

*we're here for you.*

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UNIVERSITY of VIRGINIA  
MAXINE PLATZER LYNN WOMEN'S CENTER

# **WE'RE HERE TO OFFER SUPPORT AND RESOURCES**

If you or someone you know is in need of support and you're not sure which way to turn, this guide is for you. This guide is designed to make it easy for you to find information on the support resources that are available both on Grounds and in the Charlottesville community. It is not an all-inclusive list, nor does it list all of the services provided by each organization, agency, or department. We hope that this guide will make it easier for UVA students, faculty and staff, and Charlottesville community members to get the support they need.

If you have any questions about this guide or other resources please call the Women's Center counseling line at (434) 982-2252.

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# LEGAL & ADMINISTRATIVE RESOURCES

## POLICE

Provides safety, protection, care and concern for the well being of the community/citizens.

- Police Department: 911 (Emergencies)
- Charlottesville: 434-977-9041  
Use this number to reach Albemarle and University Police as well.

## CENTRAL VA LEGAL AID SOCIETY

Provides legal assistance to qualifying clients who are victims of domestic violence and to immigrants seeking asylum from persecution in their country of origin.

- 1000 Preston Avenue, Suite B
- 434-296-8851
- [Website](#)

### ***What to Expect When You Call the Police***

The following is a list of questions that could be asked when you call for police service.

- **WHO:** Who are you? Who is involved?
- **WHAT:** What is occurring or has occurred?
- **WHEN:** When did the incident occur?
- **WHERE:** Where did the incident occur? What is your location (if different from the location of the incident)?
- **OTHER DETAILS:** Are there any injuries? Is anyone intoxicated? Are any weapons involved? Did anyone leave the scene?

## VICTIM/WITNESS SERVICES

Provides legal assistance, support, information and advocacy services to ensure that victims/witnesses of crimes receive fair and compassionate treatment through judicial processes.

- Charlottesville: 434-970-3716
- Albemarle: 434-296-5807

## LEGAL AID JUSTICE CENTER

Provides legal assistance in a large number of civil areas including housing, employment, education, and public benefits.

- 1000 Preston Avenue, Suite A
- 434-977-0553
- [Website](#)

## HUNTON & WILLIAMS PRO BONO NEIGHBORHOOD OFFICE

Offering pro-bono legal assistance to qualifying clients who are victims of domestic violence and to immigrants seeking asylum from persecution in their country of origin.

- 1010 Preston Avenue
- 434-220-3111
- [Website](#)

## SEXUAL ASSAULT ADVOCACY FUND

Provides legal support, assistance, advocacy, and an attorney for ***UVA students*** affected by sexual assault.

- 1000 Preston Avenue, Suite B
- 434-327-1447

## STUDENT LEGAL SERVICES

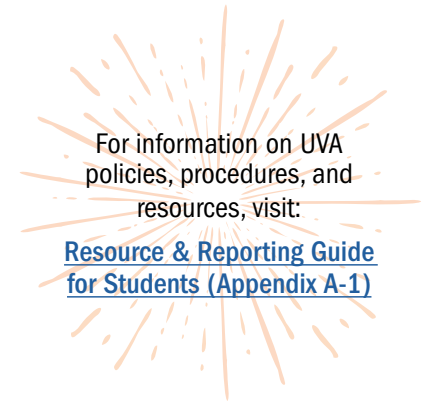
Provides low-cost, confidential legal assistance to ***UVA Students***.

- Newcomb Hall, 4th Floor
- 434-924-7524
- [Website](#)

## TITLE IX COORDINATOR

Offers education, training, coordination, response, and resolution for Title IX/VAWA concerns involving students, employees, and third parties.

- 434-297-7988
- [Website](#)



## MAXINE PLATZER LYNN WOMEN'S CENTER LEGAL CLINIC

Offering pro-bono legal advice twice a month, on a Tuesday evening for ***community members and university employees***. Contact us at [freelegalclinic@virginia.edu](mailto:freelegalclinic@virginia.edu) to schedule your appointment.

