

## Mental Health Resources List

**If there is a life-threatening emergency call 911.**

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National – CDC.gov    Center for Disease Control	
<b>CDC</b> Coping with Disaster	<b>800-232-4636</b> <a href="https://emergency.cdc.gov/coping/index.asp">https://emergency.cdc.gov/coping/index.asp</a>
<b>CDC</b> Adult Mental Health	<b>1-800-985-5990,</b> <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>
<b>CDC</b> Children’s Mental Health	<a href="https://www.cdc.gov/mentalhealth/tools-resources/children/index.htm">https://www.cdc.gov/mentalhealth/tools-resources/children/index.htm</a>
<b>Substance Abuse and Mental Health Services Administration</b> <b>SAMHSA</b>	<b>1-877-726-4727</b> <a href="https://www.samhsa.gov/disaster-preparedness">https://www.samhsa.gov/disaster-preparedness</a>
<b>Suicide prevention lifeline</b> <b>SAMHSA</b>	<b>1-800-273-TALK (8255)</b> <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>  Free and confidential support for people in distress, 24/7.
<b>National Helpline (Treatment)</b> <b>SAMHSA</b>	<b>1-800-662-HELP (4357)</b> <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>  Treatment referral and information, 24/7.
<b>Disaster Distress Helpline</b>  <b>SAMHSA</b>	<b>1-800-985-5990</b> <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>  Immediate crisis counseling related to disasters, 24/7 and coronavirus. <b>text “TalkWithUs” for English or “Hablanos” for Spanish to 66746</b>  Callers to the hotline can also connect with counselors in over 100 other languages via 3rd-party interpretation services;
National Alliance on Mental Illness <b>NAMI</b>	<b>1-800-273-8255</b> <a href="https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources">https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources</a>  Top 25 HelpLine Resources

<b>United Way 211</b>	Call <b>2-1-1</b> <a href="https://unitedwaynca.org/programs/health/2-1-1/">https://unitedwaynca.org/programs/health/2-1-1/</a>
National Child Abuse Hotline	<b>1-800-422-4453</b> Report suspected child abuse.
<b>National Domestic Violence</b>	<b>1-800-799-7233.</b> It's open 24/7
Veterans Crisis Hotline	<b>1-800-273-8255</b> <a href="https://www.veteranscrisisline.net/get-help/chat">https://www.veteranscrisisline.net/get-help/chat</a>  text <b>838255</b> from your mobile phone to text chat with a crisis responder.
<b>The Trevor Project LGBT+</b>	<b>1-866-488-7386</b> <b>thetrevorproject.org</b>  Call its 24/7 crisis line at 1
Translifeline	<b>1-877-565-8860</b> <a href="https://www.translifeline.org/">https://www.translifeline.org/</a>  Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.
<b>Local</b>	
<b>DC Department of Behavioral Health</b>	Access Help Line <b>1-888-793-4357</b> <a href="https://dbh.dc.gov/service/access-helpline">https://dbh.dc.gov/service/access-helpline</a>  This is the easiest way to get connected to services provided by the Department of Behavioral Health and its <a href="#">certified behavioral health care providers</a> . Call the Access Helpline to:  Get emergency psychiatric care Help with problem solving Determine whether to seek ongoing mental health services or other types of services Find out what services are available  Young people can call the Access Helpline for help dealing with the drama of family, death, school, drugs, gangs and violence. We can help you sort out and manage feelings of

	hopelessness, anger, grief, stress or whatever is troubling you.
<b>DC Mental Health Hotline</b>	Call 1-888-7WE-HELP (1-888-793-4357)  24 hour mental health services
<b>DC Community Response Team</b>	(202) 673-4357  35 K Street, NE Washington, DC 20002  The Community Response Team offers 24-hour services to Conduct on the spot assessment and referral to behavioral health care. .
<b>Let's Talk About Feelings</b>	Conference Call: <b>1-646-558-8656</b> Code: <b>3402802729</b>  <b>Zoom call</b> with Dr. Barbara Musgrove Ordained Deacon and Licensed Psychologist Every Thursday 12:00 – 1:20 PM
<b>DC Domestic Violence Center</b>	NW - (202) 879-0152 SE - (202) 561-3000  Domestic Violence Intake Center NW
<b>Maryland 211</b>	Call <b>2-1-1, press 1</b> <a href="https://211md.org/">https://211md.org/</a> Maryland Crisis Connect is available 24 hours/7 days a week to provide support, guidance and assistance.
<b>Maryland's Public Mental Health System (PMHS)</b>	<b>1-800-888-1965</b>  A toll-free number for assistance or to answer questions 24 hours a day, 7 days a week.
<b>Maryland Crisis Connect SUD Services</b>	Call <b>211, Press 1</b> Substance Use Disorder Services are available in Maryland
<b>Virginia 211</b>	Call <b>2-1-1</b>  2-1-1 VIRGINIA provides access to services in your community and statewide. All referrals are confidential, and you can search for these same services on this 2-1-1 VIRGINIA Web site.