

ስለልጅዎ የአይምሮ ጤና ተጨንቀዋል?

እርዳታ አለ.

ለልጅዎ የአይምሮ ጤና እባክዎን እነዚህን ይመልከቱ

- የልጅዎን አስተማሪ ፣ የማህበረሰብ አገልግሎት ሰጪን ፣ የት/ቤቱን የምክር አገልግሎት ሰጪ አልያም የሰነ - ልቦና አማካሪ ያነጋግሩ። ለ ACPS በ 703.619.8108 ይደውሉ ወይንም በ student_services@acps.k12.va.us አድራሻ ኢሜይል ያድርጉ።
- ከልጅዎ የአይምሮ ጤና ጋር በተገናኘ ያለዎትን ስጋት ከህፃናት ሃኪም ጋር ይወያዩበት።
- ለህክምና አማራጮች የኢንሹራንስ ድርጅትዎን ያነጋግሩ።
- ለDCHS Central Intake (የማህበረሰብ እና ሰብ ዊ አገልግሎቶች መምሪያ ዋና መግ ያ) በ703.746.3535 መደወል አልያም ደግ ከሰኞ - ርብ ከ9 ም እስከ 2 ም ወደ 4850 Mark Center Drive 2ተኛ ቅ በመምጣት በአካል መጎብኘት ይችላሉ
- የአሌክሳንድሪያ ከተማ ለወጣቶች እና ለወጣት ጎልማሶች የህፃናት መርጃ ማውጫን ይመልከቱ



ተጨማሪ ግብዓቶች

DCHS የአዋቂ ህመማን አገልግሎት

እርስዎ ወይንም ሌላ አዋቂ በሰነ - ልቦና ቀውስ እየተጠቁ ከሆነ እና ኢንሹራንስ ወይም የሰራተኛ ድጎማ ፕሮግራም ከሌለዎት እባክዎ በዚህ የስልክ ቁጥር ይደውሉ ፣ 703.746.3535።

አስቸኳይ የአይምሮጤና አገልግሎት

ልጅዎ ወይንም ሌላ የቤተሰብዎ አባል በራሳቸው ላይ ጉዳት ያደርሳሉ ብለው ከሰነ ፣ በዚህ ስልክ ቁጥር ይደውሉ 703.746.3401 or 911.

የወላጆች ድጋፍ የስልክ መስመር

ስልክ 703.324.7720 ወይንም 30644 ላይ "SUPPORT" ወይንም "PARENTING" ብለው አጭር የፅሁፍ መልዕክት ይላኩ። ከሰኞ - አርብ, 8 a.m. - 4:30 p.m.

ስሜታዊ የድጋፍ መስመር

ይደውሉ 703.215.1898 (እንግሊዘኛ) or 703.914.3878 (ስፓኒሽኛ) ሰኞ - እሁድ 8 a.m. - 8 p.m.

988 ይደውሉ ወይም በመስመር ላይ በ ላይ ይወያዩ suicidepreventionlifeline.org/chat

5.6.2025

ስለልጅዎ የአይምሮ ጤና ተጨንቀዋል?

እርዳታ አለ.

ለልጅዎ የአይምሮ ጤና እባክዎን እነዚህን ይመልከቱ

- የልጅዎን አስተማሪ ፣ የማህበረሰብ አገልግሎት ሰጪን ፣ የት/ቤቱን የምክር አገልግሎት ሰጪ አልያም የሰነ - ልቦና አማካሪ ያነጋግሩ። ለ ACPS በ 703.619.8108 ይደውሉ ወይንም በ student_services@acps.k12.va.us አድራሻ ኢሜይል ያድርጉ።
- ከልጅዎ የአይምሮ ጤና ጋር በተገናኘ ያለዎትን ስጋት ከህፃናት ሃኪም ጋር ይወያዩበት።
- ለህክምና አማራጮች የኢንሹራንስ ድርጅትዎን ያነጋግሩ።
- ለDCHS Central Intake (የማህበረሰብ እና ሰብ ዊ አገልግሎቶች መምሪያ ዋና መግ ያ) በ703.746.3535 መደወል አልያም ደግ ከሰኞ - ርብ ከ9 ም እስከ 2 ም ወደ 4850 Mark Center Drive 2ተኛ ቅ በመምጣት በአካል መጎብኘት ይችላሉ
- የአሌክሳንድሪያ ከተማ ለወጣቶች እና ለወጣት ጎልማሶች የህፃናት መርጃ ማውጫን ይመልከቱ



