

# Teen & Young Adult Mental Health Resources for Parents and Other Caring Adults

**For mental health and/or substance use treatment for your child, contact:**

- Your health insurance provider
- Members of your school support team (social workers, administration, nurse, counselors) for other possible referrals
- If you have Medicaid or are uninsured and are a City of Alexandria resident, call 571.213.7963

## Online Resources

**Virtual Coach (Kognito)** to learn about warning signs of youth psychological distress and what to do when there is a concern: <https://nova.kognito.com>

**Resilience Guide for Parents & Teachers** from the American Psychological Association: [www.apa.org/helpcenter/resilience.aspx](http://www.apa.org/helpcenter/resilience.aspx)

**American Foundation for Suicide Prevention:** <https://afsp.org>

## Hotlines

**PRS CrisisLink Regional Hotline: 703.527.4077**

**PRS CrisisLink Regional Textline: Text "CONNECT" to 85511**

**National Hopeline Network: 1.800.SUICIDE**

**National Suicide Prevention Lifeline: 1.800.273.TALK**

**The Trevor Project: CALL 866.488.7386 or TEXT 202.304.1200**

*The leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people*



## Free Apps for Adults and Youth

**A Friend Asks** provides information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

**My Life My Voice** is a mood journaling app that offers an interactive and simple solution for tracking your thoughts, feelings and moods.

**Stop. Breathe. Think.** Check in with how you're feeling and try short activities tuned to your emotions.

## In Alexandria

In addition to the counselors and social workers at the schools, youth can visit the Teen Wellness Center at T.C. Williams Main Campus to speak with a counselor. More resources can be found at [www.alexandriava.gov/DCHS](http://www.alexandriava.gov/DCHS)



Department of Community and Human Services