- OpenGrounds, 1400 University Avenue
- 434-982-2361
- [Website](#)

### ***Tips for Signing a Lease***

1. Talk to current tenants about the landlord and property.
2. If the property or walk to school and back seem unsafe, look elsewhere.
3. See if your parent's homeowner's insurance covers the apartment. Otherwise, obtain renter's insurance.
4. Have all of your roommates sign the lease together.
5. If you and the landlord agree to a provision not stated in the lease, write it in and have everyone add their initials beside it.
6. Keep a copy of your move-in conditions report, take pictures/videos of the property when you move in and move out - avoid having money taken out of your security deposit when you move out!

## ELSON STUDENT HEALTH

Comprehensive health care services, education, prevention and wellness services *for UVA students*.

- 400 Brandon Avenue
- 434-924-5362
- [Website](#)

## SENTARA STARR HILL WELLNESS CLINIC

Free Wellness clinic services to adolescents, adults and families (assessments, individualized goal planning, medication management, etc.) Appointment only.

- 233 4th Street NW, Room 255A
- 434-982-6220
- [Website](#)

## UVA MEDICAL CENTER

Provides comprehensive health care services and treatments, from general health care needs to advanced clinical services. Accepts most insurance and financial assistance available.

- 1215 Lee Street
- 434-243-3675

## CHARLOTTESVILLE / ALBEMARLE HEALTH DEPARTMENT

Provides public health care services to promote wellness, prevent disease(s), and to protect the environment.

- 1138 Rose Hill Drive
- 434-972-6200
- [Website](#)

## TEEN & YOUNG ADULT HEALTH CENTER

Comprehensive health care services for teens and young adults. Most insurance accepted and financial assistance is available.

- 1204 West Main Street
- 434-982-0090
- [Website](#)

## CHARLOTTESVILLE FREE CLINIC

Provides free health care services for uninsured and underinsured adults and families in both Charlottesville and Albemarle.

- 1138 Rose Hill Drive, Suite 200
- 434-296-5525
- [Website](#)

## SENTARA MARTHA JEFFERSON HOSPITAL

Provides comprehensive health care services and treatments, from general health care needs to advanced clinical services. Accepts most insurance and financial assistance available.

- 800 Martha Jefferson Hospital Drive
- 434-654-7000

## UVA RESIDENTIAL LIFE & HOUSING

Offers safe, inclusive, and welcoming housing support, resources, information, and options *for UVA students, faculty, and staff*. On ground and off-ground housing options.

- 434-924-3736
- [Website](#)

## SHELTER FOR HELP IN EMERGENCY

A safe house option for survivors of domestic violence and/or intimate partner violence; referrals, counseling, and support groups.

- 1415 Sachem Place
- 434-293-8509
- [Website](#)

## THE HAVEN

Day shelter that offers a safe, and welcoming environment for underserved individuals to get breakfast, shower, access computers, and to receive mail.

- 112 West Main Street
- 434-973-1234
- [Website](#)

## PIEDMONT HOUSING ALLIANCE

Promotes equal housing opportunities, fair housing education, outreach and advocacy services. They also provide information, services, and assistance for future homebuyers.

- 682 Berkmar Circle
- 434-817-2436
- [Website](#)

## SALVATION ARMY

Provides emergency shelter and meals to individuals and families.

- 207 Ridge Street
- 434-295-4058
- [Website](#)

## CHARLOTTESVILLE PROPERTY MAINTENANCE

A resource to ensure safe, and clean communities through inspections and enforcement of building and safety codes. This resource is especially useful for students living off-grounds. Students should first contact their landlord or property manager.

- 434-970-3184
- [Website](#)

# MENTAL HEALTH PROMOTION & WELLNESS

RESOURCES AT UVA

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Responds to the mental health needs of **UVA students** while also providing consultation, education, outreach, and crisis management to the broader UVA community.

- 400 Brandon Avenue
- 434-243-5150  
Daytime, after-hours, & emergencies
- [Website](#)

## SHEILA JOHNSON CENTER

Provides therapy and psychological assessment services to UVA students and community members on a sliding fee scale or through health insurance.

