



#InThisTogether

# Everyone Can Help



All of us can help when students or families are in need.  
Below is information that can be provided by anyone, to anyone.

## FOR BASIC NEEDS:

- Call 703-228-1300 for Arlington DHS Public Assistance (rent assistance, food, medical care, dental care, etc.)
- Dial 2-1-1 for resources (in English and Spanish) for food, shelter, and employment assistance
- Text "Food" or "Comida" to 877-877 for nearby food resources for children
- A searchable database for food, rent assistance, employment assistance can be found at: [findhelp.org](http://findhelp.org)
- For families that need further assistance with essential needs, the name and e-mail for each school's Social Worker can be found at: [apsva.us/student-services/school-social-workersvisiting-teachers/](http://apsva.us/student-services/school-social-workersvisiting-teachers/)

## FOR MENTAL HEALTH NEEDS:

- DHS Services
  - [Emergency Mental Health Services](#): 703-228-5160
  - [Same Day Access \(age 18+\)](#): 703-228-5150
  - [Same Day Access \(under 18\)](#): 703-228-1560
  - [CR2 Children's Regional Crisis Response \(under 18\)](#): 844-627-4747
  - [REACH \(crisis response for students with developmental disabilities\)](#): 855-897-8278
- Crisis Line numbers/Disaster Relief numbers
  - Crisis Link
    - Call: 800-273-TALK [8255]
    - Text: "CONNECT" to 855-11
    - Lifeline Chat: [SuicidePreventionLifeline.org/chat](http://SuicidePreventionLifeline.org/chat)
  - The Disaster Distress Helpline: 24/7, 365-day-a-year, toll-free national hotline with multilingual, confidential crisis support
    - Call: 1-800-985-5990
    - Text: TalkWithUs to 66746 to connect with a trained crisis counselor
  - Mental Health America of Virginia's Warmline: 866-400-MHAV (6428)  
9am–9pm Monday-Friday or 5pm–9pm Saturday/Sunday