

YOUTH RESOURCES

YOUTH RESOURCES DIRECTORY

Need food, housing, support, or something to do?

This directory helps Alexandria youth and young adults quickly find free, local resources that meet their needs.



NOT SURE WHERE TO START?

If you're struggling with mental health or substance use, you can:

- Talk to a trusted adult or reach out to a teacher, school counselor, or social worker
- Text TEEN to 571.640.2898 for non-urgent questions (Alexandria Teen Text Line)
- Get free, confidential support at the Teen Wellness Center — text APPT to 571.329.2245 or call 703.746.4776 during clinic hours

YOU DESERVE SUPPORT. HELP IS AVAILABLE.



NEED HELP RIGHT NOW?

Call **City of Alexandria Emergency Mental Health** at **703.746.3401 (24/7)** for immediate support if someone may harm themselves or others. Licensed clinicians assist by phone or in person for mental health or substance-use crises.

988 | SUICIDE & CRISIS
LIFELINE
24/7 CALL, TEXT, CHAT

Call or text 988 (24/7) for mental health, emotional distress, or substance-use support. You are not alone.

alexandriava.gov/dchs

For reasonable disability accommodation, contact danelle.johnson@alexandriava.gov or call 703.746.5791. Virginia Relay 711.



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**