- 417 Emmet Street South
- 434-924-7034
- [Website](#)

## FRANK C. MCCUE CENTER

Provides mental health services to current UVA athletes.

- 290 Massie Road
- 434-243-3477
- [Website](#)

## AINSWORTH CLINIC

Provides free and confidential psychological services, including therapy, and testing and assessment services, to students and community members.

- 108 Gilmer Hall
- 434-982-4763
- [Website](#)

## UVA FACULTY & STAFF EMPLOYEE ASSISTANCE PROGRAM (FEAP)

Provides free brief assessment, crisis intervention, & counseling services to all **faculty, staff, and student employees at UVA** (medical & academic) and their family members.

- West Complex Hospital: 1300 Jefferson Park Avenue, Suite 1982
- 434-243-2643
- [Website](#)

## MAXINE PLATZER LYNN WOMEN'S CENTER

Provides free individual, couples and group counseling services to students, faculty & staff, and community members. Also offering outreach and leadership programs.

- 432 McCormick Road (Emmet House)
- 434-982-2361
- [Website](#)

## FAMILY STRESS CLINIC

Provides counseling services to a wide variety of patient populations and presenting issues.

- 1221 Lee Street
- 434-243-6868
- [Website](#)

## UVA MEDICAL CENTER & EMERGENCY DEPARTMENT

Provides emergency services for mental health and psychiatric crises. Also provides inpatient treatment options with the Psychiatric/Behavioral Medicine Unit.

- 1215 Lee Street
- 434-924-2231
- [Website](#)

## NEUROCOGNITIVE ASSESSMENT LAB

Provides neurocognitive assessment and suggestions for treatment and rehabilitation.

- 1300 Jefferson Park Avenue
- 434-924-2718
- [Website](#)

## NORTH RIDGE OUTPATIENT PSYCHIATRIC CLINIC

Provides psychiatric services to students and members of the community. Accepts insurance and out-of-pocket payment.

- 2955 Ivy Road, Suite 210
- 434-243-4646
- [Website](#)

## UVA TEEN & YOUNG ADULT HEALTH CENTER

Provides limited mental health support and treatment for adults ages 12-26. Accepts insurance, and out-of-pocket payments. Financial assistance may also be available.

- 1204 West Main Street
- 434-982-0090
- [Website](#)

## BEHAVIORAL MEDICINE CENTER

Provides psychotherapy to a wide variety of patient populations and presenting issues.

- 1300 Jefferson Park Avenue
- 434-924-5314
- [Website](#)

# MENTAL HEALTH PROMOTION & WELLNESS

RESOURCES IN CHARLOTTESVILLE

# PROFESSIONAL DEVELOPMENT

## WOMEN'S INITIATIVE

Provides mental health supportive services including counseling, support groups, social support options, outreach and education.

- 1101 East High Street
- 434-872-0047
- [Website](#)

## FREE WALK-IN CLINICS

Free walk-in wellness sessions for immediate, short-term assistance including eligibility screenings, self-care assessments, information and referral services, education and emotional support.

- Tuesdays 9-12pm  
Jefferson City School  
434-202-7692
- Wednesdays 2-5pm  
1101 East High Street

## READY KIDS

Provides counseling services to teens up to age 18.

- 1000 East High Street
- 434-296-4118
- [Website](#)

## MENTAL HEALTH OF AMERICA CHARLOTTESVILLE/ALBEMARLE

Provides connections, education, and advocacy for individuals, family members, and professionals to promote mental wellness support and recovery.

- 911 East Jefferson Street
- 434-977-4673
- [Website](#)

## CHARLOTTESVILLE FREE CLINIC

Provides limited mental health services including assessments, medication management and short-term therapy.

- 138 Rose Hill Drive, 200
- 434-296-5525
- [Website](#)

## REGION TEN CSB

Provides support, education, and services to families and individuals with mental health challenges, development challenges and/or substance use disorders.

- 800 Preston Avenue
- 434-972-1800
- [Website](#)

## UVA CAREER CENTER

Empowers **UVA students** in their professional development through a variety of services and programs for career exploration, skill development, and career goal planning.

