



Department of Human Services

Child and Family Services Division

Arlington County Mental Health Services

Your family's health and wellness is our priority. Below you'll find Arlington County resources to help your family in times of crisis or emergency. Help is only a phone call away.



Emergency Services
703-228-5160
Call when: Youth are at risk of harming themselves or others.



Mobile Crisis (CR2)
1-844-627-4747
Call when: A person is in crisis or having an emergency.



Children's Behavioral Healthcare
703-228-1560
Call when: There are concerns about a young person's mental health or drug/alcohol use.



Crisislink Regional Hotline
Call 703-527-4077 or Text CONNECT to 85511
Call when: A young person needs someone to talk to.



CIGNA Help Line
1-833-632-4462
Call when: You are worried and not sure who to call for your child or yourself. (Ages 14+) 24/7/365