

**Hampton University**  
**100 E. Queen St.**  
**Hampton, VA 23668**

1. Academic Support Services
  - a. Student Support Services – helps with tutoring and mentorship **\*Look over this program with your youth/YDS!**  
<http://www.hamptonu.edu/student-services/trio/student-support/>
    - i. You must apply/register for this program by following this link.  
<http://www.hamptonu.edu/student-services/trio/student-support/pdf/fillable-app.pdf>
    - ii. (757) 728-6614
  - b. Online tutoring sources
    - i. Etutoring.org
  
2. Child Care
  - a. Virginia Department of Social Services Day Care Directory  
<http://www.dss.virginia.gov/family/cc/index.html>  
\*If your youth is in need of these services, please research this site in detail with them.
  
3. Clothing
  - a. Salvation Army 100 Emancipation Drive, Hampton - (757) 723-3100
    - i. Call for a list of locations
  - b. Call United Way Hotline 2-1-1
  
4. Employment
  - a. Campus job sources
    - i. <http://www.bu.edu/students/careers/employment/>  
617-353-3594                      Student Job Service Manager: Bethany Sheldon  
[stujobs@bu.edu](mailto:stujobs@bu.edu)                      Program Coordinator: Colleen Courtney
  - b. Connecticut Works Website  
<http://www.ctdol.state.ct.us/>
  - c. Online job sources
    - i. [www.hampton.gov/hire/](http://www.hampton.gov/hire/)
    - ii. <http://www.jobside.com/>
    - iii. [http://www.snagajob.com/jobs/Virginia/Hampton\\_jobs.html](http://www.snagajob.com/jobs/Virginia/Hampton_jobs.html)
    - iv. <http://www.dailypress.com/>
    - v. Careerbuilder.com
  
5. Financial Aid
  - a. Financial Aid <http://www.hamptonu.edu/student-services/financialaid/index.cfm>
    - i. Hampton University  
Office of Financial Aid and Scholarships  
Hampton, VA 23668  
Local - 757.727.5332  
Toll Free - 800.624.3341
  - b. FAFSA
    - i. <http://www.fafsa.ed.gov/>
    - ii. For assistance with problems or difficulties while using FAFSA on the Web, or for specific questions about the FAFSA, **call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or 1-**

**319-337-5665.** If you are hearing-impaired and have questions, contact the TTY line at 1-800-730-8913.

- iii. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
- iv. Need help filling out your FAFSA? Your YDS can help!
- c. Scholarships
  - i. Scholarships.com
  - ii. Fastweb.com
  - iii. Studentscholarshipsearch.com
  - iv. Strategies to help get a scholarship.
    - 1. <http://www.scholarships.com/financial-aid/college-scholarships/scholarship-application-strategies/scholarship-application-strategies.aspx> \* Note: There will be ads for colleges and online schools. Just click “No Thank You” and continue. You do not have to fill these portions out.

## 6. Food

- a. Campus Food Programs
  - [http://webcache.googleusercontent.com/custom?q=cache:O0hMjvGjf-QJ:www.hamptonu.edu/administration/businessoffice/docs/meal\\_plan\\_letter.pdf+meal+plan&cd=1&hl=en&ct=clnk&gl=us&client=google-coop-np](http://webcache.googleusercontent.com/custom?q=cache:O0hMjvGjf-QJ:www.hamptonu.edu/administration/businessoffice/docs/meal_plan_letter.pdf+meal+plan&cd=1&hl=en&ct=clnk&gl=us&client=google-coop-np) (Click on the pdf link on the top of the page for complete document)
  - i. Food Services 757-727-5322
  - ii. Doretha J Spells  
Vice President of Business Affairs & Treasurer  
1-800-624-3327  
1-757-727-5661
- b. Virginia Department of Social Services – Food Assistance
  - i. Basic website including online application  
<http://www.dss.virginia.gov/benefit/food.html>
  - ii. **VDSS General Information (Customer Service)**  
800-552-3431 (toll-free)  
804-726-7000 (Richmond)
- c. Food Pantries and Programs  
\*Note: These programs may vary in their eligibility and availability. Always call the office before going to ensure that your specific situation can be served by them. If you are unable to find assistance always call 2-1-1, the United Way’s free number, to be connected to a specialist that can help you find what you need.
- d. Dial United Way Hotline 211 for food pantries and services near you
  - i. Food bank of the VA Peninsula  
9912 Hosier Street,  
Newport News, VA -  
(757) 596-7188 [www.nnfoodbank.org](http://www.nnfoodbank.org)
- e. Farmers Markets
  - i. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
  - ii. Search different payment methods, locations and times.
- f. WIC
  - i. Nutritional support to pregnant/breastfeeding women and children  
<http://www.dss.virginia.gov/benefit/wic.cgi>  
To apply for WIC or ask questions:  
Phone: 1-888-942-3663  
Email: [WICinfo@vdh.virginia.gov](mailto:WICinfo@vdh.virginia.gov)

