



University of Maryland
CENTER FOR ENVIRONMENTAL SCIENCE

Mental Healthcare

Resources and Contacts

Updated March 2020

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Introduction

This document describes the mental health care options available through UMCES and provides information about national, Maryland, and local resources available in the neighborhood of each Lab. The available options can be difficult to find – particularly for someone who is suffering from mental health issues. Our goal is to make the information on mental health care options as clear and available as possible.

General Resources

Please **dial 911** if you are experiencing a medical or mental health emergency.

National Resources

| National Hotlines | |
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| National Suicide Prevention Lifeline | 1-800-273-8255 |
| Disaster Distress (Helpline Offers Immediate Crisis Counseling) | 1-800-985-5990 or text "TalkWithUs" to 66746 1-800-985-5990 or text "Hablanos" to 66746 (Spanish) |
| Substance Abuse | |
| Alcoholics Anonymous www.aa.org for meeting locations | Share stories of struggle in a protected environment, while working through their designated 12-step program. |
| Narcotics Anonymous www.na.org for meeting locations | Share stories of struggle in a protected environment, while working through their designated 12-step program. |
| Nar-Anon Family Groups www.nar-anon.org for meeting locations | Share stories of struggle in a protected environment, while working through their designated 12-step program. |
| Al-Anon Support Services www.al-anon.org for meeting locations | Share stories of struggle in a protected environment, while working through their designated 12-step program. |
| Phone and Tablet Apps | |
| Well Track | Self-help app to support mental health and well-being. The app focuses on three primary concerns: Anxiety/Stress, Depression, and Public Speaking. |
| My Thought Coach | Fitness and meditation expert guides. |

Maryland Resources

| Crisis Hotlines | |
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| Maryland Crisis Hotline | 1-800-422-0009 State-wide 24-hour crisis intervention and supportive counseling hotline for suicide, family and relationship problems, shelter needs, violent or threatening domestic situations, loneliness, depression, chemical dependency issues and others |
| Crisis Text Line | Text HOME to 741741 24 hour crisis counseling support |
| <u>Maryland Crisis Connect</u> | 24 hour crisis counseling support Call 211, press 1 Text zip code to 898-211, or TXT-211 (only available to Maryland zip codes) Online chat at www.mdcrisisconnect.org/chat-with-us/ |
| Mobile Crisis Teams | |
| Anne Arundel County Crisis | 410-768-5522 |
| Baltimore Crisis Response, Inc. (Baltimore City) | 410-433-5175 |
| Baltimore Child and Adolescents Response System (Baltimore Co.) | 410-433-5175 |
| Baltimore County Crisis Team | 410-931-2214 |
| Calvert County (Maryland Crisis Hotline) | 800-422-0009 |
| Carroll County (Maryland Crisis Hotline) | 800-422-0009 |
| Eastern Shore Mobile Crisis (Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot and Wicomico Counties) | 888-407-8018 |
| Frederick County | 301-662-2255 |
| Harford County Crisis Team | 410-638-5248 |
| Howard County Crisis Team | 410-531-6677 |
| Montgomery County Crisis System | 240-777-4000 |
| Prince George's County Crisis Team | 301-429-2185 |
| St. Mary's County | 301-863-6661 |

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| Worcester County | Call 911 |
| Eating Disorders | |
| The Center for Eating Disorders at Sheppard Pratt (Towson, MD) (410) 938-5252 | Inpatient program, Partial hospital program, outpatient program, Support groups, Individual & group therapy, Family & couples therapy, Medical monitoring & consultation, Psychopharmacology, Nutritional counseling, Expressive therapy, Occupational therapy |
| The Renfrew Center (Bethesda, MD) renfrewcenter.com/locations/non-residential/bethesda-md / 1-800-736-3739 | Day treatment program, Intensive outpatient program, Outpatient program, Group therapy |
| Child-Specific Services | |
| Maryland State Department of Education | Guide to handle and prevent bullying or harassment. Student support and planning for emergencies. |
| Maryland Transitioning Youth 1-800-637-4113 | High school to higher education transition help and consultations. Youth to adult health care and planning resources. |
| Department of Social Services 1-800-332-6347 | Federal social services, child support, adoptions, family investment and other benefits. |
| Maryland Coalition of Families 410-730-8267 | Special education advocacy, parent support groups, behavioral health services, parent education/leadership training, in-home behavioral support, evaluation and assessment services, child care resources. |

UMCES Employee Benefits

UMCES Employee Assistance Program

UMCES offers an Employee Assistance Program through GuidanceResources. Through this program, employees can securely seek help for personal or work-related problems. GuidanceResources services are available to ALL UMCES students, faculty and staff AND their immediate family/household members.

To access EAP services online, use the following link: www.guidanceresources.com or access the App searching for GuidanceNow. The web ID is USMEAP.

State of Maryland Health Benefits

In general, all options under each type of plan and carrier cover the same services. However, the participating provider networks for the plans are different. Be sure to carefully review what is covered by each plan, as well as the plan's limitations and the participating providers and facilities in the plan's network.



The State of Maryland also offers a [Benefits Blog](#) with important wellness tips as well as updates about wellness events, Open Enrollment, and much more. Visit often for up-to-date benefits and wellness information!

Topics Include:

- [How to Talk with Your Doctor about Depression](#)
- [Are You Stressed?](#): Understanding chronic stress and learning effective stress management strategies
- The importance of [sleep](#) on managing one's mental health

More employee resources can be found at <https://www.umces.edu/human-resources>

Appalachian Laboratory

| Name, Location, & Contact Information | Services Provided |
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| Hospitals/Emergency | |
| <u>WMHS Behavioral Health</u> 240-964-8585 Emergency: 240-964-1399 | <i>Inpatient and outpatient therapy and educational materials; Psychiatry; Normal life transitions; stress reactions; conditions that require acute inpatient care; addictions; provides individual or group therapy</i> |
| <u>Family Crisis Resource Ctr. (free to victims of domestic violence) Cumberland, MD</u> 301-759-9246 | <i>Assist victims and survivors of intimate partner violence, rape, sexual assault, sexual abuse, child abuse, and stalking. Emergency Shelter, Information & Referral, Crisis Intervention, Case Management, Individual & Group Counseling, Advocacy and Accompaniment, Sexual Assault Response Team, Domestic Violence Follow-Ups, Supervised Visitation & Exchange</i> |
| <u>Family Crisis Center (free to victims of domestic violence) Keyser, WV</u> 304-788-6061, 800-698-1240 | <i>Domestic violence shelter for women, Peer support groups</i> |
| Psychiatrists | |
| <u>Garrett Regional Medical Center - Health and Wellness</u> 301-533-2190 / Oakland, MD | <i>Comprehensive behavioral health counseling and addictions treatment. Staff include Mental Health Nurse Practitioner, Masters Level Addiction Counselors, Masters Level Social Worker and a Licensed Practical Nurse. Walk-in services available.</i> |
| <u>Villa Maria of Mountain Maryland (counseling & prescribing providers)</u> 667-600-2110 | <i>Programs for all ages; Individual therapy; Family therapy; Cognitive Behavioral Therapy; Group Therapy; Experiential Therapy; Nutrition Therapy; Couples Therapy; Trauma Therapy</i> |
| <u>Covenant Counseling (Counseling & Prescribing Providers)</u> 301-777-0633 | <i>Covenant Counseling (Counseling & Prescribing Providers)</i> |
| <u>Potomac Highlands Guild</u> 24-hour crisis line: 1-800-545-4357 304-358-2351 / Franklin, WV 304-538-2302 / Moorefield, WV 304-788-2241 / New Creek, WV 304-538-2302 / Petersburg, WV 304-822-3897 / Romney, WV | <i>Outpatient psychiatric services; psychological services; individual, group, and family therapy; DUI safety and treatment program; social work and case management; crisis intervention; behavior management; nursing and I/DD program planning services; day treatment for developmentally disabled and long-term mentally ill adults; residential services</i> |
| <u>Dr. Scott Thomas (Keyser, WV)</u> 304-788-9320 | <i>Psychiatry; family medicine</i> |

