

WHEN TO ASK FOR HELP

Mental health signs & symptoms for families



EXCESSIVE IRRITABILITY

This could look like crying, fighting with family members and difficulty with attention and concentration



DEPRESSED MOOD

This could look like crying, feelings of being overwhelmed, absence of pleasure from previous enjoyed activities, low self-esteem, withdrawal from friends or family, avoiding work, school or daily routines



WORRY & ANXIETY

This could look like changes in sleeping habits or eating, unexplained headaches or body pain, panic attacks



RISK-TAKING BEHAVIORS

This could look like increased use of alcohol & other drugs, impulsivity, self-harm or self-injury

SIGNS THAT NEED IMMEDIATE ATTENTION

Thinking about wanting to kill oneself, feeling hopeless, and seeing no reason to live



CALL 1-800-273-8255

nisa fund

our minds
matter

DC Area mental health resources

Need help right now? Call or text one of the following hotlines:

National Suicide Prevention Hotline

Call 1-800-273-8255

Crisis Text Line

Text HOME to 741741

National Domestic Violence Hotline

Call 1-800-799-7233

National Sexual Assault Hotline

Call 800-656-4673

Support for LGBTQ youth:

Call 1-866-488-7386 or text START to 678678 go to TheTrevorProject.org

Looking for short or long-term mental health support?

Children's Hospital Psychiatry and Psychology Division

Offers assessment, diagnosis & care for children & teens with behavioral, emotional & developmental disorders. Phone: 202-729-3300

Mary's Center

Specializes in helping people who have experienced trauma & those struggling with anxiety, depression, post-traumatic stress disorder, substance abuse, and many other mental health concerns.

Phone: 202-420-7121 www.maryscenter.org ¡Se habla español!

La Clinica Del Pueblo

Building a healthy Latino community for more than 35 years.

Phone: 202-462-4788 x241 www.lcdp.org ¡Se habla español!

Hillcrest Children And Family Center

Offering comprehensive mental health services for children & adults. Phone: 202-232-6100 x2801 www.hillcrest-dc.org

Behavioral Health Group Recovery of Washington, DC

For addiction & substance use disorders for adults & young adults: Phone: 202-610-1886 washington-dc.bhgrecovey.com

Alternative Solutions for Youth

Serves at-risk youth experiencing behavioral & substance abuse issues, which either have or have the potential of involving them in the juvenile justice system. Phone: 202-584-1244

COVID-19 related mental health support

www.virusanxiety.com

COVID-19 Information & Resources at www.nami.org
www.covidmentalhealthsupport.org

COVID-19 workbook: www.baypsychology.ca/workshops
<https://mhanational.org/covid19>
www.covidmentalhealthsupport.org/get-help-now

Symptoms and Resources compiled in September 2020
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risafund.org

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