

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 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 with Medicaid or no insurance
- Check out the City of Alexandria's [Children's Mental Health Awareness](#) 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 703.746.3535.

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

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DEPARTMENT OF COMMUNITY & HUMAN SERVICES



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