

Free Resources & Hotlines for Mental & Physical Health

Suicide & Self Injury Prevention

National <https://suicidepreventionlifeline.org/chat> or call 1- 800-273-8255

Northern VA Crisis Link at 703-527-4077 or text NEEDHELP to 85511

Montgomery County CALL/TEXT: 301.738.2255

Mental Health First Aid: <https://www.mentalhealthfirstaid.org/>

MH Screen: <https://screening.mhanational.org/>

Relationship Health: <https://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/>

LGBTQ Youth Talk, Text, Chat

<https://www.thetrevorproject.org/get-help-now/>

<https://www.gchatspace.org/>

Trans Lifeline's Peer Support: 877-565-8860

Teens Crisis Chat online with a specialist at CrisisChat.org or ImAlive.org

Runaway Hotline (800) RUNAWAY (786-2929)

Parent & Caregiver support for mental health <https://nami.org/help> 1-800-950-NAMI (6264) or info@nami.org

Free or low-cost counseling online <https://www.7cups.com/> or <https://www.betterhelp.com/>

Non-emergency: Confidential expert guidance on mental and physical health/resources

2-1-1 Virginia <https://www.211virginia.org/consumer/index.php> 2-1-1 Maryland

<https://211md.org/>

Parent Resource Centers – Public Schools

Fairfax County <https://www.fcps.edu/resources/family-engagement/parent-resource-center>

Montgomery 240-740-3000 or Email: ASKMCPS@mcpsmd.org

Loudon <https://www.lcps.org/Page/180053>

Alexandria <https://www.acps.k12.va.us/Page/397>

Arlington <https://www.apsva.us/special-education/parent-resource-center/>

Prince William http://www.pwcs.edu/academics_programs/special_education/parent_resource_center

Substance Use Helpline – 1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>

Sexual Violence Victim Hotline 800-656-HOPE (4673) <https://www.rainn.org/>

Getting Consent <https://www.thehotline.org/healthy-relationships/consent/>

Abuse / Adverse Childhood Events <https://stopabusecampaign.org/faq-the-ace-study/what-is-your-ace-score/> **Men's Sexual Abuse Help**

<https://1in6.org/helpline/>

Human Trafficking Hotline (888) 373-7888 SMS: 233733 (Text "HELP" or "INFO")

Domestic Violence Hotline <https://www.thehotline.org> 800-799-7233

Developmental Disability REACH, VA 24-Hour Crisis and Referral Line 855-897-8278 <http://www.dbhds.virginia.gov/developmental-services/Crisis-services>

Veterans & Military Self Care <https://www.vetselfcheck.org/welcome.cfm>

STD HIV AIDS Hotline Virginia: (800) 533-4148 National: (800) 232-4636

Poison Control 1-800-222-1222

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