



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 Rooms

CAMC General Division Emergency Rm (ER)	Highland Hospital
501 Morris St, Charleston, WV 25301	300 56 th St. SE Charleston, WV 25304
304-388-5432 or www.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 harmonyh.org

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

Lasting Solutions: 304.941.6256 or lastingsolutionswv.com

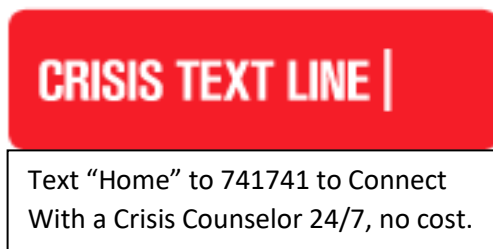
Mosaic Wellness: 304.539.0342 or sclarke@mosaicwellness.life Online at: www.mosaicwellness.life

New Horizons: 304-768-5506 or kara.prunty_nh@yahoo.com

Pretera: 304-414-2065 or 304-341-0511; Online at: 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 Health Family- 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 CDC

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