On this page, find help to feel better, including counseling and support for substance abuse.

## Counseling and Psychiatric Care
- **DMH (Dept. of Mental Health) Access Helpline**
  - ☑️ 24hr Hotline: 1-888-793-4357
  - 📍 35 K St NE
  - ☑️ M-F 8:30am-3pm
  - ☑️ www.dmph.dc.gov
  - Services: Immediate help in crises and ongoing mental health care.
- **Friendship Place**
  - ☑️ (202) 364-1419
  - 📍 4713 Wisconsin Ave. NW
  - ☑️ Psychiatric Clinic: Th 1-4pm
  - ☑️ www.cchfp.org
  - Services: Free same-day appointments with a psychiatrist for homeless men & women.
- **Wendt Center for Loss and Healing**
  - ☑️ NW Office: (202) 624-0062
  - ☑️ 4201 Connecticut Ave NW
  - ☑️ SE Office: (202) 610-0066
  - ☑️ 2041 MLK Ave SE
  - ☑️ www.wendtcenter.org
  - Services: Counseling for those experiencing a loss or trauma.

## Drug & Alcohol Abuse
- **APRA (Addiction Prevention and Recovery Administration) Assessment and Referral Center**
  - ☑️ (202) 727-8473
  - ☑️ 70 N St NE
  - ☑️ M-F 7am-6pm
  - ☑️ www.doh.dc.gov/apra
  - Services: Referrals to addiction treatment programs for people who have used or are using drugs, alcohol, or tobacco.

## Advocacy & General Support
- **ULS (University Legal Services)**
  - ☑️ (202) 547-0198
  - ☑️ 220 I St NE
  - ☑️ www.uls-dc.org
  - Services: Support groups, treatment plans, and advocacy for individuals who have been diagnosed with a serious and persistent mental illness (like schizophrenia, bi-polar disorder, or severe depression).

## SMART TIPS
- **Call:** Before visiting a provider, give them a call. If you don’t have access to a phone, use ours!
- **Ask:** When you call, ask what they do, when they are open, and what to bring with you (documents, IDs, etc.).