

DC Area Mental Health Resources

Need help right now? Call or text one of the following hotlines.

National Suicide Prevention Hotline: Call 1-800-273-8255 or text HOME to 741-741	Crisis Text Line: Text 741741	National Domestic Violence Hotline: Call anytime 1-800-799-7233	National Sexual Assault Hotline: Call anytime 800-656-4673	Support for LGBTQ youth: Call 1-866-488-7386 or go to TheTrevorProject.org	Substance Abuse and Mental Health National Helpline: Call 1-800-662-HELP (4357)
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Looking for short or long-term mental healthcare support?

Comprehensive mental health support providers:

Children's Hospital Psychiatry and Psychology Division offers assessment, diagnosis & care for children & teens with behavioral, emotional & developmental disorders. Phone: 202-729-3300	Mary's Center specializes in helping people who have experienced trauma & those struggling with anxiety, depression, post-traumatic stress disorder, substance abuse, and many other mental health concerns. Phone: 202-420-7121 www.maryscenter.org <i>¡Se habla español!</i>	La Clinica Del Pueblo Building a healthy Latino community for more than 35 years. Phone: 202-462-4788 x241 www.lcdp.org <i>¡Se habla español!</i>	Hillcrest Children And Family Center offering comprehensive mental health services for children & adults: Phone: 202-232-6100 x2801 www.hillcrest-dc.org
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Substance abuse and addiction support:

Behavioral Health Group Recovery of Washington, DC for addiction & substance use disorders for adults & young adults: Phone: 202-610-1886 washington-dc.bhgrrecovery.com	Providence Outpatient And Behavioral Health Services provides outpatient behavioral & mental health services for children & adults. Phone: 202-854-4623 www.provhosp.org	Kolmac Outpatient Recovery Centers for drug & alcohol addiction: Phone: 202-638-1992 www.kolmac.com	Pilgrim Rest Therapeutic Services Inc The Better Way Program providing drug & alcohol recovery services. Phone: 202-396-4290	Alternative Solutions for Youth serves at-risk youth experiencing behavioral & substance abuse issues, which either have or have the potential of involving them in the juvenile justice system. Phone: 202-584-1244.
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Looking for community support?

Coronavirus-related support

NAMI Weekly Support Group <i>Where:</i> Zoom (Register by emailing: treasurer@nami.org or call 202.546.0646) <i>When:</i> Every Wednesday, 7-9 pm & Saturday 2-4 on Zoom	Depression and Bipolar Support Alliance <i>Where:</i> Zoom (register http://dbsanca.org) <i>When:</i> Every Thursday, 7-9 pm	<ul style="list-style-type: none"> • www.virusanxiety.com • COVID-19 Information & Resources at www.nami.org • www.covidmentalhealthsupport.org • www.baypsychology.ca/workshops • https://mhanational.org/covid19 • www.covidmentalhealthsupport.org/get-help-now
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