

## **Mental Health Skill Building Services**

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Family

No

Intake Process

Call for information.

Intake Contact Telephone

(757) 756-5600

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

Qualification Number

241

Report Problems

Call the Agency

Residency Requirements

Serves residents of Norfolk City.

Self Refer

Yes

Norfolk Community Services Board

<https://www.norfolk.gov/996/Norfolk-Community-Services-Board>

Main

(757) 756-5600

Phone Emergency

(757) 664-7690

7447 Central Business Park Drive  
23513 VA  
United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Call center hours are Monday through Friday. Emergency services are available 24 hours per day, every day. Office hours are Monday, Tuesday, Wednesday and Friday from 8:30 am through 4:00 pm.

Fee Structure

Sliding Scale Fee

,

Call for Information

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

Languages Spoken

English

At the Norfolk Community Services Board, Mental Health Skill Building Services includes training and support to help individuals achieve and maintain stability and independence within the community. Support services are rendered in the least restrictive environment based on the identified needs of the individual.

Skills are developed in the following areas:

- Personal Hygiene;
- Medication Monitoring Diet and Nutrition;
- Stress Management;
- Housing Stabilization;
- Coping;
- Boundaries and Ethical Decision Making;
- Anger Management;
- Social Skill Development;
- Symptom Management;
- Budgeting;
- Health Management;
- Peer Support.

Service Area(s)

Norfolk City