

## HOW CAN I HELP SOMEONE WHO IS STRUGGLING?

### Listen, Listen, Listen

It is important for everyone to feel heard and understood. Listen carefully, repeat what you heard, and ask if you understood correctly. Ask additional questions only after listening. Showing that you care enough to listen is a gift in itself.

### Check for Danger

Ask directly and openly if they are thinking about harming themselves or others. If yes, ask about how and when. Asking will not put those thoughts in their head. Rather, it tells them you care and that you will help keep them safe.

### Consider Your Options

If you are concerned, reach out for help right away. There are several options to speak with a mental health professional quickly and get help immediately. Don't worry about making the wrong decision, every number leads to someone who can help.

### Call a Professional

If you do not believe there is immediate danger, call a counselor, therapist, pediatrician, or family physician who is familiar with you or your loved one. This professional can help assess the situation and offer advice. (Our pastors, while not trained clinicians, can also be a helpful source of information and referrals.)

### Need Prayer?

If you or someone you know is in need of prayer, support, or care, please speak with any of our Pastors, or visit [www.viennapres.org/prayer](http://www.viennapres.org/prayer)

## EMERGENCY MENTAL HEALTH SERVICES HOTLINES:

### CSB Mental Health Emergency Services and Mobile Crisis Unit –

Call 703-573-5679, or come directly to the Merrifield Center (8221 Willow Oaks Corporate Drive, Fairfax) [fairfaxcounty.gov/community-services-board/services/emergencies](http://fairfaxcounty.gov/community-services-board/services/emergencies)

**Children's Regional Crisis Response (CR2) – 24-hour rapid response for youth** (17 and younger) facing a mental health and/or substance use crisis, 1-844-627-4747, [cr2crisis.com](http://cr2crisis.com)

**Emergency Substance Use Disorder Services - Fairfax Detox Center –** 703-502-7000, (4213 Walney Road, Chantilly) [fairfaxcounty.gov/community-services-board/services/detoxification](http://fairfaxcounty.gov/community-services-board/services/detoxification)

**Emergency Developmental Disabilities Services - “REACH”** (Regional, Education, Assessment, Crisis Services, Habilitation) crisis stabilization and crisis prevention service for children, youth and adults with developmental disabilities: 855-897-8278, [fairfaxcounty.gov/community-services-board/region/reach](http://fairfaxcounty.gov/community-services-board/region/reach)

**Domestic & Sexual Violence Hotline –** 703-360-7273, crisis support, options counseling, safety planning and referrals, [fairfaxcounty.gov/familyservices/domestic-sexual-violence](http://fairfaxcounty.gov/familyservices/domestic-sexual-violence)

**Veterans Crisis Line –** confidential support 24/7, 1-800-273-8255 and press 1, text 838-255, or chat online at [www.mentalhealth.va.gov/suicide\\_prevention/index.asp](http://www.mentalhealth.va.gov/suicide_prevention/index.asp)



### For Urgent Mental Health-Related Distress

Call:  
703-527-4077 (Regional Crisis Call Center)

9-8-8

Or, Text "CONNECT" to 855-11



### For a Life or Property Threatening Emergency

Ask for a Crisis Intervention trained officer  
[fairfaxcounty.gov/community-services-board/news/2023/911-rccc-coordination](https://fairfaxcounty.gov/community-services-board/news/2023/911-rccc-coordination)

### ADDITIONAL RESOURCES

#### National Alliance on Mental Illness

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

#### The Trevor Project for LGBTQIA+ youth under 25

1-866-488-7386 or text START to 678678

#### SAMHSA National Helpline for Substance Use Treatment & Recovery

1-800-662-4357

#### Northern Virginia Regional Projects Office

English NoVA Crisis Brochure ([fairfaxcounty.gov](https://fairfaxcounty.gov))

## VIENNA PRESBYTERIAN CHURCH SHARES MENTAL HEALTH RESOURCES



A Caring Fellowship  
Bringing Christ Into Our Diverse Community  
Through Discipleship And Service

Vienna Presbyterian Church 124 Park Street NE, Vienna, VA 22180  
[viennapres.org](https://viennapres.org) | 703.938.9050