

# **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 (Fairfax County including cities of Fairfax and Falls Church)	703-573-5679
Merrifield Center Emergency Services (Fairfax County including cities of Fairfax and Falls Church)	703-573-5679
Community Regional Crisis Response (CR2)	844-627-4747 or 571-364-7390 <a href="https://www.cr2crisis.com/">https://www.cr2crisis.com/</a>

**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:800-950-NAMI) or in a crisis, [text "NAMI" to 741741](tel: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](http://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](http://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>