## Mental Health Skill-building Services (MHSS)

Self Refer Yes Western Tidewater Community Services Board <u>http://www.wtcsb.org</u> <u>https://www.wtcsb.org/our-services/adult-services</u> Main (757) 942-1069 Phone Emergency (757) 925-2484

Godwin Commerce Park, Northgate Building 1000 Commercial Lane Godwin Commerce Park, Northgate Building 23434 VA United States

Monday: 8:30 am-5:00 pm Tuesday: 8:30 am-5:00 pm Wednesday: 8:30 am-5:00 pm Thursday: 8:30 am-5:00 pm Friday: 8:30 am-5:00 pm Saturday: Closed Sunday: Closed Additional Availability Comments Call for individual program hours. Emergency Services are available 24 hours per day, 365 days per year. Fee Structure Sliding Scale Fee

Call for Information Payment Method(s) Private Pay

Private Insurance

Medicaid

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Medicare Languages Spoken English

Call if translation is needed

Suffolk Services Center provides Mental Health Skill-building Services (MHSS) helps adults with serious behavioral health disorders understand their condition and establish personal recovery goals. Individuals learn and practice skills important to achieving psychiatric stability and independent living and to becoming a productive member of the community.

Service Area(s) Franklin City

Isle of Wight County

Southampton County

, Suffolk City

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