

YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE

CRISIS RESPONSE

LOCAL RESOURCES

CrisisLink: 703-527-4077 or Text CONNECT to 85511

Offers crisis intervention, suicide prevention, and support to individuals in order to foster self-sufficiency by providing problem-solving skills and information on community resources so callers can better cope with emotional trauma, personal and family crises.

Children’s Regional Crisis Response (CR2): 1-844-N-Crisis (844-627-4747 or 571-364-7390)

Provides 24-hour rapid response to all youth (21 & younger) facing a mental health and/or substance use crisis.

Arlington County Emergency Mental Health Services: 703-228-5160

Services include assessment, crisis intervention and stabilization, short-term counseling, psychiatric services and critical stress management for individuals and families. Pre-admission screening is provided for individuals who may require voluntary or involuntary hospitalization and/or who may require either office-based crisis stabilization or residential crisis stabilization. Fees based on family income, Medicare for emergency hospitalization, will work with families and their insurance.

Arlington County Child & Family Behavioral Health Services: 703-228-5150

Same Day Access: **703-228-1560** (Hours: Mon. 10 a.m.-2 p.m./Tues. 8 a.m.-2 p.m./Wed. 10 a.m.-6 p.m./Fri. 10 a.m.-2 p.m.)

- Screening, assessment and outpatient treatment
- Care coordination (“case management” for linkage and coordination of needs and services a youth may receive from various agencies or providers)
- Specialized case management for transition-age teens with mental illness
- Short-term intensive care coordination to stabilize acute, high-risk behaviors to prevent out-of-home placement or transition youth back to the community from hospital or residential care
- Detention-based assessment and intervention for youth in the Northern Virginia Juvenile Detention Center
- Court liaison services at the juvenile court to identify youth with behavioral health concerns, divert them from court involvement and link them to appropriate services in the community
- Psycho-education for youth with substance use or abuse
- Mental health promotion and substance abuse prevention services in schools and in the community
- Therapeutic recreation for certain age groups on a limited basis
- [Parent-Child Interactive Therapy \(PCIT\)](#)
- Behavioral Intervention Services (BIS) provides consultations to parents, guardians, and teachers experiencing challenging behavior in children.

Hospitals

Children’s National Medical Center: 202-476-5000

Emergency Psychiatric Evaluations: Specialists are available by phone for consultation and for emergency psychiatric evaluations in the Emergency Department – 24 hours a day, seven days a week.

Dominion Hospital 703-538-2872

Offers comprehensive services to identify and treat behavioral health conditions in adolescents and teens between (check ages) 13 and 17 years old. They specialize in stabilizing crisis situations through effective intervention. Payments: sliding scale, Medicaid, most insurance.

Inova Behavioral Health Services Children and Adolescents: 703-218-8500

Promotes total wellness of mind and body by offering a full spectrum of mental health and addiction treatment services to the community. Outpatient clinics located in Mount Vernon, Ballston, Fairfax, and Loudoun. Payments: accepts most insurance plans and Medicaid.

NATIONAL RESOURCES

Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746

A 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

National Alliance for Mental Illness (NAMI) Crisis Support: Text “NAMI” to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Hopeline: 1-800-442-4673

Provides support with trained counselors through a national hotline to prevent suicide.

National Suicide Prevention Lifeline 1-800-273-8255

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Regional Educational Assessment Crisis Response and Habilitation (REACH): 855-897-8278

Crisis response for students with developmental disabilities.

SAMSHA Helpline: 1-800-662-HELP (4357)

Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. See also treatment locators on website.

YourLifeYourVoice.org: 1-800-448-3000 or text VOICE to 20121

24-hour support for teens and tips for tough situations.

LGBTQ Hotlines:

Trans Lifeline: 1-877-565-8860

A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

The Gay, Lesbian, Bisexual and Transgender National Hotline: 1-888-843-4564 and **LGBT National Youth Talkline** (youth serving youth through age 25): **1-800-246-7743**

Both provide telephone, online private one-to-one chat and email peer-support, (M-F from 4:00 to midnight) as well as factual information and local resources for cities and towns across the United States.

The Trevor Project 866-488-7386

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

The information provided by the [Youth Mental Health and Wellness committee](#) is a service for informational purposes to enhance public access to mental health and substance use resources both locally and elsewhere. While we try to keep the information timely and accurate, the committee makes no representation of any kind, express or implied, regarding the accuracy, availability or completeness of the information. The YMHW committee is not responsible for the content of the linked sites and inclusion of a linked site does not imply an endorsement or recommendation of the providers and resources listed. We strongly recommend that you seek out a licensed professional who is knowledgeable in mental health and/or substance use if you need specific advice.