## 7. Health Care

- a. Campus Health Center
  - i. <http://www.hamptonu.edu/studentservices/health/>
  - ii. **Mailing Address:**  
Hampton University  
Health Center  
55 East Tyler Street  
Hampton, VA. 23668  
**Telephone:**  
757.727.5315  
**Email:** healthcenter@hamptonu.edu
- b. Medicaid & Medical Assistance  
[http://www.dss.virginia.gov/benefit/medical\\_assistance/index.cgi](http://www.dss.virginia.gov/benefit/medical_assistance/index.cgi)
  - i. Contact **VDSS General Information (Customer Service)**  
800-552-3431 (toll-free)
  - ii. Ask to speak to someone for Medical Assistance
- c. Medical professionals that accept Medicaid can be found at this website  
[http://www.chartered-health.com/index.php?option=com\\_frontpage&Itemid=1](http://www.chartered-health.com/index.php?option=com_frontpage&Itemid=1)
  - i. Use the “Quick Links” section in the lower part of the right column.
  - ii. Select “Find a Physician”, “Find a Pharmacy” or “Find a Drug or Medicine”
  - iii. Follow the prompts to continue to the search engine, fill out the search with your information and select a doctor/pharmacy/medicine from the list given.
- d. National Institute of Mental Health
  - i. Helps you locate services in your area and provides support  
<http://www.nimh.nih.gov/health/topics/getting-help-locate-services/index.shtml>
  - ii. The Information HelpLine is an information and referral service which can be reached by calling **1 (800) 950-NAMI (6264)**, Monday through Friday, 10 am- 6 pm, Eastern time.
- e. Crisis Hotlines
  - i. Free hotlines for emergency situations. **If your emergency is life threatening please call 911**  
[http://www.allaboutcounseling.com/crisis\\_hotlines.htm](http://www.allaboutcounseling.com/crisis_hotlines.htm)
  - ii. **Boys Town Suicide and Crisis Line: 800-448-3000 or 800-448-1833**  
Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week. (Not just for boys)
  - iii. **National Domestic Violence/Child Abuse/ Sexual Abuse: 800-799-SAFE /800-799-7233/800-787-3224 TDD**  
800-942-6908 Spanish Speaking
  - iv. **Several other phone numbers in the online list for eating disorders, drug use, STDs, sexual assault, rape and other issues. Confidential and free of charge.**
- f. Planned Parenthood
  - i. Sexual health for men and women, birth control, pregnancy care.  
403 Yale Dr  
Hampton, VA 23666  
P: 757.826.2079

F: 757.825.9165

1. <http://www.plannedparenthood.org/>
2. **Plan B (Morning After) Birth Control assistance provided.**

g. Free Clinics <http://www.freeclinics.us/freeclinic.php>

- i. Dr. Richard F Clark H.E.L.P Free Clinic  
317 Rip Rap Road  
Hampton, VA 23669  
757-723-0648

8. Housing

a. Dorms/Resident Halls [http://www.hamptonu.edu/student\\_life/residencehalls.cfm](http://www.hamptonu.edu/student_life/residencehalls.cfm)

<u>Housing - Faculty / Staff</u>	<u>757.727.5210</u>
<u>Housing - Women</u>	<u>757.727.5486</u>
<u>Housing - Men</u>	<u>757.727.5303</u>

b. Off Campus Housing - <http://www.hamptonu.edu/mcgrewtowerscc/OCHPage.htm>

- i. To get the Landlord List, email [och@hamptonu.edu](mailto:och@hamptonu.edu)
- ii. [Hampton Harbors Apartments](#) are directly adjacent to the campus, and can be reached via [n051@great-atlantic.com](mailto:n051@great-atlantic.com) or by calling 757-723-0559
- iii. Off campus housing staff can be reached at (757) 728-6746 or [OCH@hamptonu.edu](mailto:OCH@hamptonu.edu)

c. Department of Health and Human Services

- i. Public Housing Information <http://hrha.org/pubhousing.htm>
- ii. For information about applications or status, use the following numbers:
  1. Lincoln Park, 757-727-1108
  2. North Phoebus, 757-727-1051
  3. Langley Village, 757-727-1106
  4. \*Choose whatever office is closest to you.

d. Roommate Finders/Boards

- i. [www.roommates.com](http://www.roommates.com)
- ii. [www.roomster.com](http://www.roomster.com)
- iii. [www.Roomates4you.com](http://www.Roomates4you.com)

e. Energy Assistance

- i. Website will direct you to services for heat, cooling and fuel  
<http://www.dss.virginia.gov/benefit/ea/index.cgi>
- ii. Contact **VDSS General Information (Customer Service)**  
800-552-3431 (toll-free)
  1. Ask to speak to someone for Energy Assistance

9. Social Support

i. Student organizations

1. Student organizations can provide outlets for social networking and support, connecting with students that have similar life experiences, interests and majors, getting help with an academic issue (such as asking a member of a math club to tutor you) and connections to community and campus events including dances, parties and concerts. Being an active member of a student organization also opens up employment, scholarship and further

academic opportunities. Take advantage of this awesome resource!  
[http://www.hamptonu.edu/student\\_life/studentorgs.cfm](http://www.hamptonu.edu/student_life/studentorgs.cfm)

10. Transportation

a. Hampton Roads Transit

- i. Website <http://www.gohrt.com/>
- ii. **Route and Schedule Information**

Call: (757) 222-6100

Hours: 7:30am – 9pm (M-F); 7am – 9pm (Sat); 9am – 5pm (Sun);  
and 9am – 4pm (Holidays)

**Don't see what you need or aren't sure? Call 2-1-1 the United Way Hotline and be connected to a specialist who will listen to your concern and help you find the right answer. This call is confidential and free.**