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Mental Health Services/Resources for Children and Families

Types of Mental Health Professionals

<https://www.fairfaxcounty.gov/healthymindsfairfax/behavioral-health-professionals>

Emergency Mental Health Services

Emergency Assistance Number *

Call/Text: 911

Community Regional Crisis Response (CR2) **

Provides 24-hour rapid response to children, youth, and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization. Counselors provide phone screening and face-to-face assessment, intervention, and support.

Call: (844) 627-4747 or (571) 364-7390. For hearing impaired, text relay service 771.

Website: <https://www.cr2crisis.com/>

Community Services Board (CSB) Mental Health Emergency Services and Mobile Crisis Unit **

Provides on-scene evaluation, treatment and crisis intervention in the community.

Call: (703) 573-5679 TTY 711

Fax: (703) 876-1640

Walk-in Services – Youth and adults can also come in person to Sharon Bulova Center for Community Health (8221 Willow Oaks Corporate Drive, Fairfax).

Website: <https://www.fairfaxcounty.gov/community-services-board/services/mobile-crisis-unit>

Crisis Text Line **

Provides 24/7 support with live, trained volunteer crisis counselor.

Text: 741741

Website: <https://www.crisistextline.org/>

Mental Health America of Virginia (MHAV) Warmline **

Call warmline to have a conversation with someone who can provide support during hard times. Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need help. Warmline Hours: Monday through Friday 9am to 9pm, weekends and holidays 5pm to 9pm.

Call: (866) 400-6428

Website: <https://mhav.org/support/warm-line/>

PRS CrisisLink Regional Hotline/Text/Chat

Call hotline for individuals in crisis or family/friends seeking guidance for how to help a loved one.

Call: (703) 527-4077

Text: Text CONNECT to 85511

Chat: <https://988lifeline.org/chat/>

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Mental Health Services/Resources for Children and Families

“REACH” (Regional, Education, Assessment, Crisis Services, Habilitation) *

Includes mobile crisis response teams for crisis stabilization and prevention for adults and youth as well as a crisis therapeutic home for adults in need of short-term crisis stabilization and prevention outside of their home. English and language translation services for other languages are available by telephone when needed.

Call: (855) 897-8278

Website: <https://www.fairfaxcounty.gov/community-services-board/region/reach>

Suicide & Crisis Lifeline **

Connects to trained counselors who will listen, provide support, and connect person with necessary resources.

Call: 988

Lifeline Chat: <https://988lifeline.org/chat/>

Non-Emergency Mental Health Services

Department of Family Services: Parenting Education Programs **

Offers free virtual and in-person services to families including parent education classes, support line, parent cafes, kinship cafes and tips and resources.

Call: (703) 324-7691

Parent Support Line: (703) 324-7720

Email: BuildingStrongerFamilies@fairfaxcounty.gov

Website: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

Fairfax-Falls Church Community Services Board (CSB) **

Provides services for people of all ages who have mental illness, substance use disorders and/or developmental disabilities.

Call: (703) 383-8500, TTY 711 - English and Spanish and language translation services for other languages are available by telephone when needed.

Walk-in Services: Youth and adults can come in person to be screened for services at CSB's Entry & Referral Services at the Sharon Bulova Center for Community Health (8221 Willow Oaks Corporate Drive, Fairfax). If possible, call ahead to see if you are able to be seen via telehealth services – phone or video.

Email: wwwcsb@fairfaxcounty.gov

Website: <https://www.fairfaxcounty.gov/community-services-board/>

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Mental Health Services/Resources for Children and Families

Growth and Healing Hub

Offers services to address mental health and wellness in a diverse community that has been identified as a mental health desert. Provides community education, awareness and outreach activities that address the long term trauma and political determinants of health.

Call: 703-901-4015

Email: info@gandh.org

Website: <https://www.gandh.org/>

Healthy Minds Fairfax **

Coordinates a range of mental health and substance abuse services for children and youth across multiple county agencies, the school system and private treatment providers.

Website: <https://www.fairfaxcounty.gov/healthymindsfairfax/>

Catholic Charities **

Provides faith-based mental health services for individuals, couples and families for intake and to initiate service.

Call: (703) 447-9402 (Spanish and English)

Website: <https://www.cdda.net/>

Center for Pastoral Counseling of Virginia

Offers a wide range of counseling services for individuals, couples, children and families in eleven locations in Northern Virginia and one in Washington, DC. Pastoral counseling encompasses the professional approaches of traditional psychotherapy combined with the wisdom of spirituality and faith traditions.

