

Frequently asked - What to Donate

Volunteer Services for Northern Virginia Mental Health is happy to accept donations for our patients. We have compiled a wish list below. Many of the items on the wish list are used as incentives during treatment while other items are used to support the patients after they are discharged from the hospital.

If you have a question about a donation, you may contact Volunteer services at NVMHI.Volunteers@dbhds.virginia.gov . Thank you for thinking of the patients in Northern Virginia Mental Health Institute. We are truly grateful!

Games/Activities

Since technology is so important to individuals today, video games, and iPods/MP3 players are always in need.

Crossword puzzles, Word Search, Sudoku, etc...	Blank Journals
Playing cards (regular, Uno, Phase 10, etc...)	Handheld electronic games (solitaire, yahtzee, etc...)
Video games for Wii, Playstation2, Game Cube, Xbox	Handheld video game systems (Gameboy, Nintendo DS, PSP)
iPads and other tablet devices (Nook, Kindle, etc...)	iPods, MP3 players, AM/FM radios
DVDs (PG & PG13 ratings)	CDs (current popular artists)
Headphones	

Clothing/Shoes

All sizes are needed such as M, L, XL, and 2XL in women and men's clothing.

Jeans	Tennis Shoes
Shorts	No Socks/Under Garments
T-Shirts	No Childrens Clothing

Books/Magazines

For safety reasons, Volunteer Services prefers to have paperback copies of books.

Non-Fiction Books	Fiction Books (PG)
Catholic Bibles – New American translation	Large print Bibles
Bibles (Spanish)	Tanakhs (Jewish Bibles)
Qur'ans (Muslin scriptures)	Magazine subscriptions

Arts & Crafts

Art & craft supplies are used as tools to help the patients control their mental illness inside and outside of the hospital.

Crayons	Acrylic paint	Markers (washable)
Paint brush markers	Paint brushes	Craft kits
Model Magic	Sand art / sand art containers	Plaster
Glue (Tacky and Regular)	Unpainted ceramics	Scratch art, jewelry, foam art, fuse bead sets
Watercolor paint sets	Watercolor paper	Jewelry kits
Batting for quilts	3M painters tape	Coloring Books

Hygiene Items

The state supplies all of these items for our patients during their stay at the hospital. However, many of our patients need these items when they are discharged from our care.

Hair Supplies	Lotion (Men and Women)
Shampoo and Conditioner	Soap (Hypoallergenic and Regular)
Deodorant (Men and Women)	Razors
Hair Brushes	Hair Dryer
Shaving Cream (Men and Women)	

Gift Cards

Gift cards of any amount are very helpful, as they allow Volunteer Services to purchase items of immediate need. For example, our patient care units often need color ink cartridge replacements to print pictures for patients and families for special events and holidays.

Target	Michael's	Walmart
Movie Theater	Kmart	Best Buy
iTunes	Home Depot	

Treats

- Individually packaged snacks (cheese crackers, breakfast bars, fruit cups, fruit gummies, goldfish crackers, trail mix, cookies, etc...)
- Bottled drinks (bottled water, juice, non-caffeinated soda products, etc...)