**YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

**YOUTH ASSISTANCE & TREATMENT OPTIONS**

**LOCAL RESOURCES**

[Arlington Public Schools:](https://www.apsva.us/mental-health/)

In addition to its counseling staff, each school has an assigned school psychologist and school social worker. All high schools also have attendance counselors, substance abuse counselors, school nurses and school resource officers. School-based therapists from the Department of Mental Health support several schools. School mental health staff maintain up-to-date information about community resources and are prepared to facilitate referrals to agencies and service providers, as necessary. Every school has a team of professionals that are available to parents. Parents should contact the school principal or school counselor to discuss possible evaluations.

[Mental Health Services](https://www.apsva.us/mental-health/mental-health-services/)

[Substance Abuse Prevention](https://www.apsva.us/substance-abuse-prevention/)

[Psychological Services](https://www.apsva.us/mental-health/psychological-services/)

[Bullying Prevention](https://www.apsva.us/mental-health/bully-prevention/)

[Social Emotional Learning](https://www.apsva.us/mental-health/social-emotional-learning/)

[School Social Workers](https://www.apsva.us/departments/dei-student-support/school-social-workersvisiting-teachers/)

 [APS Parent Resource Center](https://www.apsva.us/parent-resource-center/)

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

Scheduling, Consultations, Questions:  **703-228-1560**

 Emergency Mental Health Services: **703-228-5160**; **2120 Washington Blvd., Arlington VA 22204**

Services include:

* Same Day Access intake assessments
* Mental Health Services: outpatient; individual/group/family therapy; case management; detention and court-based assessment and intervention; school-based services
* Substance use services: assessment; individual/group services; family education/support sessions/ drug screenings; relapse prevention services; psychiatric evaluations and medication services; dual-diagnosis services
* Caregiver support: parent education resources, classes and workshops; family support
* School-based behavioral health programs: individual/group/family therapy; school staff support ; mental health evaluation and case management; crisis intervention; community resources; referrals to community health programs
* Prevention: Strengthening Families program, Parenting Toolkit, mental health promotion, susbtnce use prevention, suicide prevention and resources

[Catholic Charities of Arlington](https://www.ccda.net/need-help/medical-and-counseling/counseling/): **703-687-8987; 703-687-8987 (Spanish)**

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)](https://screening.mentalhealthscreening.org/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](https://www.jssa.org/): **240-800-5772**

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](https://www.jssa.org/about-us/faq/#insurance), 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)](https://www.nvfs.org/about-nvfs/locations/multicultural-center/): **571-748-2818**. Email: 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](https://neighborhoodhealthva.org/our-services/): **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):](https://novacrw.org/)

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)](http://www.smyal.org/resources)

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](https://childrensnational.org/departments/psychiatry-and-behavioral-sciences) : **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.

[Dominion Hospital](https://www.hcavirginia.com/locations/dominion-hospital):  **703-536-2000**

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.

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.

[Psychiatric Institute of Washington](https://psychinstitute.com/)  **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.

See also:  [Formed Families Forward Northern Virginia Family On-line Resources Directory](https://formedfamiliesforward.org/resource_category/mental-health-specific-topics/)

**NATIONAL RESOURCES**

Guidance on getting treatment:

[*NAMI: Know the Warning Signs*](https://nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms)

[*NAMI: Mental Health Treatments*](https://nami.org/About-Mental-Illness/Treatments)

[*NAMI: Navigating a Mental Health Crisis*](https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis)

[*NAMI: Mental Health*](https://www.nami.org/Support-Education/Publications-Reports/Guides/Starting-the-Conversation) *College Guide*

*[Mental Health of America:  Finding Therapy](https://www.mhanational.org/finding-therapy)*

NPR: [*How to Start Therapy*](https://www.npr.org/2019/12/11/787058888/how-to-start-therapy)

[Mental Health America Screening Tools](https://screening.mhanational.org/screening-tools/)

Online tools to determine whether someone is experiencing symptoms of a mental health condition.

