Reach Out

Where there is no guidance, a people falls, but in an abundance of counselors there is safety. 
Proverbs 11:14 ESV

If you or someone you know desires professional counseling, please contact one of the agencies below.

**Nationwide**
National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
Text HOME to 741741 to connect with a Crisis Counselor

**Washington, DC**
Access Helpline 24/7 Telephone Line
Tel: 1 (888) 793-4357 TTY: 711

Mobile Crisis Services (Adults)
Homeless Outreach Tel: (202) 673-9300 TTY: 711

Mobile Crisis Services (Children/Youth) ChAMPS
Tel: (202) 481-1450 TTY: 711

**Maryland**
Maryland Crisis Connect
Available 24/7
CALL 211, PRESS 1

Public Mental Health System
Available 24/7
Call 1-800-888-1965.

**Virginia**
Community Service Board -
http://www.dbhds.virginia.gov/community-services-boards-csbs

**Empowerment Sessions**
Friday, May 22, 2020 7:00 PM ET
MAINTAINING GOOD MENTAL HYGIENE
Discussing important topics:
- Coping Strategies
- Grief Management
- Survivor's Guilt
- Managing Negative Emotions
- Importance of Self-Care

With Guest Presenters:
- James E. Earnest, MD, MPH
- Sarah Weick, DO