**YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

**CRISIS RESPONSE**

**LOCAL RESOURCES**

[**CrisisLin**](https://prsinc.org/crisislink/)**k:**  **Call 988 (or 703-527-4077 in N. Virginia);** **Text CONNECT to 85511; Chat via https://988lifeline.org/chat**

Offers crisis intervention and emotional support, connection to mobile crisis resources (Children’s Regional Crisis Response) and care navigator, consultation about how to support a loved one and higher level care when appropriate.

**[Children’s Regional Crisis Response (CR2):](https://www.cr2crisis.com/)** contact CrisisLink at numbers above.

Provides 24-hour rapid response to all youth (21 & younger) facing a mental health and/or substance use crisis. Highly trained and compassionate counselors provide phone screening and in-person assessment intervention and support.

[**Virginia Regional Education Assessment Crisis Services Habilitation (REACH):**](https://eastersealsucp.com/va-reach/) contact CrisisLink at numbers above.

Serves children and adults with co-occurring diagnoses of developmental disability and behavioral health needs. Provides access to additional supports, clinical services, mentoring/training, and short-term crisis and transitional housing.

[**Arlington County Emergency Mental Health Services**](https://health.arlingtonva.us/behavioral-healthcare/mental-health/emergency-services/)**:**  **703-228-5160; 2120 Washington Blvd, Arlington, VA 22204**

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.

[*Diversion First*](https://www.arlingtonva.us/Government/Departments/DHS/Child-Family-Services/Childrens-Behavioral-Healthcare/Diversion-First) serves youth up to age 22 with 45-day crisis intervention program; office and community-based services; intensive therapy and care coordination and linkage to community services.

[**Arlington County Children’s Behavioral Health**](https://www.arlingtonva.us/Government/Departments/DHS/Child-Family-Services/Childrens-Behavioral-Healthcare) **Bureau:** Same Day Access: **703-228-1560**

[**Arlington County’s Mobile Outreach Support Team (MOST)**](https://www.arlingtonva.us/Government/Departments/DHS/Behavioral-Healthcare-Home/Mobile-Outreach-Support-Team-MOST)

MOST teams work in partnership with police and fire departments to triage/screen; assess; de-escalate; coordinate with medical and behavioral health services; crisis planning and follow-up; and peer support.

**Hospitals**

[**Children’s National Medical Center:**](https://childrensnational.org/departments/psychiatry-and-behavioral-sciences)  **202-729-3300**

Emergency Psychiatric Evaluations: Specialists are available by phone for consultation and for emergency psychiatric evaluations in the [Emergency Department](https://childrensnational.org/departments/emergency-medicine-and-trauma-services) – 24 hours a day, seven days a week.

**[Dominion Hospital](https://www.hcavirginia.com/locations/dominion-hospital):**  **703-538-2872**

The only freestanding mental health facility in Northern Virginia, leads the region in short-term mental health services for children aged 5 to 12 years old, adolescents aged 13 to 17 years old and adults aged 18 years old and older. Treatments include a 24/7 inpatient program, partial hospitalization program (PHP) and an intensive outpatient program (IOP). In addition to Intersect, a dual diagnosis substance abuse program, they are also affiliated with Reflections Eating Disorders Center.

[**Inova Behavioral Health Services**](https://www.inova.org/our-services/inova-behavioral-health-services/programs-and-services/child-adolescent-services)  Children and Adolescents: **703-218-8500 (outpatient) or 571-623-3500 (inpatient)**.  Email: [inovabehavioralhealth@inova.org](mailto:inovabehavioralhealth@inova.org).

Offers comprehensive child and adolescent behavioral health programs that treat a wide range of conditions to help support youth and their families throughout Northern Virginia. The outpatient child and adolescent outpatient programs and services are located in the Inova Kellar Center at two locations, with state-of-the-art diagnosis and treatment that is tailored to each child’s needs and focuses on symptom reduction stabilization and well-being. A key part of the inpatient care is the treatment plan, which focuses on stabilizing any crisis and reintegrating back into the family.

**NATIONAL RESOURCES**

[**Suicide & Crisis Lifeline**](https://suicidepreventionlifeline.org/)**:**  **988**

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

[**Disaster Distress Helpline**](https://www.samhsa.gov/find-help/disaster-distress-helpline): **1-800-985-5990**

A 24/7, 365-day-a-year, national multilingual 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.

[**SAMSHA Helpline:**](https://www.samhsa.gov/find-treatment) **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**](https://www.yourlifeyourvoice.org/Pages/home.aspx)**:  1-800-448-3000** or **text VOICE to 20121**

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

**LGBTQ Hotlines:**

[**Trans Lifeline**](https://www.translifeline.org/)**: 1-877-565-8860**

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

[**LGBT National Hotline**](https://www.lgbthotline.org/)**: 1-888-843-4564** and [**LGBT National Youth Talkline**](https://www.lgbthotline.org/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**](http://www.thetrevorproject.org/)  **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.

*Note: The information provided 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, FSYF makes no representation of any kind, express or implied, regarding the accuracy, availability or completeness of the information. FSYF 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. FSYF strongly recommends that you seek out a licensed professional who is knowledgeable in mental health /and substance use if you need specific advice.*