

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](tel:703.619.8108) or email 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](tel:571.213.7963); priority is given to youth most at risk and those with Medicaid or no insurance
- Check out the City of Alexandria's Children's Resource Directory for Youth and Young Adults



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](tel: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](tel:703.746.3401) or [911](tel:911).

Emotional Support Line

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

Parent Support Line

Call [703.324.7720](tel:703.324.7720) or Text "SUPPORT" or "PARENTING" to [30644](tel:30644)
Monday through Friday, 8 a.m. – 4:30 p.m.

The National Suicide Prevention Lifeline

Call [988](tel:988) or chat online: suicidepreventionlifeline.org/chat

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DEPARTMENT OF COMMUNITY & HUMAN SERVICES



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