



# Washington D.C. Traumatic Plane Crash

## 01/29/2025

### Office of the Mayor

Mayor Muriel Bowser  
John A. Wilson Building  
1350 Pennsylvania Avenue, NW  
Washington, DC  
202) 727-2643

[eom@dc.gov](mailto:eom@dc.gov)

[Executive Office of the Mayor](#)

[Mayor Muriel Bowser on X: "LIVE: Update on Plane Collision <https://t.co/4fGuncq5CN>" / X](#)

[Mayor Bowser | Facebook](#)

*Social Media Post on 01/30/25*

*"Our hearts and our prayers go out to all of the families and loved ones impacted by this horrific collision. I am very proud of our first responders in DC and in the entire region who continue recovery efforts. We're going to support them every step of the way."*

### Local Police Department

#### **Washington Metropolitan Police Department**

300 Indiana Ave NW,  
Washington D.C., DC, United States, Washington, District of Columbia  
Public Information Office

(202) 727-4383

Command Information Center

(202) 727-9099

Corruption Hotline

(800) 298-4006

311 City Services and Police Non-Emergencies

Dial: 311

Use (202) 737-4404 of calling from outside DC

[| mpdc](#)

[DC Police Department \(@DCPoliceDept\) / X](#)

[Washington Metropolitan Police Dept. | Washington D.C. DC | Facebook](#)

*Social Media Post 01/30/25*

*“The Metropolitan Police Department is deeply grateful to all the first responders and partner agencies who are working together as recovery operations continue on the Potomac River. Many members have been on duty since the initial call over 14 hours ago and continue to remain focused on the incident.  
“We sincerely appreciate the outpouring of support from agencies across the region and the United States as we work through this tragic incident.”*

## **Resources for First Responders**

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### **Volunteers of America**

National Headquarters

1660 Duke Street

Alexandria, VA 22314

Main Phone:

Toll-Free: (800) 899-0089

Phone: (703) 341-5000

[VOA|ReST 4 First Responders - Free Confidential Group Conversations](#)

### **American Academy of Experts in Traumatic Stress**

127Echo Avenue

Miller Place, NY 11764

(631)543-22217

(800) 810-7550

[info@assets.org](mailto:info@assets.org)

[Frontline Groups](#)

*Select control F to filter support groups by state via the website link.*

### **National Alliance on Mental Illness**

4301 Wilson Blvd. Suite 300

Arlington, VA 22203

(703) 524-7600

Resource web links for front line professionals.

[Peer Support Resources | NAMI](#)

[NAMI Washington | NAMI](#)

[Frontline Professionals | NAMI](#)

## **Mental Health Crisis Line**

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### **Department of Behavioral Health**

64 New York Avenue, NE, 3rd Floor

Washington, DC 20002

Access Helpline (888) 793-4357 TTY: 711

Phone: (202) 673-2200

Fax: (202) 673-3433

TTY: (202) 673-7500

[Access HelpLine | dmh](#)

### **NAMI DC Helpline**

1629 K St NW, Ste 300

Washington, DC 20006-1631

NAMI help line (800) 9510-6264

Text "NAMI" to 741741

Helpline (202) 466-0972

Children and youth call (202)481-1440

DC Psychiatric Emergency 24/7 Hotline (202) 673-9319

[Access HelpLine | dmh](#)

[Facebook](#)

[Homepage - NAMI Washington DC](#)

## **United Way/211 Information and Referrals Lines**

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These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

### **United Way of the National Capital Area**

1015 15<sup>th</sup> St. NW, suite 1200

Washington, DC 20005

(202) 488-2000

[contactus@uwnca.org](mailto:contactus@uwnca.org)

## **National Suicide Prevention Lifeline**

(800) 273-8255

[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://www.988lifeline.org)

## **Substance Abuse & Mental Health Services Administration Disaster Distress Helpline**

(800) 985-5990

National mental health helpline that is available to those who have experienced a natural or human caused disaster. The helpline is available 24 hours per day, 7 days per week. The counselors can provide support and referrals to local resources.

## **Suggestions for Meditation and Breathing Apps**

- Calm - Available for iOS and Android
- UCLA Mindful - Available for iOS and Android
- Smiling Mind - Available for iOS and Android

## **Helpful Articles and Resources**

- **National Institute of Mental Health**  
Coping with Traumatic Events  
[NIMH » Coping With Traumatic Events \(nih.gov\)](https://www.nimh.nih.gov/health/publications/coping-with-traumatic-events/)
- **Centers for Disease Control and Prevention (CDC)**  
“Coping with a Traumatic Event”  
[Coping with a Disaster or Traumatic Event \(cdc.gov\)](https://www.cdc.gov/trauma/2013/04/coping-with-a-traumatic-event/)
- **American Psychological Association**  
“How to talk to children about difficult news”  
[How to talk to children about difficult news \(apa.org\)](https://www.apa.org/press-releases/2013/04/23/trauma)
- **American Academy of Child & Adolescent Psychiatry**  
[Disaster and Trauma Resource Center \(aacap.org\)](https://www.aacap.org/trauma)

## **Free Help Line**

Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, 866-447-3573, will be open Monday-Friday, 8am-8pm Central Time. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at: <https://www.liveandworkwell.com>.