



Suicide Prevention Awareness Resources - September, 2023

988 Hotline

If you or someone you know is in emotional distress, 988 is a free resource available 24 hours a day, 7 days a week:

- You can call or text 988, or use the online chat at www.988lifeline.org
- Services are for mental health and substance abuse support.
- 988 provides someone to talk to and referrals to other services as needed, 24 hours/day.
- Presently 9-8-8 routes calls to local support centers based on the caller's area code and not their location in the community.
- 988 is not like 911 in that the dispatch function has not yet been built out. For a life-threatening emergency call 911.

In need of Emergency Mental Health Services? Call Arlington Behavioral Healthcare Services

Emergency Line: **703-228-5160**

General Number: 703-228-1560



Worried your child may attempt suicide/self-harm? Not sure what to do? Call:

- National Suicide Prevention Line: **988**
- Crisis Link Regional Hot Line: **703-527-4077** or Text: **CONNECT to 85511**
- National Hope Line: **1-800-SUICIDE (1-800-784-2433)**
- LGBTQ Lifeline: **1-866-488-7386**
- National Suicide Prevention Lifeline: **1-800-273-TALK (1-800-273-8255)**
- SAMHSA National Helpline: **1-800-662-HELP (1-800-662-4357)**

[Arlington County Suicide Prevention Resources for Adults, Children, Youth & Parents/Caregivers](#)

School Support Line

The Student Support Line provides support for bullying, isolation, suicidal thoughts, and other mental health issues. Calls are anonymous and confidential. *The School Support Line is available 24/7 for students, parents, and staff.*



CALL 833-Me-Cigna (833-632-4462)

Need Help? Call us.

¿Necesita ayuda? Llámenos.

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More information

Children's Regional Crisis Response (CR2)

CR2 Provides 24- Hour rapid response to all youth (17 & younger) facing a mental health and/or substance use crisis. Their highly trained and compassionate counselors provide phone screening and face-to-face assessment, intervention, and support so that your child and family may continue with life as planned.

Call for 24-Hour Crisis Services **844-627-4747**

Information: 703-257-5997

Website: CR2crisis.com

Local Resources:

Assessment and Treatment Facilities Appropriate for School Children

Web Resources:

[The Jason Foundation](#)

[National Suicide Prevention Lifeline](#)

[Teen Suicide Prevention Video for Parents - Mayo Clinic](#)

Acknowledge – Care – Tell Infographics

[Students](#) | [Parents](#) | [Español](#)

[Arlington Public Schools Mental Health Services](#)

Youth Mental Health First Aid Training

October 26, 2023 *(and repeated monthly during the 23-24 academic year)*

[Registration link](#)

APS Office of Student Services offers monthly Youth Mental Health First Aid (YMHFA) sessions which are open to staff, families and community members. YMHFA teaches participants how to recognize and respond to mental health needs in youth. Everyone can help a young person who is experiencing distress or sadness. This day of training gives participants opportunities to learn and then practice simple response skills. Space is limited to the first 30 registrants on each date. APS has collaborated with Arlington's Department of Human Services (DHS) Prevention team to add Narcan and "Lock and Talk" suicide prevention training during the in-person portion of YMHFA. Sessions are offered every month throughout the year. For more information, please contact the Office of Student Services at 703-228-6061.

[View this PDF for more information.](#)



NAMI (National Alliance on Mental Illness) Arlington Parent Support Groups

Still Meeting Virtually

This group is geared to parents whose child is experiencing symptoms of a mental illness, including: depression, anxiety, eating disorders, mood disorders and more. No diagnosis is required to participate. Participants are given the opportunity to share their story,

experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

Sundays, 7pm – 8:30pm

September 24

October 15 and 29

November 5 and 19

December 3 and 17

January 7 and 21

Register at: bit.ly/PSGARlingtonbit.ly/NAMIPSGARlington

Counseling on Access to Lethal Means (CALM)

<https://zerosuicide.edc.org/resources/resource-database/counseling-access-lethal-means-calm>

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This free online course focuses on how to reduce access to the methods people use to kill themselves.