

DISTRICT OF COLUMBIA

MENTAL HEALTH HOTLINE

1-888-793-4357

(888-7WE-HELP)

Feeling depressed, anxious, or just not yourself?

You can talk to someone now to help sort out your feelings and get the support you need. A trained mental health specialist is available anytime.

Stay connected with our DBH outreach team. Scan the code below, fill out the short form, and you will be added to our mailing list to stay informed with the latest from DBH.



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- Confidential counseling
- Problem-solving and self-care tips
- No enrollment required for the first 3 sessions
- Treatment referral if needed
- Free

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WE ARE GOVERNMENT OF THE
WASHINGTON DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR