

BEHC Inclusion Committee

February 2022

Mental Health & Disabilities Resources

- Phone Numbers and Links for Help –

Crisis/Suicide Prevention: Text “CONNECT” to 85511

National Suicide Prevention Lifeline 1-800-273 TALK or
1-800 SUICIDE

Life Threatening Emergency Call 911

CrisisLink Regional Hotline 703-527-4077

Dominion Hospital Emergency Services 703-538-2872

Inova Emergency Services 703-289-7560

Mobile Crisis Unit 703-573-5679
(Fairfax County including cities of Fairfax and Falls Church)

Merrifield Center Emergency Services 703-573-5679
(Fairfax County including cities of Fairfax and Falls Church)

Community Regional Crisis Response (CR2) 844-627-4747
or 571-364-7390
<https://www.cr2crisis.com/>

If you or someone you know is in crisis:

- Call 911
- Go to your nearest emergency room
- Call the National Suicide Prevention Lifeline at 1-800-273-8255 or text "HOME" to 741741
- Call the LGBT National Hotline at 1-888-843-4564
- Call the LGBT National Youth Talkline at 1-800-246-7743
- Call the Trans Lifeline at 1-877-565-8860
- Call the National Sexual Assault Hotline at 1-800-656-4673
- Call the National Domestic Violence Hotline at 1-800-799-7233
- Call the Postpartum Support International Warmline at 1-800-944-4773
- Maryland: Call 211 and press "1", text zip code to 898-211, visit [website](#)
-DC: Call 1-888-793-4357
- Virginia: Search by city/county/zip code at [website](#)

National Alliance on Mental Illness (NAMI) <https://nami.org/Home>

Call the NAMI Helpline at [800-950-NAMI](tel:800950NAMI) or in a crisis, [text "NAMI" to 741741](#).

Jewish Mental Health Digital Communities, Facilities and Resources

<https://thebluedovefoundation.org/jewishresources/>

Fairfax County Public Schools

<https://www.fcps.edu/return-school/mental-health-resources>

Haven of Northern Virginia <http://www.havenofnova.org/> offers emotional support to the bereaved, the seriously ill, the dying and to their families and friends.

The Women's Center <https://thewomenscenter.org/> addresses the diverse needs of women, men, couples, and families through counseling, career, mediation, financial, and domestic violence and sexual assault services.

Compassionate Friends www.compassionatefriends.org is a support group for parents whose child has died including death by suicide

Jewish Social Service Agency (JSSA) www.jssa.org Intake: 703-204-9100 provides therapy for all ages, including individual, couples, family and groups. Career and job placements for persons with disabilities

Articles

From Jewish Social Service Agency (JSSA)

[Parenting Those With Autism During the Pandemic | JSSA](#)

[News Headlines Getting You Down? Here's How You Can Cope | JSSA](#)

Additional Articles related to mental health and COVID-19

<https://www.apa.org/topics/covid-19/research-disabilities>

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2764404>

<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>