

# Concerned about your child's mental health?

## There is help.

### Resources for Your Child's Mental Health

- Reach out to your child's teacher, school social worker, counselor or psychologist; for ACPS, call 703.619.8108 or email [student\\_services@acps.k12.va.us](mailto:student_services@acps.k12.va.us)
- Discuss concerns with your child's pediatrician
- Contact your insurance company for options
- Contact Child & Family Behavioral Health Services at 571.213.7963 or [DCHSYouthIntake@alexandriava.gov](mailto:DCHSYouthIntake@alexandriava.gov); priority is given to youth most at risk and those with Medicaid or no insurance
- Check out the City of Alexandria's [Children's Mental Health Awareness](#) webpage

#### ADDITIONAL RESOURCES

##### DCHS Adult Outpatient Services

If you or another adult is struggling emotionally and you don't have insurance or an Employee Assistance Program, call 703.746.3535.

##### Emergency Mental Health Services

If you are worried that your child or another family member might hurt themselves or others, call 703.746.3401 or 911.

##### Emotional Support Line

Call 703.215.1898 (English) or 703.914.3878 (Spanish) Monday – Sunday 8 a.m. – 8 p.m.

##### Parent Support Line

Text "SUPPORT" or "PARENTING" to 30644  
Monday – Friday, 8 a.m. – 4:30 p.m.

##### Virginia Warm Line

If you are struggling with distress caused by COVID-19, call 877.349.6428 Mon – Fri, 9 a.m.–9 p.m.; Sat– Sun, 5–9 p.m.

##### The National Suicide Prevention Lifeline

Call 988 or chat at [988lifeline.org/chat/suicidepreventionlifeline.org](https://988lifeline.org/chat/suicidepreventionlifeline.org)

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DEPARTMENT OF COMMUNITY & HUMAN SERVICES



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