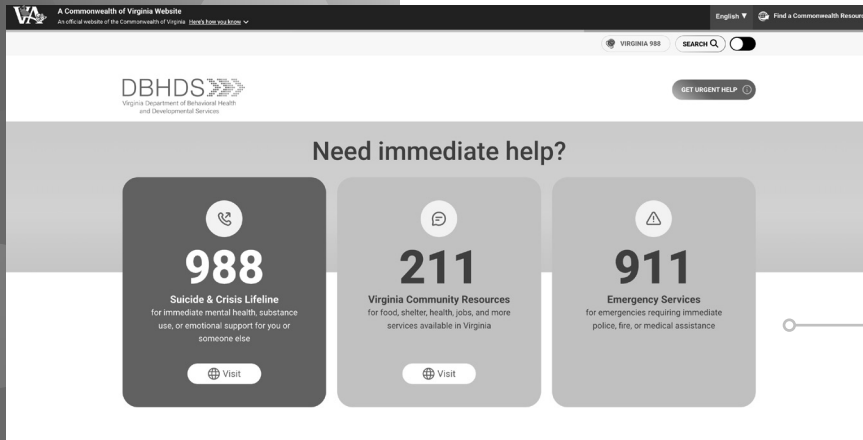
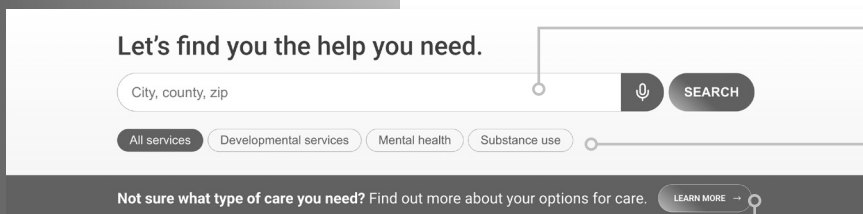


Help Starts Here, Virginia: A user's guide

The Virginia Department of Behavioral Health and Developmental Services has created HelpStartsHereVirginia.org to connect Virginians with local mental health, substance use and developmental services. This easy-to-use tool features resources that are accessible to you, even if you have little or no insurance. Here is a quick how-to:



Do you have immediate needs?
Read this first.



Enter your ZIP code or city and state to find services in your area.

Click one of these buttons if you'd like to see all resources, or only mental health, substance use or developmental services.

Click here to learn more about the services that are available to you.

CSBs: Community agencies that are here to help.

Community Services Boards, or CSBs, are local organizations that help people with mental health or substance use challenges and people with developmental disabilities. They are your safety net for getting care, regardless of your ability to pay.

What to bring: When you visit a CSB in person, be sure to have your photo ID, your insurance or Medicaid card (if you have coverage), a list of any current medications you're taking, and proof of your income, if you have any.



Read this to learn more about community services boards.

