

General Mental Health Resources and Help Lines

It goes without saying that the Coronavirus/COVID-19 Pandemic has taken a toll on many of us. For some of us, situations related to the pandemic have produced an increased need for mental health and safety support.

Below you will find listings for state Department of Health Help Lines or Warm Lines. Unlike 911, which is used only for emergencies, a warm line offers support and gives people the chance to talk about their struggles and mental health. Callers can receive emotional support and referrals for mental and behavioral health and other services.

Also listed below are various national helplines.

- ◆ DC Access HelpLine: Call 1(888)7WE-HELP or 1-888-793-4357
 - Available 24 hours a day, 7 days a week
 - You can also visit <https://dbh.dc.gov/service/access-helpline>.

- ◆ Maryland Help Line: Call 211 and select option 1
 - Available 24 hours a day, 7 days a week
 - You can also visit <https://health.maryland.gov/suicideprevention/Pages/Maryland-Crisis-Hotline.aspx>.

- ◆ Virginia COVID-19 Warm Line: Call 1-877-349-6428
 - Available
 - 9:00 AM - 9:00 PM Monday - Friday
 - 5:00 PM - 9:00 PM Saturday and Sunday
 - You can also visit <https://www.vdh.virginia.gov/coronavirus/prevention-tips/coping-with-stress/>.

- ◆ National Sexual Assault Hotline: 1-800-656-4673

- ◆ National Domestic Violence Hotline: 1-800-799-7233

- ◆ National Substance Abuse/Mental Health Helpline: 1-800-662-4357

- ◆ National Suicide Prevention Lifeline: 1-800-273-8255

- ◆ National Alliance on Mental Illness Helpline: 1-800-950-NAMI (6264)
 - Available Monday-Friday 10:00 AM - 6:00 PM
 - You can also text NAMI to 741741 or email: info@nami.org