

What is a Social Worker?

Social Workers are trained and experienced professionals who help people – individuals, families and groups – face and overcome some of life's most challenging and stressful situations:

- Physical & mental illnesses & disabilities
- Pregnancy & parenting
- Substance abuse & addiction
- Family & marital problems
- Separation & isolation
- Unemployment & poverty
- Loss of a loved one & bereavement
- Aging

All of NMCP's Social Workers are specially trained and experienced in handling a variety of complex medical problems in the following areas:

- Psychiatry & psychology, including behavioral care, crisis intervention & anger management
- General surgery
- Mother/baby
- Breast cancer
- HIV & AIDS
- Dialysis
- Pediatrics

NMCP Social Workers are available
Monday – Friday,
0800 – 1600
Building 3, 4th Floor
(757) 953-5861

NMCP Social Work provides services to patients and their family members to help deal with the impact of illnesses, diseases, traumatic injuries, and pregnancy and parenting. A set of core services is provided to all referred patients, including:

- A psycho-social assessment
- Patient education, information & support
- Referral information to community resources

RESOURCES FOR FAMILIES IN THE HAMPTON ROADS AREA

AMERICAN RED CROSS

American Red Cross 953-5435

AMERICAN CANCER SOCIETY

Toll Free 1-800-ACS-2345
Lee's Friends 625-3115

BEREAVEMENT SUPPORT

Compassionate Friends 484-8161
EDMARC Peace by Peace for Children 967-9251
Empty Arms 545-2667
Parent Bereavement Group, CHKD 668-7129

CHILD CARE

Child Care Referral, Norfolk 444-3670
24 hour emergency, Norfolk 1-866-628-9232
NMCP Child Waiting Center 953-6904

CHILD PROTECTIVE SERVICE (CPS)

State Hotline 1-800-552-7096

DOMESTIC VIOLENCE

Navy Family Advocacy 444-2230
Victim Advocate (24 hrs) 444-NAVY
YWCA Domestic Violence Shelter 625-5570
Statewide Child Abuse Hotline 1-800-552-7096

FISHER HOUSE 953-6889

FLEET AND FAMILY SUPPORT CENTER

Little Creek 462-7563
Norfolk 444-2102
Northwest 421-8870
Oceana 433-2912
Portsmouth 953-7801
Yorktown 887-4606

HANDI-Ride (HRT) 455-8010

HOMELESS SHELTERS

Dwelling Place: Women with Children 624-9879

RESOURCES FOR FAMILIES IN THE HAMPTON ROADS AREA

HOMELESS SHELTERS (cont'd)

Salvation Army Emergency Shelter for Men 622-3471
Union Mission 623-0642
West Program Churches (Open for shelter November) 622-2549

HOMELESS VETERANS

Transitional Program 723-3100

MEALS

Food Bank (Tidewater) 627-6599
Share Program (Peninsula) 596-7188
Meals on Wheels (Chesapeake) 312-6458
Meals on Wheels (Portsmouth) 673-5000
Meals on Wheels (Suffolk) 934-4911
Meals on Wheels (VA Beach) 306-2721
Meals on Wheels (Norfolk) 461-9481

MEDICARE

Toll Free 1-800-633-4227

LEGAL ASSISTANCE

Norfolk 341-4491
Staff Judge Advocate Office, NMCP (Active Duty Only) 953-5452
Tidewater Legal Aid 627-5423

NAVY MARINE CORPS RELIEF SOCIETY VISITING NURSE PROGRAM, BUDGETING & FINANCIAL INFORMATION & ASSISTANCE

Dam Neck 492-6449
Little Creek 462-1596
Norfolk 322-1171
Oceana 433-3383
Portsmouth 953-5956

NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN (WIC)

Chesapeake 382-8608
Green Run (Virginia Beach) 424-9970
Hampton 727-1140
Newport News 594-7502
Norfolk 531-2150

RESOURCES FOR FAMILIES IN THE HAMPTON ROADS AREA

NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN (WIC) (cont'd)

Portsmouth 393-5340
Suffolk 514-4700
Virginia Beach 518-2789

PARENTING INFORMATION

Healthy Families (Chesapeake) 543-9100
Healthy Families (Virginia Beach) 518-2620
New Parent Support (Little Creek) 462-7563
New Parent Support (Portsmouth) 953-7812
Parents as Teachers 444-2853
Resource Mothers 683-9173
The UP Center (Norfolk/Portsmouth/Suffolk)
397-2121 x311

PASTORAL CARE 953-5550

PATERNITY ESTABLISHMENT PROJECT
Toll Free 1-800-468-8894

SECOND SATURDAY: WHAT WOMEN NEED TO KNOW ABOUT DIVORCE 456-1574

SENIOR SERVICES 461-9481

SEXUAL ASSAULT RESPONSE, 24 hour hotline 622-4300

SOCIAL SECURITY ADMINISTRATION

Hampton (866) 592-2669
Newport News (866) 331-9169
Norfolk (866) 858-6089
Portsmouth (866) 593-8851
Suffolk (866) 835-7769
Virginia Beach (888) 377-5237
Toll Free 1-800-772-1213

SOCIAL SERVICES

Chesapeake 382-2000
Hampton 727-1800
Newport News 926-6300
Norfolk 664-6000
Portsmouth 405-1800

RESOURCES FOR FAMILIES IN THE HAMPTON ROADS AREA

SOCIAL SERVICES (cont'd)

Suffolk 514-7450
Virginia Beach 437-3200

SUBSTANCE ABUSE

Substance Abuse Rehab Program 444-4019

SUICIDE

CRISIS Hotline (local) 622-1126
National Suicide Prevention Hotline
1-800-273-8255

SUPPORT GROUPS – NMCP

Continued Psychiatric Care (CPC) 953-5861
HIV/AIDS 953-5861

TRICARE

Appointment Center 1-866-645-4584
Health Benefits Advisors
Little Creek, Boone Clinic 953-8182
Norfolk, Sewells Point 953-8708
Northwest Clinic 421-8220
Oceana Clinic 953-3881
Portsmouth, NMCP 953-2610
TPC Chesapeake 953-6382
TPC Virginia Beach 953-6710
Yorktown NWS Clinic 953-8441
TRICARE Service Center (Health Net Federal Services) 1-877-874-2273

VETERANS AFFAIRS

Hampton 722-9961
Virginia Beach 726-6070
NMC Portsmouth 953-6205
Toll Free 1-800-827-1000

VIRGINIA DEPARTMENT OF HEALTH

Chesapeake 382-8600
Hampton 727-1172
Newport News 594-7400
Norfolk 683-9270
Portsmouth 393-8585
Suffolk 686-4900
Virginia Beach 518-2646



Naval Medical Center Portsmouth

Social Work (757) 953-5861

www.med.navy.mil/sites/nmcp/Patients/SocialWork

*Valuable information
and resources for all
TRICARE
beneficiaries.*

