



Mental Health Resources SY 23-24

SCHOOL MENTAL HEALTH

Your guide to accessing mental health and special education resources at DC Public Schools.

[DCPSMENTALHEALTH.ORG](https://dcpsmentalhealth.org)



email: school.mentalhealth@k12.dc.gov



Who We Are

The DC Public Schools (DCPS) School Mental Health (SMH) Team is dedicated to serving schools and supporting the holistic well-being of every child. Our team of experts offer comprehensive consultation and services, using proven assessment methods and therapeutic practices. By identifying students' individual needs early on, we provide tailored support that ensures their success. Experience the difference our evidence-based approach can make.

Getting Started

Here for You: How to Access Mental Health Supports in Schools

The SMH Team and our many partners provide supportive services to students and families who need assistance for any reason, from overcoming academic challenges to handling life-altering events.



[Learn More](#)



Mental Health

Referral Forms



- [Student Self Referral Form for Mental Health & Counseling Support](#)
- [Adult Referral Form for Mental Health & Counseling Support](#)

*Forms also available in Amharic, Chinese, and Spanish on dcpsmentalhealth.org

Crisis Support

In a mental health crisis, it is crucial to have access to the right support. We have compiled a list of important contact numbers that you should keep handy. Stay prepared and know where to turn when you or someone you know needs immediate help. **Remember, in an emergency situation, Dial 9-1-1.**

Agency	Contact
ChAMPS (Child and Adolescent Mobile Psychiatric Service) is an emergency response service for children, teenagers and adolescent adults who are having a mental health or behavioral health crisis.	<u>202-481-1440</u>
Access Helpline (DC Dept. of Behavioral Health) 1(888)7WE-HELP. This 24-hour, seven-day-a-week telephone line is staffed by behavioral health professionals who can refer a caller to immediate help or ongoing care.	<u>888-793-4357</u>
PIW (The Psychiatric Institute of Washington) offers comprehensive behavioral healthcare to children, adolescents, and adults who are experiencing mental health and substance abuse issues.	<u>800-369-2273</u>
Suicide & Crisis Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call or text to connect with a trained crisis counselor. <u>988lifeline.org</u>	<u>Call or text 988</u>



Special Education

Essential special education resources for this school year

- [Special Education Referral Form](#)
- [Family Guide](#)

Provider Directory



The School Mental Health Provider Directory is a valuable online resource that helps you find School Psychologists, Social Workers, School Counselors, and Community Based Organizations across DCPS.

[→ View Directory](#)

Events Calendar

Explore our calendar of events for special education and mental health resources.



Learn More



District of Columbia Public Schools
SCHOOL MENTAL HEALTH
NEW WEBSITE!
DCPSMENTALHEALTH.ORG

→ [Learn More](#)



- ✓ **Get Help in a Crisis**
- ✓ **Mental Health Resources**
- ✓ **Special Education Resources**
- ✓ **District-Wide Provider Directory**
- ✓ **Parent Strategies**
- ✓ **Teacher Strategies**

dcpsmentalhealth.org serves as an online resource tool for teachers, students, and families.

Go There Now!