




# 2023-24 STUDENT HEALTH RESOURCES FOR DCPS STUDENTS



If you or your friends are looking for community resources, remember that your principal, school social workers, school nurse, or school counselors are always a great place to start. They can connect you to help and tell you more about programs at your school or in the community. You can reach out to them in person or online: [www.dcpmentalhealth.org/](http://www.dcpmentalhealth.org/). Also check out the resources on this handout, organized by topic area.

## ALCOHOL, TOBACCO & OTHER DRUGS

The District of Columbia offers three locations where young people can go to seek help for a drug or alcohol issue. Learn more about the Drug or Alcohol Treatment Services for Teens and Young Adults at [dbh.dc.gov/node/107042](http://dbh.dc.gov/node/107042) or contact a provider directly below.

PROVIDER	ADDRESS	TELEPHONE	WARD
 <b>Hillcrest Children's Center:</b> Clinical services in a confidential, caring environment.	915 Rhode Island Ave. NW	(202) 232-6100	4
 <b>Latin American Youth Center:</b> Bilingual counseling services are provided to ages 12-21.	1419 Columbia Rd. NW	(202) 319-2225	1
 <b>Federal City Recovery Services:</b> Offers residential treatment for youth.	316 F St. NE, Suite 118	(202) 710-1850	6



### DRUG FREE YOUTH DC

Learn the facts about commonly abused drugs in DC, local laws on drug use, and local drug prevention and treatment resources. More information at [drugfreeyouthdc.com](http://drugfreeyouthdc.com).



### DISTRICT OF COLUMBIA QUITLINE

Contact 1-800-QUIT-NOW to speak to a trained youth counselor and receive FREE resources to help you quit smoking.

## EMOTIONAL HEALTH



### DC DEPARTMENT OF BEHAVIORAL HEALTH

Youth Access Helpline: 1-888-793-4357

This is a 24/7 line for help or ongoing care. You aren't alone. You can also ask a teacher if your school has a mental health program available to you.



### CHILD & ADOLESCENT MOBILE PSYCHIATRIC SERVICES (ChAMPS)

(202) 481-1440

Local emergency response for children and youth ages 6 to 17 who are having a mental health crisis and need immediate in-person services. Provides 24/7, free support for youth considering suicide.



### TREVOR PROJECT

1-866-488-7386 | [thetrevorproject.org/get-help/](http://thetrevorproject.org/get-help/)

Suicide help and resources tailored to lesbian, gay, bisexual, transgender, queer and questioning students. Available 24/7 by phone, text or online chat.

## SEXUAL HEALTH

### SEX IS...

### SEX IS DC

[sexisdcc.org](http://sexisdcc.org)

Every DCPS high school student can get free condoms, lube, and dental dams at their school or mailed to their home. Visit the Sex Is... website for more resources.



### METRO TEEN AIDS – WHITMAN WALKER HEALTH

[twitter.com/realtalkdc](https://twitter.com/realtalkdc) | [whitman-walker.org](http://whitman-walker.org)

Free condoms, testing, referrals, events, and drop-in center. You can also call (202) 745-7000 to learn more.



## LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUESTIONING AND ALLIES



DC PUBLIC SCHOOLS - Lesbian, Gay, Bisexual, Transgender and Questioning Student Engagement

DCPS Sexual Health Liaisons are resource points for all high school students regarding sexual health, specifically condom/barrier method distribution and assistance accessing other sexual health services. Not sure how to find a sexual health liaison? Email [DCPSLGBTQ@k12.dc.gov](mailto:DCPSLGBTQ@k12.dc.gov) to find out. You can also talk to a trusted social worker or administrator, or follow us at @DCPS.LGBTQ on Instagram and Facebook.



SUPPORTING AND MENTORING YOUTH ADVOCATES AND LEADERS (SMYAL)

[smyal.org](http://smyal.org)

SMYAL is the District's primary LGBTQ youth-serving organization. Stop by for social events, support groups, testing, and more!

## DATING AND NEIGHBORHOOD VIOLENCE



DC METROPOLITAN POLICE DEPT (MPD)

[mpdc.dc.gov](http://mpdc.dc.gov)

DC MPD is on your side! Visit their website or ask a school resource officer for more information and resources about gangs.



MEN CAN STOP RAPE (MCSR)

[mcsr.org/mostclub](http://mcsr.org/mostclub)

Promote healthy masculinity at your school! Men of Strength Clubs provide an opportunity to have honest conversations on what it means to be a "real" man.



OFFICE OF NEIGHBORHOOD SAFETY AND ENGAGEMENT- DC VICTIM HOTLINE

1-844-443-5732 | [dcvictim.org](http://dcvictim.org)

If you or a loved one are the victim of a violent crime, call the DC Victim Hotline any day or time for support and resources.

## VIOLENCE & BULLYING



DC PUBLIC SCHOOLS (DCPS)

[dcps.dc.gov/bullying](http://dcps.dc.gov/bullying)

Every school in DCPS has a staff member in charge of looking in to bullying and supporting students' safety. This information should be posted in your school. Visit the DCPS website to learn about your rights and how to recognize bullying.



STOPBULLYING.GOV

[stopbullying.gov](http://stopbullying.gov)

This free online resource offers tons of information on what to do if you or a friend are being bullied at school—including ideas on how to make your school a safer place for all.



DPR ROVING LEADERS

[dpr.dc.gov/service/dpr-roving-leaders](http://dpr.dc.gov/service/dpr-roving-leaders)

Roving leaders work in your school and neighborhood to make them safer places. Call (202) 698-2250 for more info.

## NUTRITION AND PHYSICAL ACTIVITY



DC DEPARTMENT OF PARKS AND REC (DPR)

[dpr.dc.gov](http://dpr.dc.gov)

The Office of Teen Programs offers programs specifically for teens. These include Teen Nights Out, Supreme Teen Clubs, Youth Council, community service projects, sports, leadership development and other fun recreational events.



MYPLATE

[choosemyplate.gov](http://choosemyplate.gov)

Make sure your meals and snacks are both delicious and good for you!