned Parenthood that can answer many of your questions about sexual health, relationships, growing up and more. Want to talk to an actual person? No problem - visit Planned Parenthood's [live chat tool](#) or **text** "PPNOW" to 774636.

#### **Scarleteen**



[Scarleteen](#) is a website with answers to all your sexual health questions. If you need some assistance finding the right information, **text** your question to (206) 866-2279. One of the organization's staff or volunteers can help point you in the right direction.

**Sex Etc**

[Sex Etc](#) is a sexual health website made by teens, for teens.