- Bryant Hall
- 434-924-8900
- [Website](#)

## CENTER FOR NON-PROFIT EXCELLENCE

A local resource center providing support, resources, and listings of employment opportunities in an effort to strengthen non-profits in the community.

- 1701 Allied Street
- 434-244-3330
- [Website](#)

## ALBEMARLE COUNTY CAREER CENTER

Provides employment supportive services, trainings, and resources. They also offer access tools and technology to assist with job searching.

- 1600 5th Street, Suite A
- 434-972-4011, ext. 3617

## UVA HUMAN RESOURCES

Provides supportive services including employment opportunities & recruitment, information, training & development, and resources.

- 914 Emmet Street
- 434-982-0123
- [Website](#)

## VIRGINIA EMPLOYMENT COMMISSION

Provides employment supportive services, trainings, and resources. They also offer access tools and technology to assist with job searching.

- 2211 Hydraulic Rd.
- 434-984-7630
- [Website](#)

### *What can I do to increase my chances of finding a job?*

1. Obtain marketable skills: Regardless of your academic major, challenge yourself to work on developing supplemental marketable skills, such as communication skills or leadership.
2. Take advantage of internships and externships: Internships are a chance to field-test a career, while externships offer you short-term job-shadowing experiences. Increasingly, employers choose new hires from their pool of former interns!
3. Make the most of the UVA Career Center: Being a full-time student and job-seeker is challenging! Make use of career assistance that's available to you.
4. Participate in extracurriculars: School leadership activities can provide valuable career skills and experiences.

## ELSON STUDENT HEALTH

Comprehensive health care services, education, prevention and wellness services for **UVA students**.

- 400 Brandon Avenue
- 434-924-5362
- [Website](#)

## UVA MEDICAL CENTER

Provides comprehensive health care services & treatments, from general health care needs to advanced clinical

- 1215 Lee Street
- 434-243-3675

## CHARLOTTESVILLE / ALBEMARLE HEALTH DEPARTMENT

Provides family planning information, support, counseling and services.

- 1138 Rose Hill Drive
- 434-972-6200
- [Website](#)

## TEEN & YOUNG ADULT HEALTH CENTER

Comprehensive health care services for teens and young adults. Most insurance accepted and financial assistance is available.

- 1204 West Main Street
- 434-982-0090
- [Website](#)

## PLANNED PARENTHOOD

Provides family planning, sexual health and sexually transmitted infection services. Offering the morning after pill, abortion services, educational and outreach services in the community.

- 2964 Hydraulic Road
- 434-296-1000
- [Website](#)

## SENTARA MARTHA JEFFERSON HOSPITAL

Provides comprehensive health care services & treatments, from general health care needs to advanced clinical services. Accepts most insurance and financial assistance available.

- 800 Martha Jefferson Hospital Drive
- 434-654-7000

## SHELTER FOR HELP IN EMERGENCY (SHE)

Provides supportive services to victims and survivors of domestic violence. Services include counseling, legal advocacy, group and individual counseling, emergency shelter, and a confidential 24-hour hotline.

- 1415 Sagem Place, Suite 101
- 434-963-4676 / 434-293-8509 (Crisis hotline)
- [Website](#)

## VA SEXUAL & DOMESTIC VIOLENCE ACTION ALLIANCE

Statewide coalition that provides supportive services to victims and survivors of sexual and domestic violence including advocacy, resources, education, and outreach.

- 1118 W. Main St., Richmond VA 23220
- 804-377-0335
- 1-800-838-8238 (24-hour hotline)
- [Website](#)

## SEXUAL ASSAULT RESOURCE AGENCY (SARA)

Provides supportive services to victims and survivors of sexual violence. Services include counseling, legal advocacy, group and individual counseling, information and referrals, and a confidential 24-hour hotline.

- 335 Greenbrier Drive
- 434-295-7273
- 434-977-7273 (Crisis hotline)
- [Website](#)

## SEXUAL ASSAULT ADVOCACY FUND

Provides legal support, assistance, advocacy, and an attorney for **UVA students** affected by sexual assault.

