



We are here for you!

Live Support Chats

HCA Virginia Behavioral Health will host live support groups for EMS and frontline providers via WebEx. These support groups will have a topic and then allow time for confidential discussion. Our purpose is to listen, support, validate and offer additional coping skills.

Support group access instructions:

Download the [Cisco WebEx Meetings App](#) from your phone's [Apple Store](#) or [Google Play](#). Click Join Meeting using the following meeting ID's passwords. Please note the passwords are case sensitive.

Stress Management

Jennifer Sheppard, LPC - BH Access Ctr
June 8/ 8:00 pm
ID: 922 735 744 / Password: 9zgFwhkmb34

Stress Management

Cristal Jenkins, LCSW - BH Access Ctr
June 12 / 8:00 am
ID: 922 553 260/ Password: WGpFVYUC544

Self-Care

Jennifer Sheppard, LPC - BH Access Ctr
June 15 / 8:00 pm
ID: 922 710 117/ Password: yzJWMjsK737

Self-Care

Cristal Jenkins, LCSW - BH Access Ctr
June 19 / 8:00 am
ID: 923 898 171/ Password: mZJpi43nva3

Grief and Loss

Jennifer Sheppard, LPC - BH Access Ctr
June 22/ 8:00 pm
ID: 927 304 531 / Password: jqHCgpRM966

Grief and Loss

Cristal Jenkins, LCSW - BH Access Ctr
June 26/ 8:00 am
ID: 923 317 554 / Password: GuPmm2Y5Um6

Resiliency

Jennifer Sheppard, LPC - BH Access Ctr
June 29/ 8:00 pm
ID: 923 134 734 / Password: HdNutG3fa94

Resiliency

Cristal Jenkins, LCSW - BH Access Ctr
July 3/ 8:00 am
ID: 920 535 635 / Password: P4pbc9VtJw9

