Fairfax County Area
Primary Mental/Behavioral Health Resources
2014-15

EMERGENCY AND CRISIS NUMBERS: Help is available 24/7

911 – in any life threatening situation
1-800-273-TALK – national crisis lifeline for any age

Fairfax County 24-Hour Emergency Services: 703-573-5679, TTY 711

Text “need help” to CrisisLink at 703-940-0888

Alternative House Teen Crisis Hotline 1-800-say-teen

Fairfax 24-hour Domestic & Sexual Violence Hotline/ Helpline: 703-360-7273

SEARCH ONLINE


211 Virginia: Search http://www.211virginia.org or dial 2-1-1 toll free for services in Virginia

Therapist Search: http://therapists.psychologytoday.com/rms

Angie’s List users may search for psychologists and psychiatrists: http://search.angieslist.com

Fairfax County Prevention Toolkit: http://www.fairfaxcounty.gov/ncs/prevention/toolkit.htm

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MENTAL/BEHAVIORAL HEALTH & SUBSTANCE ABUSE TREATMENT AND REFERRAL

Note: If you have insurance coverage for mental/behavioral health services, call your insurance company or visit their website for assistance and a list of in-network providers.

Entry and Referral Services - Fairfax-Falls Church Community Services Board
Provides mental/behavioral health intake, assessments and referrals
Phone: (703) 383-8500
http://www.fairfaxcounty.gov/csb

National Suicide Prevention Lifeline
Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Also provides guidance for helping someone in distress.
National Hotline: 1-800-273-TALK (8255)
Web and chatline link: http://www.suicidepreventionlifeline.org

CrisisLink provides 24-hour confidential listening, crisis intervention, information and referrals
Regional Hotline: (703) 527-4077
Regional Textline*: (703) 940-0888
*CrisisLink now provides this number for users to reach out for help via text message!
http://www.crisislink.org

The Women’s Center
Working to significantly improve the psychological, career, financial and legal well-being of women, men and their families, regardless of their ability to pay.
Phone: (703) 281-2657
http://www.thewomenscenter.org

Northern Virginia Family Service
Maintains an extensive suite of counseling programs aimed at treating the whole person in their areas of greatest need, and those areas that are often overlooked.
Phone: (571) 748-2500
http://www.nvfs.org

Office of Psychology Services of the Fairfax County Public Schools
Provides consultation on student mental health, learning and behavioral issues.
Phone: (571) 423-4250
http://www.fcps.edu/dss/ips/psychologists

Office of School Social Work Services of the Fairfax County Public Schools
Provides consultation and resources to students and families around mental and behavioral health needs.
Phone: (571) 423-4300
http://www.fcps.edu/dss/ips/socialworkers/index.shtml

Alternative House provides a 24-hour hotline for distressed adolescents.
Phone: (703) 356-6360
http://www.thealternativehouse.org
INOVA Kellar Center provides education, ongoing assessment, therapy and groups to youth.
Phone: (703) 218-8500
http://www.inova.org/healthcare-services/inova-kellarcenter/index.jsp

HCA Dominion Hospital – Adolescent Mental Health Care
Specializes in stabilizing crisis situations through effective intervention.
Phone: (703) 536-2000
http://www.dominionhospital.com

Code of Support Foundation
Works to engage and leverage the full spectrum of this nation’s resources to ensure our service members, veterans and their families receive the support they need and have earned through their service and sacrifice.
Phone: (571) 527-3240
http://www.codeofsupport.org

Virginia Wounded Warrior Program
Monitors and coordinates behavioral health and rehabilitative services and support services through an integrated, comprehensive and responsive system of public and private partnerships.
Phone: (540) 671-8425
http://www.wearevirginiaveterans.org/Find-Support/Local-Support/Region-II.aspx

INOVA Psychiatric Assessment Center (IPAC)
Offering urgent psychiatric walk-in appointments and assessments.
Phone: (703) 289-7560
http://www.inova.org/healthcare-services/behavioral-health/ipac

Brain Injury Services
Community-based services for residents of Northern Virginia and surrounding counties who have experienced a brain injury.
Phone: (703) 451-8881
http://braininjurysvcs.org

Jewish Social Services Agency
Services and programs that support a wide range of emotional, social, and physical challenges.
Phone: (703) 204-9100
https://www.jssa.org

Phillips Programs
Services include case management, family counseling, psychiatric treatment as needed and collaborative goal-setting to address specific family concerns.
Phone: (703) 658-9054
http://www.phillipsprograms.org

Catholic Charities
Provides counseling services to individuals, couples, and families of all faiths and backgrounds.
Phone: (703) 841-2531
http://www.cccda.net
**Center for Family Services – VA Tech Northern VA Center**

Couples, family, and individual counseling is offered by Master’s level students in Marriage and Family Therapy through Virginia Tech with live faculty supervision.

Phone: (703) 538-8470

http://www.nvc.vt.edu/mft/cfs.html

**PRS, Inc.**

PRS provides skills training and supports so individuals living with mental illness, substance use disorders, mild intellectual disabilities, autism spectrum disorders or any combination of these achieve wellness, recovery and community integration.

