

DC providers are available to support you and your family.

# BEHAVIORAL HEALTH SERVICES IN D.C. ARE STILL ACCESSIBLE DURING COVID-19

If you are distressed, feeling worried, or need to connect to a behavioral health provider, call D.C. Department of Behavioral Health Access HelpLine to talk to a clinician for support any time.

**1-888-793-4357**  
**(1-888-7WE-HELP)**

This non-emergency "warm line" is free for D.C. residents regardless of insurance or diagnosis.

If your child is in crisis at home, call 911 or the Child and Adolescent Mobile Psychiatric Service (ChAMPS) Hotline:

**(202) 481-1440**

If you need prescriptions refilled, contact your pharmacy about home delivery options. Ask your pharmacist about a refill for more than 30 days.



Your behavioral health provider still wants to see you! Many services are available via telehealth (video or phone visits). Providers may arrange for in-person care.

**Call your behavioral health provider to schedule.**

Call community groups, like Total Family Care Coalition:  
(202) 747-8878

Parent Watch: (202) 718-4834

For other info and resources:  
[DCHealthMatters.org](http://DCHealthMatters.org)

