

## 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](http://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](mailto: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](mailto: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](mailto: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

[www.dbsanova.org](http://www.dbsanova.org)

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