

## MENTAL HEALTH RESOURCES FOR PATIENTS

**Suicide Prevention and Crisis Lines:** *These resources provide 24/7 free and confidential support for people in crisis as well as resources and best practices to health professionals managing those in crisis.*

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

- [Online Lifeline Crisis Chat](#)

**Crisis text line:** Text HOME to 741741 to reach a crisis counselor

**National Domestic Violence Hotline:** 1-800-799-7233

- Online Chat: <https://www.thehotline.org/>

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**24 Hour Support Lines:** *These resources provide 24/7 free and confidential support for people with mental health needs and will provide referrals to your local resources.*

**National Alliance on Mental Illness (NAMI):** 800-950-6263

**DC Dept of Behavioral Health:** 1-888-793-4357

**MD Dept of Health:** 1-800-888-1965

**Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357)

*SAMHSA Treatment Referral Routing Service is a free confidential 24/7 365-day-a-year information service in English and Spanish for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups and community-based organizations. Callers can also order free publications and other information.*

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**Regional Mental Health Emergency Response Services:** *These resources provide 24/7 rapid mobile response to patients in crisis.*

### DC Residents

**ChAMPS (Child and Adolescent Mobile Psychiatric Service):** 202-481-1440

*ChAMPS is a 24/7 emergency response service for DC-based children, teenagers and adolescent adults (ages 6 to 17) who are having a mental health or behavioral health crisis. ChAMPS also serves children ages 18 to 21 if they are in the care and custody of DC Child and Family Services Agency. This service is provided at no cost to District residents and DC foster children in foster placement in Maryland.*

## **MD Residents**

[Emergency Mobile Crisis Reponses](#): 211 or county specific number

*Please view webpage for more details and a full list of number by county.*

*PG County: 301-429-2183 | Montgomery County: 240-777-4000 | Howard County: 410-531-6677 | Anne Arundel County: 410-768-5522 | Baltimore City: 410-433-5175*

## **VA Residents**

[CR2 \(Children's Regional Crisis Response\)](#): 844-627-4747

*CR2 Provides 24-hour rapid response to all youth (17 and younger) facing a mental health and/or substance use crisis. Serving Arlington, Fairfax, Loudoun and Prince William Counties and the Cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park.*

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**Pediatric Specific Resources:** *Mental health support services specifically for pediatric patients*

[The Trevor Project \(LGBTQ\)](#): 1-866-488-7386 or text START to 678678

*Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.*

[Instagram for Teens](#): @COVID\_And\_Beyond

*Instagram account run by Children's National Hospital's Adolescent Division that provides information and support for teens during the pandemic.*