- 1000 Preston Avenue, Suite B
- 434-327-1447

## MAXINE PLATZER LYNN WOMEN'S CENTER

Provides free individual, couples and group counseling services to students, faculty & staff, and community members. Confidential Advocacy for students seeking guidance. Also offering outreach and leadership programs related to gender-based violence.

- 432 McCormick Road, Emmet House
- 434-982-2361
- [Website](#)

For information on UVA policies, procedures, and resources, visit:

[Resource & Reporting Guide for Students \(Appendix A-1\)](#)

# LGBTQ+ SUPPORT

## UVA LGBTQ+ RESOURCE CENTER

Provides information, support, referrals, advocacy and programming for LGBTQ students, faculty, staff, alumni and allies.

- Newcomb Hall, Lower Level 42
- 434-982-2843
- [Website](#)

## ELSON STUDENT HEALTH

Comprehensive health care services, education, prevention and wellness services *for UVA students.*

- 400 Brandon Avenue
- 434-924-5362
- [Website](#)

## VA ANTI-VIOLENCE PROJECT

Provides advocacy and support services for LGBTQ+-identified survivors of violence, including individual and group support, individual and systems advocacy, and accompaniment; relationship classes, and trainings to professionals/community organizations on LGBTQ+ issues and challenges.

- PO Box 7445
- 804-925-9242
- Hotlines:
  - Text: 804-793-9999
  - Call: 1-866-356-6998
- [Webchat](#)
- [Website](#)

## TRANS LIFELINE

A non-profit hotline staffed by transgender volunteers for people who are experiencing difficulty or crisis.

- 1-877-565-8860

## MAXINE PLATZER LYNN WOMEN'S CENTER

Provides free individual, couples and group counseling services to students, faculty & staff, and community members. Also offering outreach and leadership programs.

- 432 McCormick Road, Emmet House
- 434-982-2361
- [Website](#)

## TEEN & YOUNG ADULT HEALTH CENTER

Comprehensive health care services for teens and young adults. Most insurance accepted and financial assistance is available.

- 1204 West Main Street
- 434-982-0090
- [Website](#)

## PFLAG BLUE RIDGE: CHARLOTTESVILLE ANTI-VIOLENCE PROJECT

Support group for parents/families of transgender and gender variant youth. A peer-led support group for trans-identified persons also meets at the same time and location.

- 1101 East High Street (Women's Initiative)
- 434-882-3453
- [Website](#)

## SIDE BY SIDE

Weekly curriculum based support groups for LGBTQ+ youth ages 14-20. Information and referrals for youth and families; training opportunities available for professionals and community agencies.

- UVA Teen & Young Adult Health Center - 1204 W. Main Street
- 434-987-8975
- Youth Support Life: 1-888-644-4390
- [Website](#)

## EQUALITY VA

Leading statewide non-partisan advocacy, outreach, and educational organizations seeking equality for LGBTQ+ Virginians.

- PO Box 17860, Richmond, VA 23226
- 804-643-4816
- [Website](#)

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Responds to the mental health needs of UVA students while also providing consultation, education, outreach, and crisis management to the broader UVA community.

- 400 Brandon Avenue
- 434-243-5150  
Daytime, after-hours, & emergencies
- [Website](#)

## ON GROUNDS HOUSING ACCOMODATIONS

Students with unique concerns can contact the Assistant Director at Housing for information, support, and on-grounds housing options.

- 434-924-3314
- Assistant Director, Countess Hughes: cmh8sc@virginia.edu

## SINGLE STALL/GENDER NEUTRAL BATHROOM OPTIONS

Map of single-stall and gender neutral bathroom options on grounds and in the community.

- [Map](#)

## WOMEN'S INITIATIVE

Provides mental health supportive services including counseling, support groups, social support options, outreach and education.

- 1101 East High Street
- 434-872-0047
- [Website](#)

## PLANNED PARENTHOOD

Offers education, resources, and services referral's for any client that identify's as LGBT+. Services offered every other Saturday.

- 2964 Hydraulic Road
- 434-296-1000
- [Website](#)



## REGION TEN CSB

Provides support, education, and services to families and individuals with mental health challenges, development challenges and/or substance use disorders.

