

Local and National Resources

Montgomery County Youth Crisis Hotline: 301-738-9697

Provides free, confidential, and anonymous support to youth by trained counselors, 24 hours a day, 7 days a week.

Montgomery County Crisis Textline: 301-738-2255

Provides free, confidential, and anonymous text support by trained counselors. This service currently is available from Monday through Thursday, from 4:00 to 9:00 p.m.

The National Suicide Prevention Lifeline: 800-273-8255

Provides free, confidential, and anonymous support nationally.

The Montgomery County Crisis Center: 240-777-4000

Provides crisis services 24 hours a day, 365 days a year. These services are provided over the telephone or in person at 1301 Piccard Drive, Rockville, Maryland (no appointment needed). The Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations.

The Crisis Chatline: a service of the National Suicide Prevention Lifeline. Youth may access support 24 hours a day via chat. www.CrisisChat.org.

The Montgomery County BtheOne: a suicide awareness and substance use prevention campaign website that describes action steps to help oneself and friends and includes links to resources and hotlines. www.BtheOne.org.

EveryMind: 301-424-0656: Provides mental health services to youth, adults, and the military, as well as crisis support services. info@Every-Mind.org

The Society for the Prevention of Teen Suicide: a family resource webpage includes information on warning signs, how to support your child who needs help, and how to talk with your children about mental health, suicide awareness, and the aftermath following a tragic loss. www.sptsusa.org/parents

The Centers for Disease Control: information fact sheet on the prevalence and public health issue of suicide, warning signs, and resources. [www.cdc.gov/violenceprevention/pdf/suicide_factsheet- a.pdf](http://www.cdc.gov/violenceprevention/pdf/suicide_factsheet-a.pdf).

Youth Mental Health First Aid: an 8-hour, internationally-recognized course that teaches adults who interact with youth how to identify signs of emotional distress and a 5-step action plan to engage with youth and connect them to professional support. Youth Mental Health First Aid teaches adults to address mental health crises until professional help can be accessed. Courses are offered throughout the county. www.mentalhealthfirstaid.org/take-a-course/course-types/youth/.

The Dougy Center's National Center for Grieving Children and Families: provides resources, by age group, and information on support groups for youth, adults, and families experiencing grief following a death. www.dougy.org/grief-resources/talking-with-children-about-tragic-events/.

The Campaign to Change Direction: includes information and infographics on five of the warning signs of depression and strategies to support emotional wellbeing. www.changedirection.org/.