## WmbgCares.org

JAMES CITY COUNTY • POQUOSON WILLIAMSBURG • YORK COUNTY

## A website with health and well-being information and a directory of services in the Williamsburg area.

WmbgCares.org includes comprehensive information about regional health and human services including:



A listing of over 435 programs and services primarily located in the Greater Williamsburg area.



COMMUNITY CALENDAR

Listings of local behavioral health, caregiver, medical and recovery related support groups, food pantries, senior services and trainings.



A dedicated page with critical information and federal, state and local resources for service members, veterans and their families.

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## Do you or someone you know struggle with mental health or substance use issues?



Providing local access to the 988 Suicide & Crisis Lifeline - 24/7, free confidential support. Help starts here - Hope starts now.



Access local/national hotlines, treatment resources, videos, podcasts, websites and articles to support your wellness needs.



Explore a wide range of resources from local treatment/supports, videos, websites and articles addressing overdose prevention and harm reduction.

The WmbgCares.org website is administered by:

