

RESOURCES FOR THOSE IN THE MILITARY & THEIR FAMILIES

**Do you need
mental health
help?**



Give An Hour. A national network of mental health professionals, many of whom are in the area, who have donated time to provide counseling to members of the military and their families. Contact: www.giveanhour.org.

Woodbridge Bipolar and Depression Support Group. A support group for those with depression or bipolar every Wednesday at 7:30 p.m. in the Ferlazzo Building at 15941 Donald Curtis Dr., Woodbridge, VA 22191. Contact: 443-243-0957 or woodbridge@dbsanova.org.

Centreville Loved Ones Group. A support group for the loved ones of those with bipolar every other Tuesday at 7:30 p.m. at 14369 Round Lick Ln, Centreville, VA 20120. Contact: 703-803-6442 or lovedones@dbsanova.org.

NAMI-East County Consumer Support Meeting. A monthly meeting for anyone with any mental illness once at 7:30 p.m. the McCourt Building at 1 County Complex in Prince William, VA 22192. Contact: 703-670-7438 or AngelaC@NAMI-PW.org.

NAMI-East County Family & Friends Group. A monthly meeting for friends and family of those with mental illnesses in the Potomac Hospital Conference Room at 2300 Opitz Blvd, Woodbridge, VA 22191.

Prince William County Community Service Board Family and Friends Group. A county run monthly family and friends group for anyone with a loved one with any mental illness. Contact: 703-792-4926.

Quantico Mental Health. 703-784-1179.

Ft. Belvoir Mental Health. 703-805-0110 and 703-805-0550 (children)

Emergency Crisis Line. 1-800-273-TALK is a 24-hour mental health crisis line.



Depression and Bipolar
Support Alliance

*This information is brought
to you by the Woodbridge
Support Group of DBSA-
Northern Virginia*

DBSA
NORTHERN VIRGINIA

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