Call Referral Coordinator: (703) 903-9696 ext. 200 to help determine the best counselor for your needs.

Website: <https://pastoralcounseling.com/>

Dominion Hospital

Provides emergency mental health evaluations and mental health services for children aged 5 to 12 years old, adolescents aged 13 to 17 years old and adults aged 18 years old and older. Treatments include a 24/7 inpatient program, partial hospitalization program (PHP) and an intensive outpatient program (IOP).

Call: (703) 538-2872

Website: <https://www.hcavirginia.com/locations/dominion-hospital/>

George Mason University Center for Psychological Services (GMU CPS) **

Provides evidence-based, accessible, affordable and culturally sensitive therapy and testing services to our Northern Virginia community.

Call: (703) 993-1370

Email: psycclin@gmu.edu

Website: <https://psyclinic.gmu.edu/services/therapy>

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Mental Health Services/Resources for Children and Families

Haven of Northern Virginia

Offers emotional support to the bereaved, the seriously ill, the dying and to their families and friends. Haven is a nonprofit, nonsectarian community organization of trained volunteers that also provides education to the community about the needs of those who are grieving. Haven is a nonprofit, nonsectarian community organization of trained volunteers that offers emotional support to the bereaved, the seriously ill, the dying and to their families and friends. Haven also provides education to the community about the needs of those who are grieving.

Call: (703) 941-7000

Email: havenofnova@verizon.net

Website: <https://havenofnova.org>

Heart Leaf Center

Provides high-quality mental health services on a sliding fee based on family income and household size. Play-based counseling modalities offered to military, low income and multi-cultural children, adolescents and families.

Call: (703) 397-8163

Email: info@heartleafcenter.org

Website: <https://theheartleafcenter.org/>

Improving Outcomes***

Offers services including Individual & Family Therapy, Individual & Family Counseling, Intensive In-Home Services, Comprehensive Clinical Assessments, Family Psychotherapy and Counseling, Family Reunification and Supervised Visitations and groups for children, youth & parents. Languages spoken: Conversational ASL, Farsi, Swedish, Spanish.

Call: (703) 533-1996

Website: <https://improvingoutcomes.wordpress.com/>

INOVA Cares Clinic for Families

Offers comprehensive primary care for families, including behavioral health services for adults. Services are offered to individuals and families that have health insurance coverage through Medicaid, FAMIS, INOVA Financial Assistance Program or are uninsured. Clinics located in several locations in Northern Virginia.

Website: <https://www.inova.org/about-inova/inova-your-community/community-access-care/inova-cares-clinic-families>

INOVA Kellar Center

Provides behavioral health services for children, adolescents, and their families with locations in Fairfax and Sterling.

Call: (703) 218-8500. For the assessment and referral office of child and adolescent outpatient services. Staff will be available to answer questions, schedule assessments and provide referrals.

Call: (703) 289-7550. For assessment and inquiry into admissions for adolescent psychiatric inpatient services,

Website: <https://www.inova.org/our-services/inova-kellar-center>

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Mental Health Services/Resources for Children and Families

Multicultural Clinical Center***

Home- Based Services offered to address varied needs and risks associated with a child's mental health. Out-Patient services offered for a variety of mental health concerns to children, adolescents, adults, families and couples. Services in a variety of languages, English, Spanish, Vietnamese, Korean, Urdu, Hindi, Mandarin, Punjabi, Pashtu, Farsi.

Call: (703) 354-000

Website: <http://www.mccva.com/>

National Alliance on Mental Illness (NAMI)

Serves Northern Virginia individuals, family members, and friends affected by mental health challenges through awareness, education, support, advocacy, and collaboration with community partners.

Call: 571-458-7310

Website: <https://nami-northernvirginia.org/>

National Counseling Group

Provides mental, behavioral, and substance abuse services including parent partnership services and child and family services such as therapeutic interventions and counseling to children and families in the home or community, residential diversion and therapeutic mentoring.

Call: (703) 813-5982

Website: <https://www.ncgcommunity.com/annandale>

Northern Virginia Family Service **

Provides culturally competent, language-specific mental health services for all ages in various settings to ensure neighbors from all backgrounds have access to the support they need. Services are provided at NVFS offices and integrated into home, school and community settings, and include individual, family and group counseling, and mental health treatment and evaluation.

