

Mark R. Warner

US Senator from the Commonwealth of Virginia



COVID-19 Mental Health Resources

The COVID-19 pandemic has taken its toll on many Virginians' mental health, and there has been an increased demand for mental health and substance abuse services. The **American Rescue Plan** includes more funding to increase access to mental health and substance abuse services, as well as funding for programs for domestic violence survivors and child abuse prevention and treatment. **If you or someone you know is struggling**, the resources below will guide you in the right direction.

Mental Health Resources

If you or someone you know is in **immediate danger** go to the nearest emergency room, or call: **911**.

For the **National Suicide Prevention Hotline**, please call: 1-800-273-TALK (en español: 1-888-628-9454), or visit: <https://suicidepreventionlifeline.org/>.

For the **Crisis Text Line**, text "HOME" to 741741.

For the Federal Substance Abuse and Mental Health Administration **Disaster Distress Helpline**, please call: 1-800-985-5990 or visit: <https://www.samhsa.gov/find-help/disaster-distress-helpline/>.

For the **National Domestic Violence Hotline**, please call: 1-800-799-7233 or visit: <https://www.thehotline.org/help/>.

For help with substance use disorders contact the **Substance Abuse Mental Health Services Administration (SAMHSA)** by calling: 1-800-662-HELP (4357), or visiting: <https://www.samhsa.gov/>.

Additional Assistance

Senator Warner's office stands ready to assist with any coronavirus and non-coronavirus federal issues. **If you or a loved one is currently experiencing an issue with a federal agency**, please contact Senator Warner's office by calling: (202) 224-2023 or visiting: <https://www.warner.senate.gov/>.