



HEALING SUPPORT

When a loved one is suffering from a mental illness, it affects you as well. It is not easy to be supportive to a family member when you aren't well educated about their self-injury. Parents and family members play a vital role in treatment recovery. However, it comes with an emotional toll which requires you to obtain your own support.

National Alliance on Mental Illness (NAMI) Parent Support

Virginia → www.namivirginia.org	(804) 285-8264
Woodbridge	703-659-9983
Reston	571-458-7310
Maryland → www.namimd.org	(410) 884-8691
Rockville	301-949-5852
Greenbelt	301-429-0970
Washington DC → www.namidc.org	(202) 546-0646

Parent Educational Advocacy Training Center (PEATC)

703-836-2953 or 1800-869-6789
228 S. Pitt St., Suite 300, Alexandria VA 22314

Dr. Paula Rainer, PhD LLC (571) 748-7546

Parents of Children with Depression
13800 Coppermine Rd. Herndon, Virginia 20171

Counseling at Dupont (202) 858-3181 or (202)734-3703
1555 Connecticut Avenue, NW, 500W, Washington, DC 20036

The Arc Maryland (410) 571-9320
130 Lubrano Drive, Suite 212, Annapolis, MD 21401

The Counseling Center of Maryland (301) 742-2282
8030 Woodmont Ave, 3rd floor, Bethesda, MD 20814

Websites

www.selfinjury.com

www.selfinjury.bctr.cornell.edu/index.html

www.adolescentselfinjuryfoundation.com

<http://sioutreach.org>

www.theravive.com

<https://behavioraltech.com>

www.mentalhealthamerica.net

Crisis Hotlines

- 800-DONTCUT | 366-8288
- 1-800-273-TALK | 8255
- 1-800-334-HELP | 4357
- 1-877-332-7333
- 1-800-SUICIDE | 784-2433
- 1-800-273-8255 | Suicide

Prevention

NON-SUICIDAL SELF-INJURY (NSSI) THERAPEUTIC SUPPORT



OUTPATIENT THERAPISTS

Dr. Jelena Kecmanovic, PhD – Dr. K (202) 557-5174
Arlington | DC Behavioral Health Institute
1655 North Fort Myer Dr., 7th Floor, Arlington, Virginia 22209
(DBT, ACT, trauma, assessments, family and individual sessions)

The Better Brain Center (703) 684-0334 or (833) 964-8483
2121 Eisenhower Ave., Suite 604, Alexandria, VA 22314
(Neurofeedback, complex PTSD, medication management)

Bridges Therapy and Wellness Center (703) 865-4900
11166 Fairfax Blvd Ste 207, Fairfax, VA 22030
(Medication management, DBT groups, parent support groups)

Candace Wheeler, MA, LGPC (202) 836-6374
www.r199.org
205 F Street NE, Washington, DC, 20002
450 W Broad St., Ste # 211, Falls Church, VA 22046
(DBT, EMDR, expressive therapy, and family therapy)

ADOLESCENT GROUPS

Dominion Hospital Partial Hospitalization & Intensive Outpatient Programs
2960 Sleepy Hollow Rd., Falls Church, VA 22044 (703) 720-5527
6565 Arlington Blvd., Falls Church VA 22044 (703) 227-8185

In Step (703) 876-8480
8500 Executive Park Ave., Suite 204, Fairfax, VA 22031

Family Counseling of Springfield (703) 991-7367
8440 Old Keene Mill Rd, Springfield, VA 22152

Thriveworks Chesterfield Office (804) 655-4921
9846 Lori Road Ste 201, Chesterfield, VA 23832

Discovery Counseling & Consulting (804) 557-0937
4118 E. Parham Rd., Ste C, Richmond, Virginia 23228

Therapeutic Solutions (202) 601-3766
8730 Georgia Ave., Ste, B100, Silver Spring, MD 20910