

Where can I
get help in VA?



6.7 Health Care Resources in Virginia

To find a low-cost medical clinic in Virginia, you can:

Call Virginia 211: Call this phone number to get a referral to health care and social services in Virginia.

Look on the web at the Virginia Health Care Foundation's "Medical Care" help page.



MEDICAL CLINICS

These websites also list affordable medical clinics in Virginia.

- [Community Health Centers website: Find A Center Near You](#)
- [Virginia Association of Free Clinics: Find A Free Clinic](#)
- [Local Health Departments list](#)
Local health departments run clinics.
- [Northern Virginia area clinics: Northern Virginia Health Services Coalition](#)
- [Richmond area clinics: Free and Low Cost Health Care Resources](#)
- [Piedmont area clinics: Piedmont Access to Health Services \(PATHS\)](#)
- [Roanoke Valley area clinics: Project Access of the Roanoke Valley](#)





VISION CARE

Some low-cost medical clinics may also give eye exams.

- **Lions Clubs**
 - Lions Clubs provide free eye exams and eyeglasses.
 - Application procedures are different in different areas.
- **New Eyes for the Needy**
 - New Eyes for the Needy provides recycled eyeglasses (not exams).
 - You must apply for New Eyes for the Needy through local social services or charitable organizations.
- **Vision USA**
 - Vision USA gives free eye exams and sometimes free glasses.
 - You must be a legal U.S. resident for Vision USA.
 - You must apply for Vision USA through local social services or charitable organizations.



HEARING CARE

Some low-cost medical clinics and local health departments also give low-cost hearing tests.

- **Lions Clubs**
 - Some local Lions Clubs may give hearing tests and hearing aids.
- **Virginia Department for the Deaf and Hard of Hearing resource list**
 - Find information on hearing aids and financial assistance for hearing aids in Virginia.





PRESCRIPTION ASSISTANCE

Prescription assistance means help getting low-cost or free prescription medicines if you don't have pharmacy insurance.

Some low-cost medical clinics may provide low-cost prescriptions.

- [Needy Meds](#)
 - an online directory of pharmaceutical companies' prescription assistance programs
 - in English and Spanish, with large text option
- [Rx Assist](#)
 - an online directory of pharmaceutical companies' prescription assistance programs
- [Rx Outreach](#)
 - a mail-order pharmacy for people with low income who cannot pay for medication they need



DENTAL CARE

**Some low-cost medical clinics may provide dental care.
Check individual clinic websites.**

- [America's Dentists Care Foundation: Mission of Mercy \(MOM\) Dental Care Fairs](#)
- [Dental Care for the Uninsured Provider Map](#)
- [Northern Virginia Dental Clinic](#)





MENTAL HEALTH CARE

Some low-cost medical clinics also provide mental health care.

It is OK to ask for a counselor who speaks your native language and understands your native culture. Some services have bilingual, bicultural counselors.

- [Virginia Association of Community Service Boards](#)
Community Service Boards around Virginia provide low-cost mental health care for the uninsured.
- [CLAS Act Virginia: Multicultural Health and Human Service Programs in Virginia](#)
This webpage lists different organizations in Virginia that offer multicultural counseling services.



WOMEN'S HEALTH CARE

Some low-cost and free clinics provide **basic** gynecological (women's health) care. Basic care can mean things like Pap smears, annual check-ups, and pregnancy care.

- Some clinics *might* be able to send you to a specialist if you have a gynecological illness that the clinic doesn't treat.
- Finding **more complex** gynecological care for low cost can be difficult. **More complex** care can mean care for gynecological illnesses (for example, endometriosis and uterine fibroids) and other problems.

Planned Parenthood clinics sometimes provide more complex gynecological care. Find your [local Planned Parenthood office](#).





WORKERS' COMPENSATION

If you are hurt on the job, workers' compensation insurance may pay for your related medical bills.

- [Virginia Workers Compensation Commission](#)



SOCIAL SERVICES

Health problems can make financial and emotional stress for families. Sometimes families need extra support services to help with big health problems. Here are some possible resources:

- [Quick Guide](#)
 - for Northern Virginia social services and clinics
- [Virginia hospitals](#)
 - Look up financial assistance policies for hospitals here.
- [Local departments of social services](#)

You can also ask for support at churches, mosques, and other religious organizations.



\$\$\$

INSURANCE ASSISTANCE

- **[Virginia Managed Care Ombudsman](#)**
 - People whose insurance company won't pay a big bill can call the Ombudsman for help.
- **[Patient Advocate Foundation](#)**
 - helps people with insurance and health care access problems

LEGAL AID

Sometimes we need a lawyer to help in health care problems. Here are low cost (sliding scale) legal aid resources in Virginia.

- **[Blue Ridge Legal Services](#)**
- **[Central Virginia Legal Aid Society](#)**
- **[Legal Aid Justice Center](#)**
- **[Legal Aid Society of Eastern Virginia](#)**
- **[Legal Services of Northern Virginia](#)**
- **[Southwest Virginia Legal Aid Society](#)**
- **[Virginia Legal Aid Society](#)**

