

YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE

YOUTH ASSISTANCE & TREATMENT OPTIONS

LOCAL RESOURCES

Arlington Public Schools:

In addition to its counseling staff, each school has an assigned school psychologist and school social worker who work with school staff to support students who require more individualized interventions. All middle and high schools also have attendance counselors, substance abuse counselors, school nurses and school resource officers. School mental health staff maintain up-to-date information about community resources and can facilitate referrals to agencies and service providers, as necessary. The Departments of Student Services and Special Education also maintain communication with other Arlington agencies and ensures regular opportunities for staff from APS and the Division of Child and Family Services to interact, participate in joint training and ensure good communication between agencies.

[Bully Prevention](#)

[Homelessness](#)

[Mental Health Services](#)

[Mental Health Resources](#)

[Parent Resource Center](#)

[Psychological Services](#)

[Special Education Resources](#)

[Substance Use Counselors](#)

Arlington County Child & Family Behavioral Health Services:

[Arlington Mental Health Child and Family 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.)

[Emergency Mental Health Services:](#) **703-228-5160**

Services include:

- 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.

[Children’s Regional Crisis Response \(CR2\): 844-627-4747 or 571-364-7390](#)

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

[Catholic Charities of Arlington 703-841-2531](#)

Offers out-patient counseling services to individuals, couples, and families. Clients often seek services for issues such as anxiety, depression, grief and loss, marital and parenting concerns, and parent-child relationships. Catholic Charities provides mental health services grounded in a Catholic understanding of the human person.

[Free Mental Health Screening Tool \(sponsored by Suicide Prevention Alliance of Northern Virginia\):](#)

Behavioral health – which includes mental health, substance use, and more – is a key part of overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. This program is completely anonymous and confidential. Spanish version also available.

[Jewish Social Service Agency 703-896-7918](#)

Offers skilled and compassionate therapists, psychologists, psychiatrists, and nurse practitioners to provide the support and tools needed by children and teens. Teams develop individualized programs that coordinate a variety of assessment, treatment, intervention and support services specific to a young person’s unique needs. JSSA [accepts most major insurance for clinical services](#), as well as Medicare and Maryland Medicaid (it does not accept DC or Virginia Medicaid). A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need. JSSA serves clients without regard to religion.

[Multicultural Center Northern Virginia Family Services \(NVFS\): 571-748-2800. Email: \[mcir@nvfs.org\]\(mailto:mcir@nvfs.org\).](#)

The Multicultural Center, part of the Northern Virginia Family Services (NVFS), provides a wide range of services for individuals and families new to the U.S including Immigration Legal Services, Counseling and Mental Health Services, and Case Management Services. Payment varies according to patient circumstances.

[Neighborhood Health 703-535-5568](#)

Neighborhood Health has integrated behavioral health into its primary care practices. Services include: brief interventions and consultations during medical appointments; annual depression and substance abuse screenings; pediatric and adolescent behavioral health; early intervention care including parenting support; collaboration with school-based and community mental health providers; brief outpatient counseling to address needs such as depression, anxiety, trauma, domestic violence, adjustment

disorders, family reunification and childhood behavioral issues; linkage to community resources for food, clothing, and other social service needs. For low-income patients with high copays or deductibles or without insurance, Neighborhood Health offers a discounted sliding fee scale and accepts Medicaid. They also help patients obtain low-cost medications and other resources. Multilingual staff available.

[Northern Virginia Coalition for Refugee Wellness \(NOVACRW\):](#)

An affiliate of the Virginia Healing Partnership, NOVACRW is a collaborative effort of the Virginia Department of Behavioral Health and Development Services, the Virginia Department of Social Services, the Virginia Department of Health, support partners and refugee communities. The NOVACRW has two primary focus areas: 1) To support a seamless process for mental health screenings and referrals between area health departments and area behavioral health providers; and 2) To support the development and implementation of culturally adapted mental health interventions that address gaps in the service continuum for refugees.

[SMYAL \(Sexual Minority Youth Assistance League\) 202-546-5940](#)

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.

Hospitals

[Children's National Medical Center 202-729-3300](#)

Psychiatry and Behavioral Sciences at Children's National Hospital offers assessment, diagnosis and care for children and teens with behavioral, emotional and developmental disorders. Payments: all major insurance.

[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**. Email: inovabehavioralhealth@inova.org.

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.

[Psychiatric Institute of Washington 1-800-369-2273](#)

Provides inpatient, intensive outpatient and partial hospitalization. Offers comprehensive behavioral healthcare to children, adolescents and adults who are experiencing mental health and substance abuse issues. Payments: sliding scale, Medicaid, most insurance. Will get interpreters.

See also: [Formed Families Forward Northern Virginia Family On-line Resources Directory](#)

NATIONAL RESOURCES

Guidance on getting treatment:

[NAMI: Know the Warning Signs](#)

[NAMI: Mental Health Treatments](#)

[NAMI: Navigating a Mental Health Crisis](#)

[NAMI: Starting the Conversation: College and Your Mental Health](#)

[Mental Health of America: Finding Therapy](#)

[How to Start Therapy](#)

[IMAlive:](#)

A live online network that uses instant messaging to respond to people in crisis.

[National Alliance for Mental Illness \(NAMI\) Helpline: 1-800-950-NAMI \(6264\) or text "NAMI" to 741741](#)

The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

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

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.

[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.

[SMI Advisor:](#)

Advances the use of a person-centered approach to care to ensure people with serious mental illness (SMI) find the treatment and support they need. Offers access to resources and answers from a network of experts.

[Talkspace:](#)

A convenient and affordable way to connect with a licensed therapist online. Send your therapist text, audio, picture, and video messages at any time, and they will respond daily, 5x/week. Also offers Live Video Sessions to connect in real-time.

[Teen Line: 1-800-TLC-Teen \(852-8336\)](#)

A non-profit, community-based organization that provides emotional support to youth. It is our mission to provide peer-based education and support before problems become a crisis, using a national hotline, community outreach and online support.

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

The Trevor Helpline is 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.

[YourLifeYourVoice.org: 1-800-448-3000](#) or **text VOICE to 20121**

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

Searchable Databases for Providers:

[American Psychological Association](#)

[Association of Black Psychologists Directory](#)

[Asian, Pacific Islander, and South Asian American \(APISAA\) Therapist Directory](#)

[Black Emotional and Mental Health Collective](#)

[Black Mental Health Alliance](#)

[Boris Lawrence Henson Foundation Resource Directory](#)

[Greater Washington Society for Clinical Social Work](#)

[Inclusive Therapists](#)

[Innopsych](#)

[Latinx Therapy](#)

[LGBTQ Psychotherapists of Color Directory](#)

[Melanin & Mental Health Directory](#)

[National Queer and Trans Therapists of Color Network](#)

[Northern Virginia Licensed Professional Counselors](#)

[Open Path Psychotherapy Collective](#)

[Psychology Today \(psychiatrists, treatment centers, support groups, therapists\)](#)

[SAMHSA Treatment Locator](#)

[South Asian Therapists](#)

[Teen Counseling](#)

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

[Virginia Academy of Clinical Psychologists](#)

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.