Call: (571) 748.2500

Email: info@nvfs.org

Website : <https://www.nvfs.org/> and <https://www.nvfs.org/our-services/mental-health/>

PRS Inc.

Provides individualized, person-centered therapy to help individuals understand and manage mental health conditions, focus on changes to improve overall functioning at home and on the job and to address relationship issues. All services are provided by a licensed mental health professional and are for individuals 18 and over.

Call: (703) 536-9000

General Information Email: prsinfo@prsinc.org

Website <https://prsinc.org/behavioral-health/>

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Sharon Bulova Center for Community Health

Offers screening and assessment services Monday through Friday, 9 a.m. to 5 p.m., outpatient services and supports, psychiatric services and medication management, community-based supports for individuals with developmental disability and more. The center also has a Peer Resource Center, a pharmacy, Neighborhood Health primary care, and other services.

Call: Main: 703-559-3000 – Emergency Services: 703-573-5679

Website: <https://www.fairfaxcounty.gov/community-services-board/sharon-bulova-center-community-health>

The Women's Center **

Offers in person or telemedicine counseling and services for families, young adults and children. Services are available in English or Spanish.

Call : (703) 281-2657

Website: <https://thewomenscenter.org/>

Mental Health Services/Resources for Children and Families

Mental Health Professionals and Services Directories

Language varies on the provider selected.

Behavioral Health Clinicians Services Directory 2022 (Healthy Minds Fairfax)

Directory created by Healthy Minds Fairfax to provide information on behavioral health clinicians and how they are delivering services.

Website: [behavioral health directory 2022.pdf \(fairfaxcounty.gov\)](#)

Healthy Minds Fairfax Directory of REACH-Trained Pediatricians (Healthy Minds Fairfax)

Directory of medical professionals who have received training through the REACH (REsource for Advancing Children's Health) Institute that was sponsored by Inova Health System and Healthy Minds Fairfax.

Website: <https://www.fairfaxcounty.gov/healthymindsfairfax/providers>

Human Services Resource Guide (HSRG)

Interactive website that provides immediate 24/7 access to detailed information on thousands of nonprofit and government services available to Fairfax County residents. Listings include detailed service descriptions, eligibility requirements, locations (maps and directions), and contact information.

Website: <https://www.fairfaxcounty.gov/HSRG/>

Psychology Today

Media organization with a focus on psychology and human behavior whose website features mental health professionals directories, articles, and blogs written by a wide variety of mental health professionals, medical doctors, anthropologists, sociologists and science journalists.

Website: <https://www.psychologytoday.com/us>

SCAN of NOVA: Stronger Families Safer Children

Non-profit organization whose goal is to improve developmental, educational, social, emotional and post-secondary outcomes for children and youth with disabilities and other special needs through provision of information, training and support to adoptive and foster parents, and kinship caregivers.

Website: <https://formedfamiliesforward.org/resource-directory/>

Substance Abuse & Mental Health Services Administration

National directory of substance use disorder and mental health resources.

Website: <https://www.samhsa.gov/find-treatment>

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Mental Health Services/Resources for Children and Families

Early Intervention Services

Infant and Toddler Connection *

Provides evaluations and early intervention services for infants and toddlers (up to age 3) who have a developmental delay or a diagnosis that may lead to developmental delays. Services are available in English or Spanish. Interpreters available.

Call: (703) 246-7180

Website: <https://www.fairfaxcounty.gov/office-for-children/infant-and-toddler-connection>

Child Find - Early Childhood Identification and Services (ECID&S) *

Process of identifying children with potential special education needs as well as educating the community about child development and the importance of early intervention. Services are provided for children ages 20 months through 5 years by the FCPS Early Childhood Identification and Services (ECID&S) program. Interpreters available.

Call: (571)-423-4121

Website <https://www.fcps.edu/registration/early-childhood-prek/early-childhood-child-find>

Additional Resources

Fairfax County Public Library System ***

Provides free resources in multiple languages.

Website: <https://www.fairfaxcounty.gov/library/>

Fairfax County Public Schools Family Resource Center (FRC) *

Provides free and confidential information, webinars and workshops, consultations, lending library and resources to help adults support all children, including those with learning challenges, special needs, and disabilities. Interpreters available.

Call: (703) 204-3941

Website: <https://www.fcps.edu/resources/family-engagement/family-resource-center>

Video Library: <https://www.youtube.com/@FCPSFamilyResourceCenter>

** This document is for professionals to use in their work with families.*

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