

# Mental Health Support Resources for Families



Children's National®

**In the case of mental health emergency, call 911 or go to the nearest emergency room.**

## Maryland Residents

- Ask your child's primary care provider if they are able to call **BHIPP** for mental health case management services and psychiatry consultation.
- **Call the Emergency Mobile Crisis Response Line:** 211 or county-specific number
  - *PG County: 301-429-2183 | Montgomery County: 240-777-4000 | Howard County: 410-531-6677 | Anne Arundel County: 410-768-5522 | Baltimore City: 410-433-5175*

## Virginia Residents

- Ask your child's primary care provider if they are able to call **VMAP** for mental health case management services and psychiatry consultation.
- Call **CR2** (Children's Regional Crisis Response): 844-627-4747
  - *CR2 Provides 24-hour rapid response to all youth (17 and younger) facing a mental health and/or substance use crisis. Serving Arlington, Fairfax, Loudoun and Prince William Counties and the Cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park.*

## Washington, D.C. Residents

- Ask your child's primary care provider if they are able to call **DCMAP** for mental health case management services and psychiatry consultation.
- **Call ChAMPS Hotline:** (202) 481-1440
  - *ChAMPS is a 24/7 emergency response service for DC-based children, teenagers and adolescent adults (ages 6 to 17) who are having a mental health or behavioral health crisis. ChAMPS also serves children ages 18 to 21 if they are in the care and custody of DC Child and Family Services Agency. This service is provided at no cost to District residents and DC foster children in foster placement in Maryland.*

## National Resources

*These resources provide 24/7 free and confidential support for people in crisis as well as resources and best practices to health professionals managing those in crisis.*

- **988 Suicide and Crisis Lifeline (formerly the National Suicide Prevention Lifeline):** 988
- **Online Lifeline Crisis Chat text line:** Text HOME to 741741 to reach a crisis counselor
- **The Trevor Project for LGBTQI Young People:** Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free.  
**Call:** 1-866-488-7386 • **Text:** 678678 • **Chat:** <https://www.thetrevorproject.org/get-help/>