

Behavioral Health Resource Guide

Local 24/7 Crisis Resources

Washington, D.C.

- DC Access Helpline: 1-888-793-4357
- CHAMPS mobile crisis for children and teens under the age of 18: 202-481-1440
- Mobile Crisis for Adults: 202-673-9300

Maryland

- Maryland Crisis Hotline, for use if your county is not listed below: 1-800-422-0009
- Prince George's County: 301-864-7130
- Montgomery County: 240-777-4000
You can also walk into the Crisis Center 24/7 located at 1301 Piccard Dr., Rockville, MD 20850, which provides services to all Montgomery County residents regardless of age or insurance status.
- Anne Arundel County: 410-768-5522
- Baltimore City: 410-433-5175
- Baltimore County: 410-931-2214
- Calvert County: 1-877-467-5628
- Howard County: 410-531-6677

Virginia

- For complete list of Virginia's Community Services Boards (CSBs), visit: <https://dbhds.virginia.gov/contact/need-help/>
- Alexandria: 703-746-3400
- Arlington: 703-228-5160
- Fairfax/Falls Church: 703-573-5679
- Loudon: 703-573-5679
- Prince William: 703-792-7800, press 2 for Mental Health Crisis

National 24/7 Crisis Resources

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Video Relay and Voice/Caption Phone: 800-273-8255, TTY: 800-799-4889
- Crisis Text Line: Text "HOME" to 741-741
- Suicide and Crisis Lifeline: 988
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The Trevor Project: 1-866-488-7386
- Boys Town National Hotline: 1-800-448-3000 or Text "VOICE" to 20121
- National Maternal Mental Health Hotline: Call or Text 1-833-852-6262
- SAMHSA Disaster Distress Hotline: Call or Text 1-800-985-5990

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at childrensnational.org/visit/resources-for-families/family-services/social-work

DISCLAIMER: This list of resources is intended for informational purposes only and was up to date at the time of printing. It does not constitute endorsement by Children's National Hospital Department of Family Services-Social Work Services for any of the resources listed.

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Behavioral Health Resource Guide

Scheduling outpatient behavioral health with commercial (private) insurance

- Call the number for member services on the back of your insurance card to identify in-network behavioral health providers in your area.

Scheduling outpatient behavioral health with Medicaid

Washington, D.C.

- For any person with a Medicaid plan in Washington, D.C., you can schedule with a behavioral health provider by calling DC Access Helpline: 1-888-793-4357
- The Access Helpline is 24/7 and can be called in cases of emergency. There is no age limit.

Maryland

- For any person with a Medicaid plan in Maryland, you can schedule with a behavioral health provider by calling Optum Maryland Health at 1-800-888-1965
- For more information, visit <https://maryland.optum.com>

Virginia

- Public behavioral health services in Virginia are provided through Community Services Boards (CSBs). Contact your local CSB to access services in your area by visiting <https://dbhds.virginia.gov/contact/need-help/>
- You can also call Department of Behavioral Health and Developmental Services at 804-786-3921.

Substance Use

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Anyone can use the Treatment Locator to find a substance use treatment provider near you by visiting <https://findtreatment.gov/>
- 1-800-662-4357

Children's National Hospital Addictions Program at Takoma Theatre

- Treatment services for children and youth at risk for substance use disorders and other types of addiction
- 6833 4th St. NW, Washington, DC 20012
- 202-729-3300
- Accepts many commercial health insurance plans and some DC, MD and VA Medicaid plans
- <https://childrensnational.org/departments/psychiatry-and-behavioral-sciences/programs-and-services/addictions-program>

Latin American Youth Center

- Individual, group, and family counseling, crisis intervention and case management. Bilingual services (English and Spanish)
- Eligibility: resident of DC youth between 12-21 years of age.
- 202-319-2229
- bhreferrals@layc-dc.org
- <https://www.layc-dc.org/substance-use-disorder-treatment>

Hillcrest Children and Family Center

- Outpatient therapy, intensive outpatient services, Wellness Recovery Action Program
- 202-232-6100
- info@hillcrest-dc.org
- <https://hillcrest-dc.org/children-and-adolescent-services/>

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Substance Use

Mary's Center Integrated Recovery Program

- Provides medication assisted treatment (MAT), care coordination, therapy and psychiatry, family support and other services available at Mary's Center.
- Assist uninsured in DC and MD to apply for insurance and provide care. Financial assistance is available to help families who do not qualify for insurance to access services including medications. Accepts commercial insurance, DC and MD Medicaid.
- Narcan/Naloxone is available at all Mary's Center locations
- Intake Coordinator & Addictions Specialist: Maria Page
mpaige@maryscenter.org, 1150-253-202
- <https://www.maryscenter.org/behavioral-health/other-specialties-and-services/addiction-and-substance-abuse-treatment/>

Youth Recently Discharged from the Children and Adolescent Unit at Children's National Hospital

- For medication management including refills.
- Contact your referred/established provider from your discharge paperwork.
- For DC residents insured through DC Medicaid; this resource offers a one-time medication refill. Call to request an appointment. If you have a prescription, you will need to bring it to the appointment:

DC Department of Behavioral Health Child Psychiatric Practice Group

- 821 Howard Rd. SE, Washington, DC 20020
- 202-698-2611
- Monday-Friday, 8:30 a.m.-2 p.m.

For Medical Records requests:

- If you need to request your child's medical records to share with any providers for additional diagnostic support for your child, contact: Children's National Hospital Medical Records at 202-476-5267
- Fax: 202-476 - 2270
- Medicalrecords@childrensnational.org

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

