

MENTAL HEALTH RESOURCES

We know the holiday season can be a challenging time for our students and families every year, and especially during the uncertain times of the pandemic. While schools are closed, we want to ensure that every student and family is aware of the mental health resources that are available in our community, virtually and in-person (if necessary).

CRISIS HOTLINES (ALL FREE AND 24 HOURS A DAY)

- Crisis Link Regional HotLine: 703-527-4077
- National Hope Line: 1-800-SUICIDE (1-800-784-2433)
- LGBTQ Lifeline: 1-866-488-7386
- National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
- Text: CONNECT to 8551 to confidentially text for emotional support or in case of crisis

ARLINGTON EMERGENCY MENTAL HEALTH

- **Purpose:** Emergency - student safety concern (harm to self or others)
- **Contact:** 703-228-5160
- **Location:** 2120 Washington Blvd., Arlington VA (in-person appointments)

CR2: CHILDREN'S REGIONAL CRISIS RESPONSE

- **Purpose:** CR2 provides 24-hour rapid response to all youth (21 and younger) facing a mental health and/or substance use crisis.
- **Contact:** 844-627-4747 or 571-364-7390

REACH

- **Purpose:** Crisis support for individuals with developmental disabilities experiencing a crisis putting them at risk of harming themselves or others.
- **Contact:** (855) 897-8278

Virginia COPES

- **Purpose:** For all Virginia residents having difficulty coping with COVID-19
- **Contact:** Call/Text free to 877-349-6428 9 a.m.-9 p.m. Monday to Friday and 5-9 p.m. Saturday and Sunday.

ESSENTIAL WORKERS HOTLINE

- **Purpose:** The George Mason University Center for Psychological Services is offering free help for essential workers dealing with anxiety, depression, and grief.
- **Contact:** Call 703-215-1898, Monday-Friday 8:30am-8:30pm / Saturday 8:30am-4pm

ARLINGTON COUNTY DEPARTMENT OF HUMAN SERVICES

- **Purpose:** Immediate assistance from Arlington County for rent, food or clothing
- **Contact:** 703-228-1300

DOMESTIC VIOLENCE

- **Contact:** 703-237-0881 to talk to a counselor about your options. In an emergency, call 911.