ተጨማሪ ግብዓቶች

DCHS የአዋቂ ህመማን አገልግሎት

እርስዎ ወይንም ሌላ አዋቂ በሰነ - ልቦና ቀውስ እየተጠቁ ከሆነ እና ኢንሹራንስ ወይም የሰራተኛ ድጎማ ፕሮግራም ከሌለዎት እባክዎ በዚህ የስልክ ቁጥር ይደውሉ ፣ 703.746.3535።

አስቸኳይ የአይምሮጤና አገልግሎት

ልጅዎ ወይንም ሌላ የቤተሰብዎ አባል በራሳቸው ላይ ጉዳት ያደርሳሉ ብለው ከሰነ ፣ በዚህ ስልክ ቁጥር ይደውሉ 703.746.3401 or 911.

የወላጆች ድጋፍ የስልክ መስመር

ስልክ 703.324.7720 ወይንም 30644 ላይ "SUPPORT" ወይንም "PARENTING" ብለው አጭር የፅሁፍ መልዕክት ይላኩ። ከሰኞ - አርብ, 8 a.m. - 4:30 p.m.

ስሜታዊ የድጋፍ መስመር

ይደውሉ 703.215.1898 (እንግሊዘኛ) or 703.914.3878 (ስፓኒሽኛ) ሰኞ - እሁድ 8 a.m. - 8 p.m.

988 ይደውሉ ወይም በመስመር ላይ በ ላይ ይወያዩ suicidepreventionlifeline.org/chat

5.6.2025



DEPARTMENT OF COMMUNITY & HUMAN SERVICES

[X.COM/DCHS_ALEXVA](https://x.com/DCHS_ALEXVA)

[FACEBOOK.COM/DCHSALEXANDRIAVA](https://facebook.com/DCHSALEXANDRIAVA)

ALEXANDRIAVA.GOV/DCHS



DEPARTMENT OF COMMUNITY & HUMAN SERVICES

[X.COM/DCHS_ALEXVA](https://x.com/DCHS_ALEXVA)

[FACEBOOK.COM/DCHSALEXANDRIAVA](https://facebook.com/DCHSALEXANDRIAVA)

ALEXANDRIAVA.GOV/DCHS

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
- Discuss concerns with your child's pediatrician
- Contact your insurance company for options
- Call DCHS Central Intake at 703.746.3535 or walk in Monday - Friday, 9 a.m. to 2 p.m., 4850 Mark Center Drive, 2nd Floor
- 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.

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

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

The National Suicide Prevention Lifeline

Call 988 or chat online at suicidepreventionlifeline.org/chat

5.6.2025

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
- Discuss concerns with your child's pediatrician
- Contact your insurance company for options
- Call DCHS Central Intake at 703.746.3535 or walk in Monday - Friday, 9 a.m. to 2 p.m., 4850 Mark Center Drive, 2nd Floor
- 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.

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

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

The National Suicide Prevention Lifeline

Call 988 or chat online at suicidepreventionlifeline.org/chat

5.6.2025



DEPARTMENT OF COMMUNITY & HUMAN SERVICES

[X.COM/DCHS_ALEXVA](https://x.com/DCHS_ALEXVA)

[FACEBOOK.COM/DCHSALEXANDRIAVA](https://facebook.com/DCHSALEXANDRIAVA)

[ALEXANDRIAVA.GOV/DCHS](https://www.alexandriava.gov/dchs)



DEPARTMENT OF COMMUNITY & HUMAN SERVICES

[X.COM/DCHS_ALEXVA](https://x.com/DCHS_ALEXVA)

[FACEBOOK.COM/DCHSALEXANDRIAVA](https://facebook.com/DCHSALEXANDRIAVA)

[ALEXANDRIAVA.GOV/DCHS](https://www.alexandriava.gov/dchs)