

Have you Noticed Recent Behavioral Changes in Your Child?



- Showing signs of sadness, hopelessness, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Showing changes in sleep patterns – sleeping a lot more or a lot less than normal
- Showing self-injury and self-destructive behavior
- Being very worried about the future and about bad things happening (general anxiety)
- Showing changes in energy – being tired and sluggish or tense and restless a lot of the time
- Running away from home, using drugs and/or alcohol
- Notable changes in eating patterns
- Increase in physical complaints (e.g. stomach or headaches) that do not respond to treatment.

For **24-hour 7 days** a week support you can call the **DC Access Helpline** at **1(888) 7WE-HELP (1-888-793-4357)**. The DC Access Helpline is staffed by behavioral health professionals who can refer callers to immediate help or ongoing care. District parents can contact the Access Helpline to receive brief counseling or consultation services for up to three telehealth visits (phone or visual) at no charge.



ChAMPS

- **Child and Adolescent Mobile Psychiatric Service** is an emergency response service for children, adolescent, and teens who are having a mental or behavioral health crisis. ChAMPS works in close partnership with hospitals and police to provide help for youth living in DC.
- **Available** 24 hours a day, 7 days a week for youth ages 6 to 17.
- **ChAMPS Hotline** (202) 481-1440



DBH SBHP

- **DBH School Behavioral Health Program** is a school-based program that offers prevention, early intervention, and treatment services to youth and their families in partnering public and public charter schools.
- **For a list of participating schools** and their behavioral health partners visit: [CLICK HERE](#)



Healthy Futures

- **Healthy Futures** is an early childhood mental health consultation program for children up to 5 years of age to promote positive social and emotional development.
- **For a list of participating child development centers and home providers** [CLICK HERE](#)

Do you seek to enhance your parenting skills and improve your relationship with your child?



These resources might be for you:

Wellness Wednesdays

Wellness Wednesdays is an online parent support program developed to help parents take care of themselves, and foster resiliency in their children during these challenging times.

These wellness sessions are held every Wednesday at 5:30 pm

Join meeting online:

English [HERE](#) (password: WW20)

Spanish [HERE](#) (contraseña: SPWW20)

Join meeting by phone:

English

Call: 202-860-2110 ◦ Code: 1726204243

Spanish

Call: 202-860-2100 ◦ Código: 1727619215

Parent University

DCPS Parent University is a workshop series for families facilitated by DCPS's Communications and Engagement Office.

Each session is designed to help families in supporting student learning and growth.

You can access their schedule of upcoming classes [HERE](#).

You can find past recordings [HERE](#).