

YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE

GENERAL INFORMATION ABOUT YOUTH MENTAL WELLNESS

LOCAL RESOURCES

[Arlington Public Schools:](#)

Arlington Public Schools has taken a multi-faceted approach to meeting the mental health needs of its students. Strategies are implemented at the student, staff and community levels to provide prevention and intervention in the area of mental health. With the understanding that strengthening mental health practices affects prevention of many secondary needs (such as substance use or depression), a comprehensive approach is deemed most effective.

[APS Mental Health Resources](#)

[APS Parent Resource Center](#)

[Arlington County Children's Behavioral Healthcare:](#)

A team of skilled clinicians and case managers within the Department of Human Services who support Arlington children, adolescents, and families experiencing stress, anxiety, substance use, feelings of hopelessness, depression, and other behavioral and emotional challenges. The Children's Behavioral Healthcare team provides an array of services that assess the strengths and needs of children and families, and develops customized, coordinated services that build on young people's strengths. Services are available to all Arlington children, youth, and their families regardless of income or insurance status. Families will be assessed a fee based on their income.

[AAKOMA Project:](#)

Works with teenagers and their families to raise awareness, conduct patient-centered research, and encourage young people to begin conversations in their communities. Provides a special focus on the unique experiences of people of color to engage with communities on a deeper, culturally relevant level by conducting research and providing clinical support.

[Arlington Partnership for Children, Youth & 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 included on their site.

[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.

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

A regional coalition of the Alexandria, Arlington, Fairfax-Falls Church, Loudoun, and Prince William Community Services Boards (CSBs) and other groups in Northern Virginia, all working together to raise awareness and share resources to prevent suicide.

[Teen Network Board:](#)

A County and School Board-appointed advocacy group comprised of high school students interested in making a difference and offering a teen perspective on school and community issues in Arlington. Information and resources are included on their site.

[Zero Suicide Initiative in Arlington:](#)

An evidence-based prevention program within the Arlington Department of Human Services focusing on suicide prevention and treatment strategies. Endorsed by the National Alliance for Suicide Prevention [Zero Suicide](#) is committed to client safety and supporting clinical staff who treat clients presenting with suicidal symptoms.

NATIONAL RESOURCES

[Active Minds:](#)

Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.

[American Foundation for Suicide Prevention:](#)

With local programs and events in all 50 states, AFSP's chapters are at the forefront of suicide prevention. They create a culture that's smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide.

[Anxiety & Depression Association of America:](#)

An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

[Asian Mental Health Collective:](#)

The AMHC seeks to normalize and de-stigmatize mental health within the Asian community and aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.

[Boris Lawrence Henson Foundation:](#)

An organization aimed at eradicating the stigma of mental health issues in the African American community. The Foundation partners with other organizations to ensure cultural competency in caring for African Americans and to educate, celebrate, and make visible the positive impact of mental health wellness.

[Child Mind Institute:](#)

An independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

[Depression & Bipolar Support Alliance:](#)

A comprehensive resource for those who live with mood disorders. The Alliance provides education, tools, peer support, and a wealth of inspiring stories to help affected individuals pursue a path to wellness.

[International OCD Foundation:](#)

A donor-supported nonprofit organization that serves a broad community of individuals with OCD and related disorders, their family members and loved ones, and mental health professionals and researchers around the world.

[Mental Health America:](#)

A non-profit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all.

[The Mental Health Coalition:](#)

A coalition of leading mental health organizations, brands, and individuals to end the stigma surrounding mental health.

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

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has affiliates across the nation that provide free educational classes and support groups.

[National PTA's Mental Health Initiative:](#)

Helpful information to implement new policies, services, and supports to improve the overall mental health in schools and families. Whether your own child is experiencing trauma, stress, or other mental health challenges — or you're trying to serve your school community — these resources are for you!

[NIMH: National Institute of Mental Health:](#)

The lead federal agency for research on mental disorders.

[Silence the Shame:](#)

Focuses on education and awareness around mental health. Programs and initiatives consist of crisis response training, community conversations, wellness training, digital content, and outreach events.

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

Prevention programs and resources for educators, parents, and teens.

[Substance Abuse & Mental Health Services Administration \(SAMSHA\):](#)

Provides substance use and mental disorder information, services, and research.

[Zero Suicide Initiative:](#)

An evidence-based prevention program within the Department of Human Services to provide education on suicide prevention and treatment strategies. This approach endorsed by the National Alliance for Suicide Prevention represents a commitment to client safety and support of clinical staff who treat clients presenting with suicidal symptoms.

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.