

## Self-Help Groups

Support group meetings are available for persons with mental illness as well as for families and friends of those with mental illness. These meetings offer emotional support and provide a confidential forum for exchanging information about specific problems. Groups meet on a weekly, biweekly or monthly basis. Call the group number for information on time, place and criteria for specific meetings.

### Support for Persons With Mental Illness

General Support Group.....	703-641-5460
Affective Disorders.....	703-534-9835
Mental Health Support Group.....	703-354-5104
Mood Disorders.....	703-354-5104
Obsessive Compulsive Disorder.....	703-250-1126
*Alcoholics Anonymous.....	703-876-6166
*Cocaine Anonymous.....	202-726-1717
*Narcotics Anonymous.....	202-399-5316

### Support for Families, Friends Of Persons With Mental Illness

General Support Group.....	703-760-8988
Persons with ill parent, sibling.....	703-892-2197
Persons with ill children, teens.....	703-862-9588
Borderline Personality Disorder.....	301-469-6101
Obsessive Compulsive Disorder.....	703-978-6425
Al-Anon.....	703-534-4357
Nar-Anon.....	1-800-477-6291

\*Operates 24 hours, 7 days a week.

## Free Services

This brochure is a guide to mental health and substance abuse resources in Arlington County and Northern Virginia. Arlington County provides free or low-cost mental health services to indigent and low-income individuals and families who meet eligibility requirements. Persons with private insurance usually use services in the private sector.

### Mental Illness Facts

Mental illnesses are biologically based brain disorders. They cannot be overcome through will power and are not related to a person's character or intelligence.

Mental illness often strikes in the prime of life, especially during adolescence and young adulthood. All ages are susceptible, but the young and old seem most vulnerable.

Early identification and treatment of mental illness is important. By getting needed treatment early, recovery is accelerated and the brain is protected from further harm related to the course of the illness.

The best treatments for serious mental illnesses today are highly effective. Between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life through a combination of pharmacological and psychosocial treatments and supports.

### Web Sites

For more information, visit the web site of each organization. To access and print out extra copies of this Citizen's Guide brochure, please go to: [www.arlingtonva.us/csb](http://www.arlingtonva.us/csb).

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## Mental Health & Substance Abuse Resources In Arlington & Northern Virginia

Arlington County  
Behavioral Healthcare Division  
1725 N. George Mason Drive  
Arlington, VA 22205  
703-228-5150

Emergencies...24/7...703-228-5160

# Guide to Mental Health and Substance Abuse Resources

### Arlington County Behavioral Healthcare Services

Main number.....	703-228-5150
*Emergencies...24/7.....	703-228-5160
Intake & Referral.....	703-228-4864
Substance Abuse.....	703-228-4900
*24-Hour Detox.....	703-228-0033
Senior Adult Mental Health.....	703-228-1700
Child & Family.....	703-228-1550

### Inpatient or Outpatient Psychiatry & Substance Abuse Programs

*Virginia Hospital Center.....	703-558-6451
*Dominion Hospital.....	703-538-2872
*Fairfax Hospital (INOVA):	
Psychiatric Unit.....	703-776-3491
Substance Abuse.....	703-776-7782
*Mount Vernon Hospital.....	703-664-7052
*Snowden Fredericksburg.....	1-800-362-5005

### Multicultural Information & Referral Services

Arlandria Health Center.....	703-535-7930
Cambodian Buddhist Society.....	301-622-6544
Ethiopian Develop. Council.....	703-685-0510
Hispanic Committee of VA.....	703-243-3033
Korean Community Center.....	703-354-6345
Multicultural Clinical Ctr.....	703-354-0000
Multicultural Human Svcs.....	703-533-3302

### Outpatient Mental Health

Catholic Charities.....	703-841-2531
Georgetown Family Center.....	202-965-4400
Multicultural Clinical Center.....	703-354-0000
Multicultural Human Svcs.....	703-533-3302
Northern VA Family Svcs.....	703-385-3267
Pastoral Counseling Center.....	703-903-9696
The Women's Center.....	703-281-2657
VATech Ctr for Family Svcs.....	703-538-8470

\*Operates 24 hours, 7 days a week.

### Hotlines, Helplines & Infolines

NAMI National.....	1-800-950-6264
NAMI-Northern Virginia.....	703-525-0686
*Crisis Link.....	703-527-4077
*Rape, Domestic Violence.....	703-228-4848
*Substance Abuse.....	1-800-662-4357
*Veterans Crisis Hotline.....	1-800-273-8255
Human Services Information and Referrals.....	703-228-1300

### Advocacy Groups

NAMI (National Alliance on Mental Illness)	
--NAMI National.....	703-524-7600
--NAMI-Northern VA.....	703-525-0686
--NAMI-Arlington...namiarlington@gmail.com	
SAARA (Substance Abuse and Addiction Recovery Alliance)	
--SAARA-Arlington.....	703-395-3363
--SAARA-Northern VA.....	703-280-2007