Fredericksburg, VA Safety Beyond Police
List of Mediation & Hotlines resources

- **Homelessness Helpline: (540) 358-5801** Please contact the helpline if you are in any of the following situations: sleeping outside (including in a car, tent, or abandoned building), in need of emergency shelter, or at risk of sleeping outside or needing emergency shelter within 14 days. You will be connected to services provided by Brisben Center, Micah Ecumenical Ministries, Loisann’s Hope House, or other community services.

- **Runaway and Homeless Youth:** Call 1-800-SAY-TEEN or text “TEENHELP” to 855-11. This 24/7 crisis hotline is provided by Second Story, a non-profit providing youth services and safe shelters.

- **Victim Support:** 1 (855) 4-HELP-VA (855-443-5782) [Virginia Victim Assistance Network](https://www.vaman.org) Victim Assist Helpline, available to call, text, or chat on their website. The Network is a statewide nonprofit providing services including victim support groups, information regarding legal rights, and connecting with low or no cost attorneys. All services are free, safe, and confidential.

- **Domestic Violence:** (540) 373-9373 [Empowerhouse](https://www.empowerhouseva.org) provides a 24/7 hotline offering free and confidential services to victims and their children. Hablamos Espanol. [Informeación en Español](https://www.empowerhouseva.org/es).

- **Sexual Assault:** (540) 371-1666 [Rappahannock Council Against Sexual Assault](https://www.icasa.org) 24/7 Crisis Hotline. RCASA provides counseling, case management, and advocacy at no charge for all survivors of sexual violence, including men and members of the LGBTQ+ community.

- **Police Misconduct:** [File a Police Complaint](https://www.fredericksburgva.gov/PD/Police-Misconduct) (540) 373-3122 Ask to speak with a supervisor. You can also file a complaint by contacting the Office of Accreditation and Professional Standards (540) 654-5768, writing a letter to the Chief of Police, and completing a Citizen Complaint Form.

- **Healthcare:** (540) 741-1061 [The Lloyd F. Moss Free Clinic](https://www.lloydfmossclinic.org) provides medical and dental care at no charge to low-income, uninsured, underinsured and underserved adults.

- **Disability Advocacy:** (540) 373-2559 [disAbility Resource Center of the Rappahannock Area, Inc.](https://www.disabilitycenterva.org) dRC provides peer counseling, deaf and hard of hearing services, veteran’s outreach, information and funding for accessible housing, and access to advocacy groups.

- **Mental Health of America Virginia Warm Line:** 1-866-400-MHAV (6428) Monday - Friday 9am - 9pm, Sat & Sun 5pm - 9pm. The [MHAV Warm Line](https://www.mhavwarmline.org) is a peer-run service for residents of VA who would like someone to talk to, or who request community mental health resources, or who have specific questions about their recovery journey. *This is not a hotline.* If you are in crisis, please call the National Crisis Hotlines 1-800-273-8255.

- **Addiction Support:** [Alcoholics Anonymous](https://www.aa.org) Hotline (540) 752-2228. [Rappahannock Area Narcotics Anonymous](https://www.raana.org) 24-Hour Information Line (800) 777-1515. *This is not a hotline.*

- **Rappahannock Area Community Services Board (RACSB)** - (540) 373-6876 RACSB’s Emergency Services assist those experiencing a psychiatric crisis. *Police may be triggered if the person is believed to be a danger to themselves or others and refuses to go to the hospital voluntarily.*