

Mental Health and Crisis Services



How to Find Mental Health Services

What is a mental health provider?

A therapist is a mental health provider like a social worker, mental health counselor, or psychologist. Therapists can work with children or teens alone. Therapists can also work with parents. They help people learn skills to manage feelings, thoughts, and behaviors. They can also talk through situations. Psychologists can do therapy, diagnose mental health problems, and do mental health or educational testing.

A psychiatrist or a psychiatric nurse practitioner can diagnose mental health problems. They also prescribe mental health medications. They sometimes do brief therapies, too.



IN CASE OF AN EMERGENCY, GO TO A LOCAL EMERGENCY DEPARTMENT OR CALL 911.

CALL OR TEXT 988 TO REACH THE NATIONAL 988 SUICIDE & CRISIS LIFELINE. WEBSITE [988LIFELINE.ORG](https://www.988lifeline.org)

If your child has health insurance through your employer, Affordable Care Act Marketplace, or other commercial insurance:

- Start by calling the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area. You can also search for providers on your insurance website.
- You can also ask your primary care provider to contact the Mental Health Access Program (MAP) in your state. This program can help your primary care provider find resources for treatment.

If your child has health insurance through Medicaid, CHIP, a Managed Care Organization, or another state insurance program:

- Start by calling the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area. You can also search for providers on your insurance website.
- **Washington, DC:** Call the DC Access Helpline at 1-888-793-4357 or the number on the back of your insurance card. The DC Access Helpline can help families set up appointments with community organizations.
- **Maryland:** Call Optum Maryland at 1-800-888-1965 or the number on the back of your insurance card.
- **Virginia:** Call the number on the back of your insurance card or visit the [Virginia Medicaid website](#).

Additional ways to find mental health providers:

- Talk with your child's doctor (primary care provider) about what your child needs.
- Ask your trusted friends, family, or community members for local recommendations.
- [Psychology Today](#) is an online resource where therapists will list their contact information and what they treat.
- [NAMI \(National Alliance on Mental Health\)](#) lists many resources to help find a mental health provider in your area.
- [American Psychological Association](#) has a "Find a Provider" option.

Pediatric **Health** Network



Some organizations for specific conditions or therapies also have "Find a Provider" features to help you find mental health providers in those areas:

- [Association for Behavioral and Cognitive Therapies](#)
- [CHADD \(Children and Adults with ADHD\)](#)
- [International Obsessive-Compulsive Disorder \(OCD\) Foundation](#)
- [Tourette Association of America](#)
- [Trauma Focused Cognitive Behavioral Therapy](#)

Community Resources

- If you need resources for food, housing, or more, visit the [CNH Community Resources for Maryland, Virginia, and DC](#) website or the [Find Help](#) website



Crisis Services



WASHINGTON, DC

- CHAMPS (Child and Adolescent Mobile Psychiatric Services) 24/7 free mobile crisis services for children and teens: 202-481-1440. Mobile Crisis for Adults 202-673-9300



MARYLAND

- General Maryland Crisis Hotline: 800-422-0009
- Montgomery County Walk in Crisis Center 1301 Piccard Dr, Rockville, 240-777-4000



VIRGINIA

- [Virginia Community Service Board \(CSB\)](#) phone lines by county, or visit [Find Your CSB](#)
- CR2 (Children's Regional Crisis Response), open 24/7: 844-627-4747
- [Virginia REACH Crisis Services Program](#) for youth or adults with developmental disabilities: 855-897-8278



NATIONAL CRISIS HOTLINES

- 988 National Suicide & Crisis Lifeline: Call or text 988
- The Trevor Project, to support LGBTQ+ individuals: 866-488-7386 or text 678678
- National Sexual Assault Hotline: 800-656-HOPE (4673)
- National Maternal Mental Health Hotline (call or text): 833-852-6262



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