

Emergency Referral Resources:

If you or someone you care about is in crisis:

- Call the [Crisis Link](#) Hotline at 703-527-4077 or text NEEDHELP to 85511
- Chat online with a specialist using the [Lifeline Chat](#)
- Call Children's Regional Crisis [Response](#) (CR2) - 571-364-7390
- Go to the nearest emergency room at your local hospital
- Call or go to Fairfax County CSB Community Emergency/Crisis [Services](#) (703) 573-5679
 - For outpatient [Walk-in](#) assessments, please call ahead (703) 383-8500.
- Call 911

Mental Health: Who Can Help?

Families are encouraged to contact their child's school counselor, school psychologist, or school social worker to determine specific, local resources available to their child.

- [School Counseling Services](#)
- [School Psychology Services](#)
- [School Social Work Services](#)

Pediatricians and other medical providers can also assist families in navigating referral options.

[Fairfax Falls Church Community Services Board \(CSB\) non-emergency services](#)

- If you or someone you care about needs mental health or substance use disorder services, call the CSB Entry and Referral Services
- 703-383-8500

[No-cost mental health teletherapy through Hazel Health](#) (Available to High School students, only)

General Mental Health Resources:

- [Mental Health and Resiliency](#)
- [Healthy Minds Blog](#)
- To see if your child needs help, take a [free online screening](#)
- [Does my child have a mental health concern? \(English\)](#)
- [Does my child have a mental health concern? \(Spanish\)](#)
- [National Alliance on Mental Illness](#)
- [Kognito Safe and Caring Schools](#)
 - Select your child's school, or neighborhood school
 - Follow the step-by-step instructions to create an account

Substance Use: Who Can Help?

- [Substance Abuse Prevention \(SAP\) Program](#)
FCPS Substance Abuse Prevention Specialists provide substance abuse prevention, education, and intervention services throughout the county.
- [Fairfax-Falls Church Community Services Board](#)
Provides services for people of all ages who have mental illness, substance use disorders and/or developmental disabilities.
- [Chris Atwood Foundation](#)
Local organization providing free harm reduction and recovery support services (including family peer support) and advocacy for people impacted by substance use.
- [Juvenile and Domestic Relations District Court \(JDRDC\) Parent Support Group](#)
Offered by Juvenile Court for parents/guardians of teens under 18 (court involved or not) with behavioral issues, including substance use (available in English and Spanish).
- [PRS Family Support](#)
Peer support to families of children, youth and young adults with behavioral health issues.
- [Coordinated Services Planning](#)
Information, assistance, and referral for basic needs (food, housing, health care, etc.) and other human services.
- [This Is Quitting](#)
Free text-based vaping cessation program for youth and young adults.

General Substance Use Resources:

- [Fairfax County Opioid and Substance Use Task Force](#)
- [Fairfax – Falls Church Community Services Board](#)
- [REVIVE! Training on how to recognize the signs and symptoms of an opioid overdose](#)
- [Fairfax County Opioid Dashboard](#)
- [Fairfax County's FY23-25 Opioid Response Plan \(PDF\)](#)
- [Child Mind Institute](#)
- [Chris Atwood Foundation](#)
- [Northern Virginia Family Services](#)