

YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE

FAMILY SUPPORT, SUPPORT GROUPS, and EDUCATIONAL PROGRAMS

LOCAL RESOURCES

Family Support:

Arlington Public Schools

Parent Academy:

Provides learning opportunities to parents and guardians of children attending schools in Arlington on a wide variety of subjects to support the academic, social, and emotional development of children.

Parent Resource Center:

- Information and referrals
- Parent learning opportunities and events
- A Family Resource and Information Guide designed to provide step by step support in navigating the special education process, collaborating with school staff, and accessing community resources.
- Sibshops – Workshops for brothers and sisters of students with disabilities.
- Individual consultation with families – call or email us to schedule an appointment!
- A lending library containing books, DVDs and audiobooks.
- A monthly email news and updates.

Career Center:

- Information and Resources

Arlington County Behavioral Healthcare

“Stay Connected”:

Webinars to help parents and caregivers support children (and themselves) in ever-changing family life.

Project Family:

An early childhood education program that teaches parents activities to promote their child’s physical, language, cognitive, and social-emotional development, emphasizing the importance of routines and learning through play. Classes are available to families who have children 18 months through five years old.

Arlington Partnership for Children, Youth and Families

A community-led organization that works to improve the health, well-being, and safety of children, youth, and families in Arlington through researching young people's needs and advocating for improved policies and programs to meet those needs. Parenting tips and resources are available on their site.

- [Parenting Resources](#)

Support Groups and Information:

[NAMI \(National Alliance on Mental Illness\) Northern Virginia:](#)

Offers classes to better understand mental illness and recovery, as well as support groups. Classes and support groups are for individuals living with a mental health condition, and for family members and friends. All classes and support groups are free. NAMI NoVA also provides periodic meetings and information sessions with experts on a range of topics.

[PFLAG:](#)

Provides opportunity for dialogue about sexual orientation, and acts to create a society that is healthy and respectful of human diversity. Promoting pride and ending discrimination is the goal of Metro DC PFLAG. Our family values stress education, understanding, acceptance, and support, but most of all love, thereby empowering our children — straight and gay — to lead happy and productive lives.

[Suicide Prevention Alliance of Northern Virginia \(SPAN\):](#)

A regional coalition of the City of Alexandria, Arlington, Fairfax-Falls Church, Loudoun, and Prince William Community Services Boards and community partners to raise awareness and share resources to prevent suicide.

[Virginia COPES 1-877-349-6428](#)

Available to all Virginia residents who may be struggling to cope with the effects and circumstances around COVID-19, such as isolation, fear, grief and anxiety. VA COPES is not an emergency or suicide hotline, but counselors provide additional information to callers and refer them to professionals. 9 a.m.-9 p.m. Monday through Friday and 5-9 p.m. weekends.

Peer Support

[Mental Health America of Virginia's Warm Line 1-866-400-6428](#)

The Warm Line is a peer-run service for residents of Virginia to provide support for individuals, family members, and other concerned parties who want someone to talk to, or who request community mental health resources or have specific questions about their recovery journey. The peers who answer the Warm Line listen with compassion and provide non-judgmental support. A text option is also available. 9am to 9pm Mon-Fri and 5 pm to 9 pm Sat-Sun.

Educational Programs (Check with your school's counseling office to learn about which programs are in use.)

Kognito:

Combines the science of learning, the art of conversation, and the power of game technology to engage users in role-play conversations with virtual humans, allowing them to try different approaches, get personalized feedback and gain the confidence and skills to lead similar conversations in real-life that result in measurable changes in social, emotional, and physical health.

Second Step:

A program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. More than just a classroom curriculum, Second Step's holistic approach helps create a more empathetic society by providing education professionals, families, and the larger community with tools to enable them to take an active role in the social-emotional growth and safety of today's children.

Signs of Suicide:

A universal, school-based prevention program designed for middle school and high school students.

Social-Emotional Learning:

An educational process that leads to the development of emotional intelligence and the acquisition of the understandings and specific skills that are at the heart of a child's academic, personal, social and civic development.

Sources of Strength:

Provides evidence-based prevention for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.

Youth Mental Health First Aid:

Introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

NATIONAL RESOURCES

Jason Foundation:

The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

Jed Foundation:

A nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.

National Alliance on Mental Illness (NAMI) 1-800-950-NAMI (1-800-950-6264)

The NAMI HelpLine is a free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public. It is available Monday through Friday from 10 a.m. to 6 p.m., ET, or write to info@nami.org.

NAMI also offers classes, support groups to individuals living with a mental health condition, and family members and friends, at no cost to participants. Support and Education: <https://www.nami.org/Find-Support>

[National Suicide Prevention Lifeline](#) 1-800-273-TALK (8255)

Chat and Spanish options available. The Lifeline 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.

[Q Chat Space:](#)

A community for LGBTQ+ teens. Find and give support, have fun, connect around shared interests and get good information. Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care.

[SMYAL \(Regional LGBTQ Youth Suicide Prevention and Support\):](#)

Through youth leadership, SMYAL creates opportunities for LGBTQ youth to build self-confidence, develop critical life skills, and engage their peers and community through service and advocacy.

[Society for the Prevention of Teen Suicide:](#)

Prevention programs and resources for educators, parents and teens.

[Trevor Project \(LGBTQ Lifeline\)](#) 1-866-488-7386 (866-4U-TREVOR)

A free and confidential service that offers hope and someone to talk to, 24/7. The Trevor Helpline's trained counselors will listen and understand without judgment.

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.