



AmeriHealth Caritas
District of Columbia

MENTAL WELLNESS

PROGRAMS
AND RESOURCES



SEPTEMBER 2024



WHAT IS MENTAL WELLNESS?

Mental wellness is part of your overall health.

Being mentally healthy allows someone to realize their own abilities, cope with the normal stresses of life, work productively, and make contributions to the community.¹

There are many ways to improve your mental wellness. AmeriHealth Caritas District of Columbia (DC) has programs that can help you achieve your goals.

1. "Mental Health-Strengthening Our Response," World Health Organization, <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>.



EMOTIONAL SUPPORT VIA TEXT

Emotional support via text allows you to text with a coach any time you need it, 24 hours a day, seven days a week. You can receive support for challenges big or small, such as anxiety, trouble sleeping, relationship problems, grief, pain, and life transitions.

- If you are 21 or older, use **Headspace Care**. Download the **Headspace Care App** from the [Google Play store](#) or [Apple App Store](#). In the app, **tap Get Started, then tap Verify with Name, DOB, and ZIP Code. Follow the instructions sent to your inbox.**
- Enrollees ages 13 – 20 should text **886-886** and use referral code **"AmeriHealth"** during enrollment to start texting with a **MindRight** support coach now.*

*Standard messaging and data fees may apply.



FITNESS CLASSES

People who exercise regularly have better mental wellness.² AmeriHealth Caritas DC offers fitness classes for enrollees at the Enrollee Wellness and Opportunity Center at no cost. Details about upcoming classes can be found at www.amerihealthcaritasdc.com on the events calendar located on the [“Healthy Living” webpage](#).

To learn more, visit the **Enrollee Wellness and Opportunity Center** located at 1209 Marion Barry Ave. SE, Washington, DC 20020 or call the **Community Outreach Solutions** team at 202-216-2318.

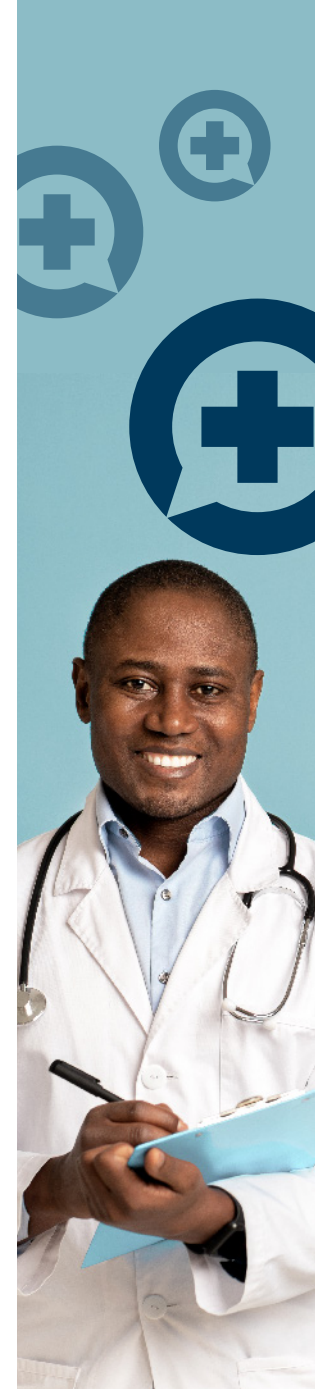
2. “How simply moving benefits your mental health,” Harvard Health Publishing, https://www.health.harvard.edu/blog/how-simply-moving-benefits-your-mental-health-201603289350?msclkid=b3191c5_fbc0911ec9301c8246382f9c7.

BEHAVIORAL HEALTH PROVIDERS

Most of us experience times when we need help dealing with problems that cause emotional distress. You may benefit from an experienced, trained behavioral health provider if you are having a problem that is making you feel overwhelmed or interfering with normal daily life. As an AmeriHealth Caritas DC enrollee, you have access to a large network of behavioral health providers.