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| Dr. Nava (Cumberland, MD) 301-777-9330 | <i>Psychiatry, Sleep Medicine</i> |
| Dr. Nagulendren (Cumberland, MD) 301-777-9330 | <i>Mental health illness, depression, psychiatric diseases</i> |
| General Counseling (both columns) | |
| Christian Counseling Services - Dr. Seth Ramer 301-895-3117 / Cumberland, MD | Garrett Regional Medical Center - Health and Wellness 301-533-2190 / Oakland, MD |
| Potomac Highlands Guild Multiple Locations | Zealand Psychological Assoc. 301-722-8000 / Fax: 301-722-8001 |
| Psychological Services WMD 301-777-0451 | Allegany Counseling & Consulting, Ann Sheetz, LCPC 301-724-1697 |
| Committed to Change 240-580-1919 | New Directions Diana Amann, LCSW-C 301-268-5065 |
| Potomac Behavioral & Occupational Therapy 240-362-7444 | Footprints to Hope Counseling Laura Wilson, LCPC 301-697-4222 |
| Chapman & Associates 240-362-7294 | Davis Dayhoff, PhD.(Cumberland, MD) 301-759-3360 |
| Kevin Peterson, PhD. 301-759-3360 | Jim Miller, PhD.; Helen Miller, LCPC (Cumberland, MD) 301-724-4081 |
| Suanne Lewis, PhD. (Cumberland, MD) 301-759-2813 | |
| Health Department and County Services | |
| Dept. of Veteran Affairs 301-724-0061 Fax: 301-724-0069 | <i>Posttraumatic stress disorder (PTSD), psychological effects of military sexual trauma, depression, grief, and anxiety. Generalized anxiety disorder, Panic disorder, Social anxiety, Specific phobias, Substance use problems, Bipolar disorder, Schizophrenia.</i> |
| Allegany County Health Dept. Behavioral Health (counseling & prescribing providers) 301-759-5280 | <i>Psychiatric Diagnostic Evaluations; Individual, Family & Group Therapy; Medication Evaluation; Medication Monitoring; School-based Services for Children/Adolescents; Crisis Intervention; Intensive Outpatient Programs for Adults and Children; Therapeutic Injections for Adults; and Walk-in Evaluations</i> |
| Bedford-Somerset Developmental & Behavioral Health Services (Counseling & Prescribing Providers) Bedford, PA | <i>Free developmental screenings to all children age birth to three years old. Student Assistance Program (SAP) for identifying issues including substance abuse and mental health issues. Children and</i> |

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| 814-623-5166 | <i>Adolescent Services System Program for emotionally disturbed youth and their families.</i> |
| Hyndman Area Health Center 814-842-3206 | |
| Washington County Behavioral Health (Counseling & Prescribing Providers) 301-766-7600 | <i>Recovery Oriented Services (Psychiatric Rehabilitation, Clubhouse, Peer Services)</i> |
| Substance Abuse | |
| Garrett Treatment Center (suboxone) 301-533-2888 / Dr. Richard Perry Oakland, MD | <i>Addiction treatment services (including opioids) and medical marijuana. No counseling at this location (counseling offered through Garrett County Health Department).</i> |
| City Reach Hope Homes 240-362-7919 | <i>9-12 month intensive discipleship program for individuals who have substance abuse problems or are dealing with significant emotional impairments/depression/anxiety</i> |

