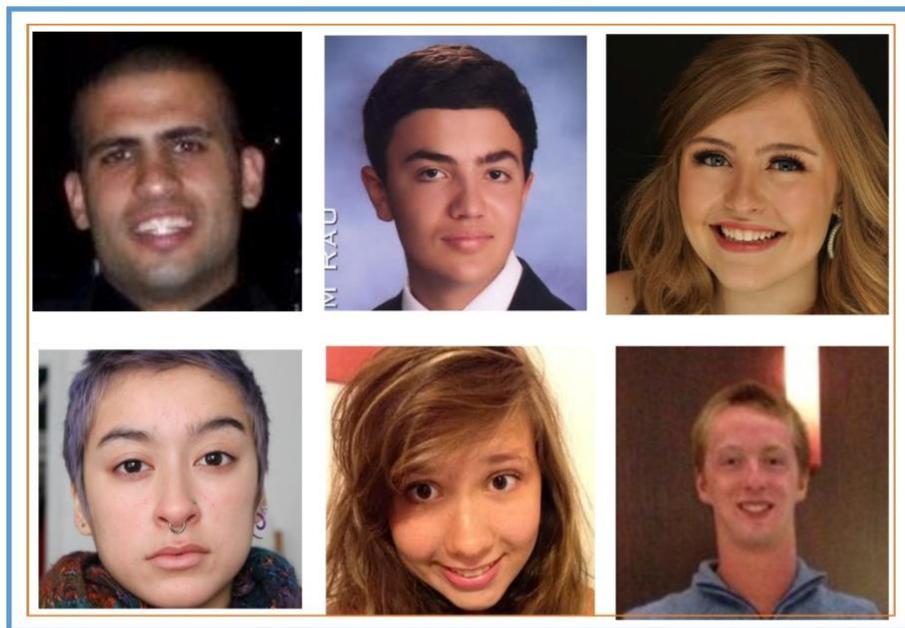


Mental Health Resources



Come hear
our stories
of living
with
mental
illness.

Teen-to-Teen Mental Health Summit

Thursday June 5, 2014

7pm-9pm

Alden Theatre

McLean, VA



THE JOSH ANDERSON
FOUNDATION



More Information Available At:

www.joshafoundation.org

www.safecommunitycoalition.net

Websites/Apps



A Friend Asks

<http://jasonfoundation.com/get-involved/student/a-friend-asks-app/>

“**A Friend Asks**” is a **FREE** smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Download the app today and encourage friends and family to do the same. Education is the key to prevention and with information like this as close as your smartphone; you could help save a life!

The “**A Friend Asks**” App contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- how to get help now
- what to do and what not to do
- the B1 Program



bSafe

<http://getbsafe.com/>

Available on iPhone, Android, BlackBerryFree and Subscription Versions. A personal safety alarm that sends an emergency message to your chosen contacts with the push of a single button. bSafe’s slogan is “Never walk alone.”



Circle of 6

<http://www.circleof6app.com/>

The Circle of 6 app is designed to help college students out of potentially dangerous situations. On the app, users should connect the phone numbers of up to six close friends. These should be classmates, roommates or trusted individuals in the area. In uncomfortable situations, users can safely and discreetly send a mass message for help.

By pressing the car icon, users send out a text complete with your current GPS location. Your safety network will get your message and pick you up. Tapping the phone icon will send out a message that says, "Call and pretend you need me. I need an interruption," to the six preset numbers. For true emergencies, students can call 911 from within the app. The app's chat icon links users to information online about healthy relationships.



Get Self Help

<http://www.getselfhelp.co.uk/index.html>

Self-help and therapist resources for mental health issues.



Guardly

<https://www.guardly.com>

Students can instantaneously connect with friends and family in emergencies with [Guardly](https://www.guardly.com). With a few taps, users can dial for help or send out an alert. Triggering an alert enables real-time location tracking.

Students can also capture and send photos to mobile contacts or authorities in non-threatening emergencies. On the app's map, users can see which friends and family members are nearby. Another in-app defense lets students sound off a blaring siren to "deter would-be attackers" and "signal for help."



My Force

<http://myforce.com>

The subscription-based [MyForce](#) app puts an emergency alert system in your pocket. Tap to send a call for help when you sense danger.

When you're walking home at night or crossing a desolate part of campus by yourself, just pull out the MyForce app in case of emergencies. By hitting the app's bright red button, you'll trigger a discreet alarm. Once the alert is triggered, MyForce will start recording your call and pinpoint your present location. The monitoring operator who you connect with will determine it's an emergency and call 911. Your emergency contacts will also be alerted.

Price: Free [iPhone](#), [Android](#) and [Blackberry smartphone app](#) (with monthly subscription)



On Watch On Campus

<http://onwatchoncampus.com/>

This personal safety app lets college students alert friends and authorities immediately in emergencies.

There are six app functions: calling 911 and friends, calling 911 only, calling campus police, the "Watch my Back" setting (timed alert that must be disabled with passcode), contacting friends, and the "I'm here" setting. When you walk home and want to let friends or family know you've arrived safely, the "I'm here" setting does just that.

The "I'm Here" text, call 911 only and call campus police functions are free with the app. The emergency friends, flashlight and alarm functions are available for a \$2.99 fee. The complete package is available for \$4.99 a month.



PSYCHOLOGYTOOLS

Psychology Tools

<http://www.psychologytools.org/depression.html>

Interactive website with activity sheets for gauging emotional or depressed states.

Hotlines

Alcoholics Anonymous	703-876-6166
Alternative House (Crisis/Runaway Hotline)	1-800-SAY-TEEN (1-800-729-8336)
Child Abuse/Neglect.....	703-324-7400
CrisisLink (Crisis Help & Suicide Prevention)	703-527-4077
Domestic Violence.....	800-799-7233
Dominion Hospital/Eating Disorders Treatment Center	703-538-2886
Fairfax Co. Health Dept. (Falls Church Office)	703-534-8343
Fairfax Women & Domestic Violence Hotline	703-360-7273
Fx. Co. Mental Health Crisis Intervention & Assess. Serv.	703-573-5679
Fairfax County Police (Non-Emergency)	703-691-2131
FCPS Office of Intervention & Prevention (Non-Emergency)	571-423-4020
FCPS Student Safety and Wellness (Non-Emergency)	571-423-4270
Fairfax Detoxification Center	703-502-7000
Fairfax-Falls Church Community Serv. Board-Mental Health	703-383-8500
HopeLine (Suicide Prevention)	1-800-SUICIDE (1-800-784-2433)
Inova Fairfax Hospital.....	703-776-4001
Lifeline Crisis Chat.....	800-273-8255
Northern Virginia Family Service	703-448-1630
Poison Control	1-800-222-1222
SoberRide	800-200-TAXI
Virginia Hospital Center.....	703-558-5000
Woodburn Mental Health Emergency	703-573-5679