There are three ways to get help:

1. Talk to your primary care provider (PCP) about what you are dealing with. They may be able to help you themselves, or they will refer you to the right provider.
2. Call **Enrollee Services** at **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. They can help you find a provider in your area. They can also help you identify the best type of behavioral health provider for your needs.
3. Find a provider using the AmeriHealth Caritas DC Provider Directory located on our website. Go to www.amerihealthcaritasdc.com > **Enrollees > Medicaid enrollees > Find a doctor, medicine, or pharmacy.**





Need specialized assistance related to your healthcare?
Call Complex Case Management at **202-408-2233**.

ADDICTION AND RECOVERY SUPPORT

Millions of Americans struggle with addiction.³ You are not alone. However, recovery is possible and treatment works.⁴ AmeriHealth Caritas DC has peer recovery specialists who specialize in addiction and can help you find your path to recovery. Call **Enrollee Services** at **1-800-408-7511** or **TTY 1-800-570-1190**, available 24 hours a day, seven days a week, to be connected with a peer recovery specialist or for help finding the right provider or program.

3. "Drug abuse statistics," National Center for Drug Abuse Statistics, <https://drugabusestatistics.org/>.

4. "About MyRecoveryDC," My Recovery DC, <https://myrecoverydc.org/about>.

For adults needing same day assessments and referrals, you can also walk in to any of these locations for immediate assistance:

WARD 5

- **The Assessment and Referral Center (ARC)**
75 P St. NE
Washington, DC 20002
(enter on Florida Avenue near the P Street intersection)

Hours: Monday – Friday, 7 a.m. – 6 p.m.
Phone: 202-727-8473
Fax: 202-727-8411
For same day service, please arrive before 3:30 p.m.

WARD 5

- **RAP, Inc.**
1949 4th St. NE
Washington, DC 20002

Hours: Monday – Friday, 8 a.m. – 8 p.m.
Phone: 202-462-7500
Fax: 202-526-8916

WARD 8

- **Family & Medical Counseling Services**
2041 Martin Luther King Jr. Ave. SE
Suite 303
Washington, DC 20020

Hours: Monday – Thursday, 9 a.m. – 4 p.m.
Friday, 9 a.m. – 1 p.m.
Phone: 202-889-7900
Fax: 202-610-3095
- **MBI Health Services**
2041 Martin Luther King Jr. Ave. SE
Suite M8
Washington, DC 20020

Hours: Monday – Friday, 9 a.m. – 5 p.m.
Phone: 202-388-9203



TRANSITIONAL HOUSING

AmeriHealth Caritas DC partners with housing providers that support people with mental illness. Individuals live in a short-term therapeutic environment where they can get the life skills they need to begin their recovery. Most people who complete these programs enter into their own permanent housing and are able to secure income through employment or disability.

If you believe you or someone you know would benefit from transitional housing, please call:

Woodley House	202-830-3508
Prestige Healthcare Resources	202-808-1588



COMMUNITY-BASED PROVIDERS

The Department of Behavioral Health (DBH) ensures that high quality behavioral health services are available to all DC residents. Providers are located across the city, and you can choose the one that best serves your needs.

See the list of DBH’s community-based providers at <https://dbh.dc.gov/page/list-community-based-service-providers>.

If you or someone you know is in crisis, call 911.

SCHOOL-BASED SERVICES

If your child is a student at a DC public school or public charter school, they can receive counseling from a school-based mental health provider. Visit <https://dbh.dc.gov/node/1500291> to find contact information for the provider assigned to your child’s school.

SERVICES FOR SPANISH-SPEAKING ENROLLEES

The providers below offer behavioral health services in Spanish. You can call a provider directly at the number listed below, or call AmeriHealth Caritas DC Enrollee Services for assistance scheduling an appointment.

Headspace	202-408-4720
La Clínica del Pueblo	202-462-4788
Mary’s Center	844-796-2797
Neighbors Consejo	202-234-6855
Uplift	www.joinuplift.co/partners/amerihealth

NATIONAL RESOURCES

- **988 Suicide & Crisis Lifeline:**
Call or text 988.
- **Crisis Text Line:**
Text HOME to 741741



AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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www.amerihealthcaritasdc.com



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GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR