

Youth Depression & Suicide Local & National Resources

One Call Can Make a Difference

You can get help for your child using the following community and national resources. You may need to call several places to determine which one best meets your needs.

Community Mental Health Resources

- **Montgomery County Crisis Center**, 1301 Piccard Drive, Rockville – 240-770-4000
(Open 24/7 – no appointments needed)
 - **The Montgomery County BtheOne**, www.BtheOne.org
 - **EveryMind**, 1000 Twinbrook Parkway, Rockville – 301-424-0656, info@EveryMind.org
 - **YMCA Youth & Family Services**, 1102 Forest Glen Road, Silver Spring – 301-593-1160
 - **Jewish Social Services Agency Counseling Services**, 200 Wood Hill Rd, Rockville – 301-816-2633, www.jssa.org
 - **Montgomery County TEXT Hotline**, 301-738-CALL (2255)
 - **The Society for the Prevention of Teen Suicide**, www.sptsusa.org/parents
 - **The Trevor Project**, www.thetrevorproject.org (LGBTQ Focus)
 - **The Dougy Center**, www.dougy.org/grief-resources/talking-with-children-about-tragic-events/
 - **The Campaign to Change Direction**, www.changedirection.org
 - **The Centers for Disease Control**, www.cdc.gov/violenceprevention/pdf/suicide_factsheet-a.pdf
 - **Winston Churchill High School, School Counseling Department** – Provides a Referral List
 - **Personal Medical Insurance or Primary Care Physician** – Provides a Referral List
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National Mental Health Resources

- **1-800-237-TALK (8255)** National Suicide Prevention Lifeline: Call for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. *Online Chat: CrisisChat.org*
- **<http://findtreatment.samhsa.gov>** Find quality treatment options close to home using Substance Abuse and Mental Health Service Administration's (SAMHSA) confidential and anonymous online treatment locator.
- **1-800-662-HELP (4357)** SAMHSA's National Helpline: Call for 24/7, free and confidential information for individuals and family members facing substance abuse and mental health issues.
- **www.nasponline.org/resources-and-publications/resources** National Association of School Psychologists