

Concerned about your child's mental health?

There is help.

Resources for Your Child's Mental Health

- Reach out to your child's teacher, school social worker, counselor or psychologist; for ACPS, call 703.619.8108 or email student_services@acps.k12.va.us
- Discuss your concerns with your child's pediatrician
- Contact your insurance company for options
- Contact Child & Family Behavioral Health Services at 571.213.7963 or DCHSYouthIntake@alexandriava.gov; priority is given to youth most at risk and those without insurance
- Check out the City of Alexandria's [Behavioral Health Services for Children and Families](#) webpage

Additional Resources

DCHS Adult Outpatient Services

If you or another adult is struggling emotionally and you don't have insurance or an Employee Assistance Program, call 703.745.3535.

Emergency Mental Health Services

If you are worried that your child or another family member might hurt themselves or others, call 703.746.3401 or 911.

Parent Support Line

Call 703.324.7720 or

Text "SUPPORT" or "PARENTING" to 30644

Monday – Friday, 8 a.m. – 4:30 p.m.

Virginia Warm Line

If you are struggling with distress, trauma and grief caused by COVID-19, call 877.349.6428

Monday – Friday, 9 a.m. – 9 p.m.

Saturday – Sunday, 5 – 9 p.m.

The National Suicide Prevention Lifeline

800-273-TALK

suicidepreventionlifeline.org



DEPARTMENT OF COMMUNITY & HUMAN SERVICES



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