[National Alliance for Mental Illness (NAMI) Helpline](https://www.nami.org/help):  Call **1-800-950-NAMI (6264)****,** text "HelpLine" to **62640**or email at helpline@nami.org. Available Mon-Fri 10 a.m. to 10 p.m. ET

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 Alliance for Mental Illness (NAMI) Teen and Young Adult (T&YA) Helpline](https://www.nami.org/help): Call **1-800-950-6264** or text “Friend” to 62640 or email helpline@nami.org.

Offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources, and support during difficult times. Not a hot line or crisis line. Does not provide counseling, advice or referrals to providers.

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

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:](https://www.qchatspace.org/)

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:](https://www.samhsa.gov/find-help/national-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](https://smiadviser.org/):

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:](https://www.talkspace.com/)

A convenient and affordable way to connect with a licensed therapist online for individuals, teens and couples. 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](https://teenlineonline.org/teentalkapp/): CALL **800-852-8336** (6 PM - 10 PM PST) ; **Text TEEN to 839863** ┃[EMAIL US](https://www.teenline.org/email-us)

A non-profit, community-based organization that provides emotional support, resources, and hope to youth through a hotline of professionally trained teen counselors and outreach programs for caregivers and schools.

[The Trevor Project (LGBTQ Lifeline)](http://www.thetrevorproject.org/) **1-866-488-7386** (866-4U-TREVOR); Text and Chat also available

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](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.

**Searchable Databases for Providers:**

[American Psychological Association](https://locator.apa.org/?_ga=2.84642649.1341540532.1586991876-461324098.1586991876)

[Association of Black Psychologists Directory](https://abpsi.site-ym.com/search/custom.asp?id=5934)

[Asian](https://www.asianmhc.org/) Mental Health Collective

[Black Virtual Wellness Directory](https://wellness.beam.community/)

[Black Mental Health Alliance](https://blackmentalhealth.com/connect-with-a-therapist/)

[Boris Lawrence Henson Foundation Resource Directory](https://borislhensonfoundation.org/resource-guide/)

[Greater Washington Society for Clinical Social Work](https://www.gwscsw.org/Disclaimer)

[Inclusive Therapists](https://www.inclusivetherapists.com/)

[Innopsych](https://www.innopsych.com/findatherapist)

[International Therapist Directory](https://internationaltherapistdirectory.com/)

[Latinx Therapy](https://latinxtherapy.com/)

[LGBTQ Psychotherapists of Color Directory](https://www.lgbtqpsychotherapistsofcolor.com/)

[Melanin & Mental Health Directory](https://www.melaninandmentalhealth.com/about-us)

[National Queer and Trans Therapists of Color Network](https://www.nqttcn.com/directory)

[Northern Virginia Licensed Professional Counselors](https://www.nvlpc.org/search/custom.asp?id=1453)

[Open Path Psychotherapy Collective](https://openpathcollective.org/)

[Psychology Today (psychiatrists, treatment centers, support groups, therapists)](https://www.psychologytoday.com/us/)

[SAMHSA Treatment Locator](https://www.samhsa.gov/find-treatment)

[South Asian Therapists](https://southasiantherapists.org/)

[Teen Counseling](https://www.teencounseling.com/?utm_source=Adwords&utm_medium=Search_PPC_c&utm_term=teen+counseling.com_e&utm_content=59094490025&network=g&placement=&target=&matchtype=e&utm_campaign=1580280396&ad_type=text&adposition=&gclid=CjwKCAjwr_uCBhAFEiwAX8YJgUeM-pSSrUuz8iEsom2eUCI7xhfTcAUy8ImawiotSFQQNRSijQgUxhoCxM4QAvD_BwE&not_found=1&gor=rd_home)

[Therapy for Black Girls](https://providers.therapyforblackgirls.com/)

[Therapy for Black Men](https://therapyforblackmen.org/)

[Virginia Academy of Clinical Psychologists](https://www.vapsych.org/find-a-clinical-psychologist-in-your-community#/)

*Note: The information provided by 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.*