

Mental Health Services Available through the Fairfax-Falls Church Community Services Board (CSB)

May is Mental Health and Youth Mental Health Acceptance Month. This is an opportunity to reduce stigma and provide support for people in our community impacted by mental health issues.

In a mental health or substance use emergency, help is just a phone call away. Call CSB Emergency Services at 703-573-5679, TTY 711.

For non-emergency CSB services, call CSB Entry & Referral Services during normal business hours, Monday through Thursday, 9 a.m. to 3 p.m., and Friday 10:30 a.m. to 3 p.m., at 703-383-8500, TTY 711. Staff can take calls in English and Spanish and can access interpreters for other languages when needed.

Learn more about accessing quality care for children and youth on the [Healthy Minds Fairfax website](#).

CSB also offers in-person and online training courses and tools to all residents of Fairfax County and the cities of Falls Church and Fairfax:

- **Mental Health First Aid** is a public education program that teaches you about mental health and substance use concerns and provides skills training for you to feel confident helping someone obtain the support and care they deserve.
- **Question, Persuade and Refer (QPR)** is a suicide prevention training that teaches three simple yet powerful steps anyone can learn to help save a life from suicide. The signs of a crisis are all around us. The training teaches you to recognize the warning signs of suicide, ask tough questions and offer hope, and get help to save a life.
- **REVIVE! trainings** prepare you to react safely and effectively in an overdose situation, to administer the lifesaving drug naloxone and to know what to do afterward. Each attendee also receives a free REVIVE! kit, which includes naloxone and two fentanyl test strips.
- An essential strategy for preventing suicide for a person in crisis is to limit access to firearms and poisons, including medications which can be misused. **Lock and Talk** is a call for all persons to encourage help-seeking behaviors, practice safe storage and disposal of lethal items (medications, firearms, etc.) and help to reduce stigma around mental illness. You can obtain a [free medication lock box](#), drug disposal pouch and firearm lock from the CSB.
- The [Adverse Childhood Experiences \(ACE\)](#) Interface Presentation helps individuals understand the impacts of childhood adversity and trauma on development and how to build resiliency and improve well-being.
- [Talk. They Hear You.](#) empowers parents and caregivers to talk with children and teens about alcohol use. Understand the risks and triggers of underage drinking and how to play a role in prevention.