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
Merrifield Center Emergency Services 703-573-5679

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 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