

**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

**Outpatient Mental Health**

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

**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
Phoenix Houses of Mid-Atlantic..	703-841-0703
Residential Program Center (RPC) Social Detox.....	703-228-0033

**Hotlines, Help lines & Infolines**

NAMI.....	1-800-950-6264
NAMI Northern Virginia.....	703-525-0686
Rape, Domestic Violence.....	703-228-4848
Hogar Hispano.....	703-534-9805
Crisis Link.....	703-527-4077
Substance Abuse.....	1-800-662-4357
Human Svc Info & Referrals....	703-228-1300

**Multicultural Info & Referral**

Arlandria Health Center.....	703-535-7930
Bienvenidos.....	703-549-0111
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

**Advocacy Groups**

NAMI (National Alliance for the Mentally Ill)	
NAMI National.....	703-524-7600
NAMI Northern VA.....	703-5250686
NAMI Arlington.....	703-525-8616
SAARA (Substance Abuse and Addiction Recovery Alliance.....	703-246-4467

## 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.

### Self-Help Support Groups

Depressive & Manic Dis.	703-641-5460
Mood Disorders.....	703-354-5104
AA Intergroup	703-876-6166
AA & NA — Unity Club	703-534-9835
*Cocaine Anonymous....	703-534-9835
*Narcotics Anonymous...	703-534-9835

### Support Groups for Family & Friends

General Support Group.....	703-760-8988
Al-Anon	703-534-4357
Persons with ill children, teens..	703-862-9588
Borderline Personality Disorder	703-477-7050

### 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)

\* Operates 24 hours, 7 days a week.

## Services

This brochure is a guide to mental health and substance abuse resources in Arlington County and Northern Virginia. Arlington County provides 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.

### Crisis Intervention Team

The CIT team is comprised of specially trained law enforcement personnel, CIT officers work to recognize the symptoms of mental illness when responding to calls as well as to assist consumers in accessing treatment. Training includes first-hand experience with consumers and families, education on mental illness, and knowledge of community resources.

## CITIZEN'S GUIDE TO MENTAL HEALTH & SUBSTANCE ABUSE RESOURCES

Arlington and Surrounding  
Jurisdictions

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

**Crisis Intervention Center  
1810 N. Edison Street  
Arlington, VA 22205  
(703) 228-5160**