

Mental Health on the Minds of Many

By Supervisor Dan Storck

May is Mental Health Awareness Month and we are seeing increased incidents around the country, including the attack this week at Congressman Gerry Connolly's office, that bring urgency to this important topic. This is an opportune time to fight stigma, provide support, increase awareness and remind individuals of the services that exist to support the millions of people impacted by mental health issues. According to the National Alliance on Mental Illness, nearly one in five people experience a mental health concern each year. If you or someone you know is struggling with a mental health issue, you are not alone and resources are available.

Recently, here on the Richmond Highway Corridor, the Growth & Healing HUB (7686 Richmond Hwy) opened to serve our younger residents with their own facility for mental health and wellness services. The HUB will serve the 17,000 + children, young adults and families living in our diverse community, an area that is in need of more mental health treatment options. I am especially pleased that the HUB has committed to not turn away anyone who is seeking help, even if they



cannot afford it. The HUB will be working with County and community agencies such as schools and non-profits, to address the mental health equity gaps. Services available at the HUB include Individual & Family Counseling, Medication Management, Group Counseling, Teletherapy, In-Home Services, Client-Centered and Strength-Based Focus and more. Learn more: <https://www.gandh.org/>.

Just this week, Inova Mount Vernon Hospital opened a new behavioral health unit, expanding adult mental health care along the corridor. The nearly \$10 million facility will increase mental health capacity at the hospital by 67% to 50 beds. The Inova Veatch Behavioral Health Unit features 20 additional beds, private rooms, "quiet" spaces, modernized equipment and enhanced safety features.

Fairfax Falls Church Community Service Board also provides services for people of all ages who have a mental illness, substance use disorders and/or developmental disabilities and can be reached at 703-383-8500. The Fairfax County Health and Human Services System (HHS) supports the well-being of all who live, work and play in our County. The HHS program services create opportunities for individuals and families to be safe, healthy and realize their full potential and can be reached at 703-222-0880.

I believe strongly that we need to do more to support our youth in their mental health needs, and particularly since COVID, we are not doing enough. In Fairfax County, we strive to provide valuable mental health resources to our residents, and I continue to advocate for more. If you or a loved one need assistance, please visit our Countywide programs here.

Resources:

- <https://www.fairfaxcounty.gov/news/mental-health-matters-resources-trainings-and-videos>
- <https://www.fairfaxcounty.gov/community-services-board/mental-health>

Hotlines you can call for urgent and immediate assistance:

- Emergency basic needs call 703-222-0880 or TTY: 711
- Mental health or substance abuse emergency (24/7) call 703-573-5679 or TTY: 711
- National Suicide & Crisis Lifeline call 988
- Local suicide prevention (24/7) call 703-527-4077 or TEXT "CONNECT" to 85511
- More:
<https://www.fairfaxcounty.gov/mountvernon/sites/mountvernon/files/assets/documents/pdf/mental%20health%20and%20substance%20use%20resource%20list%202023.pdf>