

ARLINGTON PARTNERSHIP FOR CHILDREN, YOUTH AND FAMILIES

YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE

INTRODUCTION

The Arlington Partnership for Children, Youth and Families is a community-led advisory group of 16 appointed community members and 8 designated Arlington County Government and Arlington Public Schools staff. The Partnership identifies community needs through research and surveys, and works with the community to address the needs and advocate for improved policies and programs for children, youth and their families. For more information on the Arlington Partnership for Children, Youth and Families, see <https://apcyf.arlingtonva.us/> and <https://www.facebook.com/APCYF/>.

The resources are organized in four categories, each presenting local and national resources:

- **General Information about Mental Wellness:** organizations that provide information, education and raise awareness.
- **Family Support, Support Groups & Educational Programs:** support groups, online counseling or chat services, parenting resources and training programs used at schools.
- **Youth Assistance & Treatment Options:** services provided by schools, county health department, nonprofit organizations, hospitals and private clinics; national helplines; general information about getting treatment; and searchable databases for private providers.
- **Crisis Response:** resources for crisis intervention, assessment, rapid response and hospitalization; national hotlines.

NOTES:

Users can also use CTRL+F to search for a specific topic or service within each document. Google Translate can be used to translate text into other languages.

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