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Mental Health Resources & Hotlines

District of Columbia/Washington, D.C.



This material is based upon work supported by the National Agricultural Library,
Agricultural Research Service, U.S. Department of Agriculture

A National Agricultural Law Center Research Publication

Mental Health Resources & Hotlines: District of Colombia/Washington, D.C.

PRS CrisisLink: This hotline offers crisis intervention and suicide prevention services. The CrisisLink hotlines are free, confidential and staffed by highly trained paraprofessional volunteers and crisis line workers. All hotlines are available 24/7. You are also able to text “CONNECT” to 85511 for help or go online to access the Lifeline chat. Contact this service at (800) 273-TALK or you can chat via the online link [here](#). You can also visit their website [here](#).

Department of Behavioral Health: The Department of Behavioral Health and its certified behavioral health care providers operate their telephone line 24/7. This resource is staffed by behavioral health professionals who can refer a caller to immediate help or ongoing care. The Access Helpline can activate mobile crisis teams to respond to adults and children who are experiencing a psychiatric or emotional crisis and are unable or unwilling to travel to receive behavioral health services. Contact this service at (888) 793-4357 or visit their website [here](#).