# Mental Health Resources (U.S., Washington DC, Maryland, Virginia)

Share this sheet widely. In an immediate crisis or if someone is in danger, call 911. For suicidal thoughts or severe emotional distress, call, text, or chat 988 (24/7).

## U.S.-Wide Resources

- 988 Suicide & Crisis Lifeline

24/7 confidential support via call, text, or chat for mental health crises and suicidal thoughts.

Call/Text/Chat: 988 • Web: 988lifeline.org

- SAMHSA National Helpline

Free, confidential treatment referral and information for mental health and/or substance use disorders (English & Spanish).

Call: 1-800-662-HELP (4357) • Web: samhsa.gov/find-help

- NAMI HelpLine

Information, support, and education; referrals to local resources.

Call: 1-800-950-NAMI (6264) • Text: NAMI to 62640 • Web: nami.org/support-education/nami-helpline

- Crisis Text Line

24/7 support by text with trained Crisis Counselors.

Text HOME to 741741 • Web: crisistextline.org

## Washington, D.C. Resources

- DC Department of Behavioral Health – Access HelpLine

24/7 helpline connecting residents to behavioral health services (mental health and substance use).

Call: 1-888-7WE-HELP (1-888-793-4357) • Web: dbh.dc.gov/service/access-helpline

- DBH Same Day Urgent Care (Adult)

Walk-in assessment for urgent behavioral health needs; no appointment required.

Address: 35 K St NE, Washington, DC 20002 • Phone: (202) 442-4202

- Emergency Psychiatric Services (DBH)

Emergency psychiatric care and crisis team response for severe crises.

Phone: (202) 673-9319

- Whitman-Walker Health – Behavioral Health

Psychotherapy, psychiatry, peer support, and substance use services for adults and youth.

Main: 1525 14th St NW & Max Robinson Center (SE) • DC Access Line: 888-793-4357 • Web: whitman-walker.org/health-services/behavioral-health

- Catholic Charities DC – Behavioral Health/Anchor Mental Health

Counseling, case management, medication management, and community-based supports.

Web: catholiccharitiesdc.org/program/behavioral-health-services/ (see Anchor Mental Health)

## Maryland Resources

- Maryland 988 Suicide & Crisis Lifeline

24/7 call, text, and chat for mental health or substance use emergencies.

Call/Text/Chat: 988 • Web: health.maryland.gov/bha/Pages/988md.aspx

- 211 Maryland

24/7 information and referral for health and human services; connects to local mental health resources.

Dial 211 • Web: 211md.org/resources/mental-health/

- Behavioral Health Administration (Maryland Dept. of Health)

Statewide information on community behavioral health services and county resources.

Web: health.maryland.gov/bha/Pages/Index.aspx

## Virginia Resources

- Virginia 988 Suicide & Crisis Lifeline

Virginia's 988 portal for immediate, free help from trained crisis workers.

Call/Text/Chat: 988 • Web: 988va.org

- DBHDS – Need Help?

Virginia Department of Behavioral Health & Developmental Services page with links to Community Services Boards (CSBs).

Web: dbhds.virginia.gov/contact/need-help/

- Fairfax County – Sharon Bulova Center for Community Health (Merrifield)

24/7 Emergency Services and Mobile Crisis Unit for individuals in acute mental health crisis.

Emergency Services: 703-573-5679 • Entry & Referral: 703-383-8500 • Address: 8221 Willow Oaks Corporate Dr, Fairfax, VA 22031

- NAMI Northern Virginia

Local support, education, and advocacy; connection to programs and support groups.

Phone: 571-458-7310 • Web: nami-northernvirginia.org

## Sharing Tips & Notes

- If someone may harm themselves or others, call 911 immediately.
- For ongoing care, encourage contacting a primary care provider or local Community Services Board (CSB) / clinic to establish outpatient support.
- Many services offer language access and sliding-scale fees. Ask about insurance, telehealth options, and eligibility.