



Teen Outpost P.O. Box 35336 Richmond, VA 23235 Phone (804) 433-3870

Teen Outpost Crisis Numbers

Be aware that these numbers are as up-to-date as possible but they may change without notice

If you or someone you know is in a life-threatening situation, call 911 immediately.

To talk to a crisis counselor, call one of the hotlines.

**National Suicide Hotline 1-800-SUICIDE 1-800-784-2433
National Suicide Prevention Lifeline 1-800-273-TALK (8255)**

National Run Away Switchboard

1-800-RUN-AWAY or 1-800-786-2929

Teen Talk

434-947-7277 or 888-299-7277

Pregnancy and STD

673-2020 or 1-800-395-HELP (4357)

Local Crisis Lines:

City of Richmond	819-4100
Chesterfield	748-6356
Henrico	261-8484
Goochland	556-3716
Hanover	365-4200
Powhatan	598-2697