



ASSESSMENTS FOR INDIVIDUALS IN CRISIS

Emergency Services	Contact
ALEXANDRIA 720 N Saint Asaph St. Second Floor Alexandria, VA 22314	703-746-3401
ARLINGTON 2120 Washington Blvd. Arlington, VA 22204	703-228-5160
FAIRFAX-FALLS CHURCH 8221 Willow Oaks Corporate Dr. Fairfax, VA 22031	703-573-5679
LOUDOUN 102 Heritage Way NE, Suite 102 Leesburg, VA 20176	703-777-0320
PRINCE WILLIAM 7969 Ashton Ave. Manassas, VA 20109	703-792-7800 Manassas
15941 Donald Curtis Drive, Suite 200 Woodbridge, VA 22191	703-792-4900 Woodbridge

REACH OUT

Just like physical challenges, behavioral health challenges present in a variety of forms. Northern Virginia's behavioral health providers are working to ensure that mental wellbeing is a reality for all individuals in Northern Virginia.



**ACCOMMODATIONS AND
FREE PARKING
AVAILABLE AT ALL LOCATIONS**



Northern Virginia Regional Projects Office
 Serving Alexandria, Arlington, Fairfax-Falls Church,
 Loudoun, and Prince William Community Services Boards



**Accessing
Crisis
Services
In Northern
Virginia**



1 IN 5 INDIVIDUALS
WILL HAVE A MENTAL
HEALTH CHALLENGE
THIS YEAR

**IF YOU OR SOMEONE YOU
KNOW IS AT RISK
OF HARM OR IN A MENTAL
HEALTH CRISIS, BUT IS NOT
IN IMMEDIATE DANGER:**

**REGIONAL CRISIS CALL CENTER AND
TEXTLINE, AVAILABLE 24/7
CALL 703-527-4077
TEXT CONNECT TO 85511**

Talk or text with an empathetic person who will provide immediate help over the phone, such as referrals to behavioral health and other community services and ideas about how to help.

**COMMUNITY REGIONAL CRISIS
RESPONSE (CR2), AVAILABLE 24/7
CALL 844-627-4747**

For someone experiencing a mental health and/or substance use crisis and is at risk of hospitalization. CR2 provides 24-hour rapid response for individuals facing behavioral health and/or substance use crisis.

**REGIONAL EDUCATION, ASSESSMENT,
CRISIS SERVICES, HABILITATION
(REACH), AVAILABLE 24/7,
CALL 855-897-8278**

Assistance for people who have an intellectual or developmental disability and are experiencing a crisis due to behavioral or psychiatric needs.

HOW CAN I HELP?

Listen, Listen, Listen

It is important for everyone to feel heard and understood. Listen carefully, repeat what you heard and ask if you understood correctly. Ask additional questions only after listening.

Check for Danger

Ask directly and openly if they are thinking about killing themselves or others. If yes, ask about how and when. Asking will not put those thoughts in their head. Rather, it tells them you care and that you will help keep them safe.

Consider Your Options

If you are concerned, reach out for help right away. There are several options to speak with a mental health professional quickly and get help immediately. Don't worry about making the wrong choice, every number leads to someone who can help.

Call a Professional

If you do not believe there is immediate danger

- Call a counselor, therapist, pediatrician or family physician who is familiar with you or your loved one. This professional can help assess the situation and offer advice.
- Check the insurance card, this may have an advice line where you can speak with a mental health professional.

Regional Crisis Call Center and Textline
703-527-4077
Text CONNECT to 85511

YouthLine for ages 11 to 21:
Call 877-968-8491

The Trevor Project
for LGBTQIA+ youth under 25
866-488-7386 text START to 678678

SAMHSA National Helpline for
Substance Use Treatment & Recovery
800-662-4357

**IF THERE IS
IMMEDIATE
DANGER...**

GO TO THE NEAREST HOSPITAL EMERGENCY DEPARTMENT

Hospital Emergency rooms are open 24/7/365 and are available when individuals need it most. They will evaluate and make an assessment of the needs.

GO TO THE LOCAL EMERGENCY MENTAL HEALTH SERVICES OFFICE

Emergency Services provides 24-hour intervention for individuals experiencing a behavioral health or substance use related crisis. Clinicians evaluate individuals and make recommendations and referrals, as needed.

CALL 911

Call 911 if the crisis is a life-threatening emergency. Make sure to notify the operator that it is a psychiatric emergency and ask for an officer trained in crisis intervention or trained to assist people experiencing a psychiatric emergency.

Available 24/7