

Civil Unrest Resources, Washington D.C.

January 8, 2021

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Visit the Disaster Distress web page [here](#).
- Phone: 1-800-985-5990
- This national helpline is available 24/7 to individuals who have been affected by a human or naturally caused disaster and need crisis counseling. Services are multilingual.
- You may also search for local mental health services, anywhere in the U.S., [here](#).

United Way 2-1-1

Phone: Dial 2-1-1

2-1-1 connects callers to health and human services information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your cell phone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources [here](#).

National Council for Behavioral Health (NCBH)

The NCBH operates nationally and connects individuals to local behavioral health providers in their area. For assistance in locating a therapist or other trained professional, please visit their [website](#).

Crisis & Disaster Resources

Crisis Response for Parents

The National Association for the Education of Young People has compiled online resources for parents, teachers, and others working with young children about coping with violence and its aftermath and talking to young children about tragedies they learn about in the media. The guides can be accessed [here](#).

National Alliance on Mental Health (NAMI)

NAMI is the largest grassroots mental health organization in the United States. They offer a helpline to connect callers to mental health treatment and host a variety of support groups and educational programs on behavioral health. To learn more, please call the number above or visit their website [here](#)

Washington D.C.

Washington D.C. Department of Emergency Management

This department works with local government, state, and federal agencies as well as voluntary organizations to provide emergency response resources for the residents of Washington D.C. For any updates related to the protests, please visit their [website](#).

D.C. Department of Behavioral Health

Phone: 1-888-793-4357 (24 hours)

This agency connects D.C. residents to a broad spectrum of counseling, addiction, and behavioral health services. To learn more, please visit their [website](#).

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Crisis & Disaster Resources

Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

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