



**FEELING SAD A LOT, HOPELESS, ANXIOUS, IRRITABLE, CAN'T CONCENTRATE, OR WORRIED ABOUT YOUR DRUG USE? THERE IS HELP!**

- Discuss your concerns with an adult you trust, including your doctor.
- Make a free confidential appointment with the Teen Wellness Center at Alexandria City High School. Text "APPT" to 571.329.2245 or call 703.746.4776.
- Reach out to your teacher, school social worker, counselor, or psychologist. For ACPS: 703.619.8108 or [student\\_services@acps.k12.va.us](mailto:student_services@acps.k12.va.us).
- Contact Child & Family Behavioral Health Services: 571.213.7963 or [DCHSYouthIntake@alexandriava.gov](mailto:DCHSYouthIntake@alexandriava.gov)
- Get info on opioids, fentanyl and get Narcan, the free overdose reversal nasal spray, to help save a life.
- Check out the Resource Directory for Alexandria's Youth and Young Adults



Teen Wellness Center



Children and Family BH Services



Opioids and Narcan



Youth & Young Adults Resources Directory



ACPS Student Services



**FEEL LIKE HURTING YOURSELF OR OTHERS? DO YOUR THOUGHTS SCARE YOU? GET HELP NOW!**

- National Suicide Prevention Lifeline Call 988 or chat online at [988lifeline.org/chat](https://988lifeline.org/chat)
- Alexandria Emergency Mental Health Services (24/7 response): 703.746.3401
- Trevor Project- help for LGBTQI+ youth 1.866.488.7386, or text START to 678-678, or chat online 24/7 through [thetrevorproject.org/get-help](https://thetrevorproject.org/get-help)



988 Lifeline



Trevor Project



Alexandria Emergency Services

