

Thousands of families across the Peninsula suffered through some type of crisis last year. Many of those families were able to get back on their feet and back to their daily lives because you volunteered and contributed financially to H.E.L.P., Inc.

What is H.E.L.P.?

H.E.L.P. is a non-profit organization that ministers to the dignity and needs of people in the Hampton Roads community by providing assistance in the areas of housing, food, financial assistance, health and dental care.

H.E.L.P. was founded in 1982 by eleven local congregations and has existed for more than 29 years in Hampton, Virginia.

What services does H.E.L.P. offer?

A Night's Welcome Winter Shelter Program

A night time winter shelter program for the homeless in which congregations rotate hospitality providing shelter, dinner and breakfast meals. H.E.L.P. also provides on site case management to provide resources to promote self-sufficiency.

The program runs 24 weeks during the coldest winter months, from October through early April.



H.E.L.P. provides a hand up to people in need and not a hand out.

H.E.L.P. House Family Shelter

H.E.L.P. House Family Shelter is a five bedroom, 22 bed shelter providing support to those in crisis.

Requirements for Assistance:

- Screening for occupancy by Housing Case Manager (757-723-2242)
- Referrals from partnering agencies, member congregations and United Way First Call

Shelter Details:

- Clients are put on a strict case management plan within 30 days and goals are set for promotion of self-sufficiency
- Clients must attend Shelter related meetings
- Clients that are unemployed must job search daily.

Transitional Housing

H.E.L.P. owns two duplex homes that house up to four families.

Requirements for Acceptance:

- Engage in a Case Management Services
- Agreement
- Must be employed or have income
- Attend case management meetings
- Perform chores or community service
- Work towards goals of self-sufficiency

The Dr. Richard F. Clark H.E.L.P. Medical Clinic

The H.E.L.P. Medical Clinic provides primary and preventive healthcare to those who do not have the resources to meet their medical needs.

Requirements for Assistance:

- Patients must be uninsured and at or below 200% Federal Poverty Guidelines
- Patients must be screened for eligibility

Clinic Details:

- Children are not treated at the clinic because of their eligibility in other medical programs.
- There is a small on site pharmacy.
- Clinic operated by paid staff to include a part time nurse practitioner and volunteer medical professionals.

The H.E.L.P. Medical Clinic is a member of the Greater Virginia Peninsula Free Clinic Consortium Through a grant from the Virginia Health Care Foundation, the H.E.L.P. Clinic participates in the Medication Assistance Program, The MAP providing hundreds of patients with free medication from participating pharmaceutical companies. The clinic is a proud member of the Virginia Association of Free Clinics.

The H.E.L.P. Dental Clinic

The H.E.L.P. Dental Clinic provides dental services to those that do not have the resources to meet their dental needs.

The clinic began as a project of the Greater Virginia Peninsula Free Clinic Consortium and was funded in part by the Bernadine Franciscan Sisters Foundation, Sentara Foundation, Mary Immaculate Hospital, and the United Way of the Virginia Peninsula Community Impact Grant.

Requirements for Assistance:

- Patients must be uninsured and at or below 200% Federal Poverty Guidelines.
- Patients must be screened for eligibility

The medical and dental clinic are open by appointment only.

Contact Number: (757)-727-2577