- 800 Preston Avenue
- 434-972-1800
- [Website](#)

## NARCOTICS ANONYMOUS

Offering support, resources and information for individuals in recovery from drugs. Please visit the website for a list of community meetings.

- [Website](#)

## GORDIE CENTER FOR SUBSTANCE ABUSE PREVENTION

Provides education, information, resources and referrals for university wide alcohol and other drug abuse prevention, strategies, and support for **UVA students** in recovery. Please visit the website for campus wide initiatives.

- 400 Brandon Avenue
- 434-982-0703
- [Website](#)

## ALCOHOLICS ANONYMOUS

Offering support, resources and information for individuals in recovery to stay sober and to help alcoholics achieve sobriety. Please visit the website for a list of community meetings.

- [Website](#)

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Responds to the mental health needs of **UVA students** while also providing consultation, education, outreach, and crisis management to the broader UVA community.

- 400 Brandon Avenue
- 434-243-5150  
Daytime, after-hours, & emergencies
- [Website](#)

### *Alcohol and Personal Safety*

- Stay in a group in which at least one person does not drink that night.
- Know that students drink less than you think. On a typical Friday, 60% of students don't drink, or they consume three or fewer drinks.
- Never leave a drunken friend alone. A person's Blood Alcohol Concentration may continue to rise after passing out or stopping drinking. Use PUBS as a guide to the symptoms of alcohol overdose:
  - Puking while passed out
  - Unresponsive to stimulation
  - Breathing (slow, shallow, or no breathing)
  - Skin (blue, cold, or clammy)
- If you see even one sign of alcohol overdose, call 911.

## EMERGENCY RIDE PROGRAM/ YELLOW CAB

Transportation/taxi service for **UVA students** who do not have access to safe transportation or money for cab fare. Students can call Yellow Cab and charge the ride to their UVA account.

- 434-295-4131

## UNIVERSITY TRANSIT SERVICE

Free bus rides on UTS routes every 15-20 minutes from 12:30-2:30a Thursday through Saturday. Please check online for bus routes and schedules.

- [Website](#)
- 434-924-7231

## CHARLOTTESVILLE AREA TRANSIT

Transit service providing transportation in Charlottesville and Albemarle County. UVA Staff, faculty, students ride free with ID. Please call for routes/schedules.

- 434-970-3649
- [Website](#)

## PUBLIC SAFETY SUBSTATION

The Public Safety Substation can be used as a place to for non-emergency help on the Corner or as a meeting place to wait for friends or ride. The substation is staffed by Ambassadors 24/7. It is not a substitute for calling 911.

- 1413 University Ave.

## SAFE RIDE

Free Van services operated by UVA PD and Student Council offering safe rides to **UVA students**.

- Sun - Weds: 12am-7am
- Thurs - Sun: 2:30am-7:30am
- 434-242-1122

## SAFE WALK

A male and female pair of students serve as walking partners to **UVA students** Sunday-Thursday from 9pm-2am.

- 434-242-1122

## JAUNT

Transportation services in Charlottesville and the surrounding counties. Reduced rates for individuals with disabilities.

- 434-296-3184

## UVA AMBASSADOR PROGRAM

The University provides Ambassadors who patrol a broad area off Grounds where students live and spend time. Ambassadors do not have law enforcement power and are not a replacement for 911. They provide "eyes and ears" on the street helping students and anyone else who needs

- 434-924-7166
- [Website](#)

# ACCESSIBILITY & DISABILITY EMPOWERMENT

## JAUNT

Transportation services in Charlottesville and the surrounding counties. Reduced rates for individuals with disabilities.

- 434-296-3184

## INDEPENDENT RESOURCE CENTER

Provides a wide range of services to individuals with disabilities including peers counseling, advocacy, education, information, referrals, and other supportive services.

