

HEALTHCARE, BEHAVIORAL HEALTH, DENTAL AND PHARMACY

Good Rx - Website that helps find pharmacies that offer the most affordable medication

<https://www.goodrx.com/>

Costco - You do not have to be a Costco member to use their pharmacy.

<https://www.costco.com/pharmacy/home-delivery>

Costco virtual care visits - If you are a Costco member, you can get a telehealth primary visit for as low as \$29

<https://sesamecare.com/join/sc2024>

Walmart \$4 drug program - Walmart pharmacies have several medications that are only \$4 for a 30 day supply.

<https://www.walmart.com/cp/4-prescriptions/1078664>

Howard University Dental Clinic - offers affordable comprehensive dental care.

<https://dentistry.howard.edu/patient-care/make-appointment>

Northern Virginia Community College Restorative Dental Clinic - Offer cleanings and dental care at an affordable price

<https://www.nvcc.edu/student-life/health/dental.html>

Arlington Free Clinic - Must make an appointment, but excellent care for anyone with complex medical needs.

<https://arlingtonfreeclinic.org/>

Catholic Charities- an interfaith organization working in housing, food/nutrition, integrated health, etc.

<https://www.catholiccharitiesusa.org/>

CALM app - meditation, mindfulness, guided breathing, situational anxiety help, mental health crisis plan development

<https://www.calm.com/>

Mental or Emotional Health Crisis Hotlines

Call 988

Text 741741

Find Emotional and Mental Health Therapy

<https://www.psychologytoday.com/us>

American Foundation for Suicide Prevention - offers information and training for self and loved ones in times of crisis

<https://afsp.org/>

Veterans Crisis Hotline

https://www.veteranscrisisline.net/?msclkid=44a6862a708612bedf1de1f966584585&utm_source=bing&utm_medium=cpc&utm_campaign=VCL988_Search%2011.01.24%20-%205.26.25%20-%20Crisis%20Hotline&utm_term=veterans%20crisis%20line%20number&utm_content=Crisis%20Hotline

Call 988 option 1

Text 838255

The Trevor Project - Suicide prevention and crisis intervention for LGBTQ+ young people.

<https://www.thetrevorproject.org/>

DC.GOV Impact to Federal Workers, Resources including health insurance and mental health resources

<https://fedsupport.dc.gov/>

DC Department of Behavioral Health

<https://dbh.dc.gov/service/access-helpline>

Access HelpLine at 1(888)7WE-HELP or 1-888-793-4357

DC Department of Health and Human Services – health insurance and assistance

<https://dhs.dc.gov/page/apply-recertify-benefits>

Bread for the City – food, housing, legal and behavioral health resources

<https://breadforthecity.org/services/>

MD Government Resources for Federal Public Servants – unemployment, job search, health care, food assistance, legal assistance, veterans assistance

<https://response.maryland.gov/federalpublicservants/>

Maryland Community Action Partnership – food, housing, health, utilities assistance

<https://maryland-cap.org/get-help/>

Fairfax County Family Services – contacts for free or low cost medical care for adults and families

<https://www.fairfaxcounty.gov/familyservices/public-assistance-employment-services/medical-care-for-children>