

Everyone Can Help

#inthistogether

All of us can help recognize and refer when needs become evident in interactions with students or families. Below is information that can be provided by anyone to anyone.

For basic needs:

- Dial 2-1-1 for Resources (in English and Spanish) for food, shelter, and employment assistance.
- Text “Food” or “Comida” to 877-877 and enter an address for nearby food resources for children
- A searchable database for food, rent assistance, employment assistance can be found at <https://findhelp.org/>.
- For families that need further assistance with essential needs, the name and e-mail for the Social Worker at each school can be found at:
 - <https://www.apsva.us/student-services/school-social-workersvisiting-teachers/>

For mental health needs:

- DHS Services
 - [Emergency Mental Health Services 703-228-5160](https://www.apsva.us/student-services/emergency-mental-health-services-703-228-5160)
 - [Same Day Access 703-228-5150 \(age 18+\)](https://www.apsva.us/student-services/same-day-access-703-228-5150)
 - [Same Day Access 703-228-1560 \(under 18\)](https://www.apsva.us/student-services/same-day-access-703-228-1560)
 - [CR2, Children’s Regional Crisis Response, under 18, 844-627-4747](https://www.apsva.us/student-services/cr2)
 - [REACH \(crisis response for students w/developmental disabilities\)](https://www.apsva.us/student-services/reach)
 - 855-897-8278
- Crisis Line numbers/Disaster Relief numbers
 - Crisis LinkCall: 800-273-TALK [8255]
 - Text: “CONNECT” to 855-11
 - Lifeline Chat: [SuicidePreventionLifeline.org/chat](https://www.suicidepreventionlifeline.org/chat)
 - The Disaster Distress Helpline 24/7, 365-day-a-year, toll-free national hotline with multilingual, and confidential crisis support at 1-800-985-5990
 - or text TalkWithUs to 66746 to connect with a trained crisis counselor.
 - Mental Health America of Virginia's Warmline 1-866-400-MHAV (6428) between 9am and 9pm Monday-Friday or 5pm-9pm Saturday and Sunday.