- 815 Cherry Ave
- 434-971-9629

## OFFICE FOR EQUAL OPPORTUNITY & CIVIL RIGHTS ADA COORDINATOR

Supports the University's commitment to equal access for individuals with disabilities to programs and activities through education, training, and consultation. The ADA Coordinator serves as the university's primary source for questions and concerns about services and accommodations for individuals with disabilities. This resource is available for ***UVA students, faculty, staff, and visitors.***

- O'Neil Hall, Rm. 037
- 434-924-3295
- [Website](#)

## DEPARTMENT OF AGING & REHABILITATIVE SERVICES

DARS provides supportive services, and support to improve employment, quality of life and security for older adults and adults with disabilities.

- 2211 Hydraulic Rd
- 434-243-5180

## VIRGINIA RELAY

Virginia Relay enables people who are deaf, hard of hearing, Deaf Blind, or have difficulty speaking to communicate by TTY (text telephone) or another assistive telephone device with anyone who uses a standard phone.

- 434-972-1800

## STUDENT DISABILITY ACCESS CENTER

Provides support services, academic accommodations, advocacy, and educational training. This resource is available for ***UVA students.***

- 400 Brandon Ave.
- 434-243-5180

## DEMAND AND RESPONSE TRANSPORTATION (DART)

Provides transportation to those who, because of disability, are unable to use the regular fixed route bus service.

- 434-924-3095
- [Website](#)

# NUTRITION, BODY IMAGE, & DISORDERED EATING

## STUDENT HEALTH OFFICE OF HEALTH PROMOTION

Provides supportive services **for UVA students** including educational materials, health visits, patient education, information & referrals and nutrition counseling-assessment, and coordinated outpatient treatment.

- 400 Brandon Ave.
- 434-924-5362
- [Website](#)

## MAXINE PLATZER LYNN WOMEN'S CENTER

Provides free individual, couples and group counseling services to students, faculty & staff, and community members. Also offering outreach and leadership programs.

- 432 McCormick Road, Emmet House
- 434-982-2361
- [Website](#)

## PROSPERITY EATING DISORDER & WELLNESS CENTER

Provides comprehensive, evidence-based, integrated outpatient treatment center offering counseling services, medical/nutritional services, information & referrals, and wellness programs.

- 909 West Main St.
- 434-326-4577
- [Website](#)

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Responds to the mental health needs of ***UVA students*** while also providing consultation, education, outreach, and crisis management to the broader UVA community.

- 400 Brandon Avenue
- 434-243-5150  
Daytime, after-hours, & emergencies
- [Website](#)

## NATIONAL EATING DISORDER INFORMATION & REFERRAL LINE

A helpline offering information, support, resources treatments options for individuals and families affected by eating disorders.

- 1-800-931-2237

## WOMEN'S INITIATIVE

Provides mental health supportive services including counseling, support groups, social support options, outreach and education.

- 1101 East High Street
- 434-872-0047
- [Website](#)

# **Maxine Platzer Lynn Women's Center**

Since its founding in 1989, the Women's Center has served the University of Virginia community and connected students, faculty, staff, alumni and friends committed to a just and equitable UVA – an unrivaled place to work and learn. Our students learn to create change on the personal, local and global levels, and apply knowledge gained in their coursework to serve in the Charlottesville community they call home during their UVA years.

[womenscenter.virginia.edu](http://womenscenter.virginia.edu)

We are proud to be a national model as one of the few centers to combine extensive expertise in counseling college students with robust opportunities for training in effective social justice advocacy. Visit our website to learn more about the engaged scholarship opportunities, information resources and services we offer.

## **Engaged Scholarship Opportunities**

Body Positive  
Gender Violence and Social Change  
*Iris Magazine*  
Legal Clinic  
Men's Leadership Project  
Social Media Marketing Team  
Women, Girls and Global Justice  
Young Women Leaders Program

## **Community Services**

Babysitters List  
Counseling Services  
Jill T. Rinehart Library  
Legal Clinic  
MLK Women's Hope Project

## **Services for Student Well-being**

Tips and How-To Guides  
Counseling Services  
Support Group for Survivors of Sexual Assault  
*Reflections*  
Survivor Support Network Training  
Post-Assault Advocacy  
Screenings for Mental Wellness or Eating Disorders



In 2017 you can find us **HERE**

Find us in Emmet House on McCormick Road in 2017 while our home on the Corner is under renovation to reopen in 2018.