Phone: (703) 536-9000

http://www.prsinc.org

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**COMMUNITY TRAINING FOR MENTAL/BEHAVIORAL HEALTH SUPPORTERS**

**ASIST (Applied Suicide Intervention Skills Training)** is an evidence-based training that helps people effectively recognize and intervene to prevent suicide.


**Mental Health First Aid** is a public education program offered by the Fairfax-Falls Church Community Services Board Wellness and Health Promotion staff that can help communities understand mental illnesses, seek timely intervention, and save lives.

http://www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm

**NAMI Northern Virginia**’s volunteer-led programs and events bring education, support, and hope to individuals living with a mental health condition, family members, and the community.

http://www.nami-northernvirginia.org/programs--events.html

**Online Training for Suicide Prevention/Intervention**

In these 1-hour online Kognito trainings offered by the Community Services Board, users enter a virtual environment, assume the role of an educator, and engage in conversations with three emotionally-responsive virtual students that exhibit signs of psychological distress, including thoughts of suicide.

http://fairfax.kognito.com
LOCAL CRISIS PREVENTION AND/OR STIGMA AWARENESS GROUPS

Josh Anderson Foundation
Providing teens with mental health education, resources, and support.
http://joshafoundation.org

Angel Fund
Creating a safe environment for young people to feel respected, accepted and self-confident.
Phone: 703-402-5576
E-mail: luann.mcnabb@angelfundva.org.
https://www.angelfundva.org

Community of Solutions
Sharing strategies for helping teens deal with adversity and build resilience.
https://www.facebook.com/cosdcmetro
http://com-sol.wix.com/communityofsolutions

Safe Community Coalition
Working together for our youth, through information sharing, events, tips, tools and other resources.
Phone: (703) 795-6943
http://www.safecommunitycoalition.net

NEXUS - Strives to increase public understanding and promote strong mental health outcomes for Mount Vernon residents of all ages.
Phone: (703) 660-2327

Unified Prevention Coalition—dedicated to promoting prevention and early intervention for violence and drug use in our community.
Phone: (703) 938-8723
http://www.unifiedpreventioncoalition.org

Gay, Lesbian, and Straight Education Network
Strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.
Phone: (703) 366-1090
http://www.GLSENNorthernVirginia.org
NATIONAL SUICIDE PREVENTION AND/OR STIGMA AWARENESS ORGS/CAMPAIGNS

NAMI
I Will Listen
Turn your social network into a network of support.
http://www.nami.org/Content/NavigationMenu/Take_Action/I_Will_Listen/I_Will_Listen.htm

NBC4 Changing Minds
Shining a light on mental health and mental illness.

Active Minds
Day Without Stigma - eliminate the shame and discrimination surrounding mental health disorders by creating communities of understanding, support, and help-seeking.
http://www.activeminds.org/our-programming/awareness-campaigns/national-day-without-stigma/623
Send Silence Packing® is a nationally recognized traveling exhibition of 1,100 donated backpacks representing the number of college students lost to suicide each year; designed to raise awareness about the incidence and impact of suicide, connect students to needed mental health resources, and inspire action for suicide prevention
http://activeminds.org/our-programming/send-silence-packing

American Foundation for Suicide Prevention
Dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.
http://www.afsp.org

I Care By
Redefining care by giving people specific positive actions to take that have been proven to be successful, along with ways to share their actions and encourage others to do the same.
http://www.icareby.org

Bring Change 2 Mind
Working to end the stigma and discrimination of mental illness.
http://www.bringchange2mind.org

National Dialogue on Mental Health
Breaking the Silence
Breaking the Silence (BTS) is committed to educating all students about mental illness; combating stigma, teaching the warning signs, encouraging open discussion, and promoting help seeking behavior.
http://creatingcommunicationsolutions.org/breaking-silence
Creating Community Solutions
http://creatingcommunicationsolutions.org/resources
REGIONAL MENTAL HEALTH LEGISLATIVE ADVOCACY GROUPS

Voices for Virginia’s Children- 1 in 5 Kids Campaign
Legislative advocacy for children’s mental health in Virginia.
Phone: 804-649-0184
Email: ashley@vakids.org
http://1in5kids.org

NAMI Northern VA – Concerned Fairfax
Email: ConcernedFairfax@gmail.com
http://www.nami-northernvirginia.org/concerned-fairfax.html

Angel Fund
Creating a safe environment for young people to feel respected, accepted and self-confident.
Phone: 703-402-5576
E-mail: luann.mc nabb@angelfundva.org.
https://www.angelfundva.org

Mental Health Services in the Twenty-First Century, Joint Subcommittee to Study
VA General Assembly subcommittee to study the delivery of mental health services, including laws governing the provision of mental health services and the system of emergency, short-term, forensic, and long-term mental health services in the Commonwealth.
Staff Contacts: David Cotter and Sarah Stanton, Division of Legislative Services, (804) 786-3591
Hobie Lehman, Senate Committee Operations, hlehman@senate.virginia.gov, 804-698-7450
http://studies.virginiageneralassembly.gov/studies/341

VA- Governor’s Task Force on Mental Health Services and Crisis Response
Established to seek and recommend solutions that will improve Virginia's mental health crisis services and help prevent crises from developing.
http://www.dbhds.virginia.gov/MHSCRTTaskforce.htm

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