Chesapeake Biological Laboratory

| Name, Location, & Contact Information | Services Provided |
|---|---|
| Hospitals/Emergency | |
| CalvertHealth (Prince Frederick, MD) (410) 535-8144 | <i>Inpatient and outpatient therapy and educational materials for individuals, groups, and couples; psychiatry.</i> |
| MedStar St. Mary's Hospital (Leonardtown, MD) (301) 475-6227 | <i>Inpatient and outpatient therapy and educational materials for individuals, groups, and couples; psychiatry.</i> |
| Psychiatrists | |
| Aimee Alinsonorin-Dioguardi, M.D. (Solomons, MD) (410) 326-2333 | <i>Treats children and adults</i> |
| Osama M. Saleh, M.D. (Prince Frederick, MD) (410) 535-5602 | <i>Mood, anxiety, behavior disorders; dementia; obsessive-compulsive disorder; PTSD</i> |
| MedStar Shah Medical Group (California, Prince Frederick, Crofton, Fort Washington, Mechanicsville, Hollywood, Leonardtown, Charlotte Hall, & Waldorf, MD) / (855) 546-0747 | <i>Inpatient and outpatient psychiatry; mood and anxiety disorders, post-traumatic stress disorder, behavior disorders, learning and autism-spectrum disorders; youth struggling to adjust to stressful life situations, coping with medical illness; addiction</i> |
| Child-Specific Services | |
| Center for Children (301) 609-9887; La Plata, MD office (301) 475-8860; Leonardtown, MD office (410) 535-3047; Prince Frederick, MD office | <i>Child psychiatry; prevention programs; individual and group therapies; co-parenting/divorce education; young family support; referrals; legal system advocacy and agency coordination; case consultation with educators, physicians, and other professionals</i> |
| General Counseling | |
| Axis Healthcare 301-363-2575 / Lexington Park, MD | Blue Sail Counseling 410-231-0488 / Lusby, MD |
| Cleary Psychotherapy and Consulting – LCPC 443-330-7387 / Prince Frederick, MD | Daniel Meckel, PhD, LCSW-C 410-504-1809 / Solomons, MD |
| Deborah Nelson, LCPC 410-414-5953 / Prince Frederick, MD | Deborah A. O'Donnell, PhD 240-587-0457 / Leonardtown, MD |
| Journeys Holistic Therapy Group 301-884-4225 / Charlotte Hall, MD | Joyce Gradle, LCSW-C 410-855-0518 / Solomons, MD |
| Margarett Brooks, PhD 301-475-7988 / Leonardtown, MD | Mary Ayers, Ph.D., LCSW-C 301-679-7589 / Solomons, MD |

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| Mindy Krupp, LCSW-C 443-404-5320 / Solomons, MD | Pastoral Counseling Center 301-863-9333 / Lexington Park, MD |
| Personalized Therapy LLC California, MD | Psychological Services Center 301-475-9660/ Leonardtown, MD |
| Salvatore Dioguardi, LCSW-C 301-475-3208 / Leonardtown, MD | Southern Maryland Associates 301-863-5797 / Great Mills, MD |
| Steve Berns, LCSW-C 410-394-0677 / Solomons, MD | Ursula Towles, LCPC, NCC (301) 703-9245, Lexington Park, MD |
| Vesta, Inc. 301-863-4543 / Lexington Park, MD | Walden Sierra (grant funded and free to participants) 301-327-2555 / Lexington Park, MD 301-863-6661 (24 hour hotline) |

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| Health Department and County Services | |
| Assistance with Aging Calvert County St. Mary's County | <i>Information and guidance on caring for the elderly and programs/activities for the aging community. Services such as elder care, meals on wheels, and personalized assistance with care planning are available.</i> |
| Calvert County Behavioral Health Office 410-535-5400 x475 (Local) E-mail: mdh-dl-calchd-mentalhealthcchd@maryland.gov | <i>Psychiatrists, Psychologists, Professional Counselors, Social Workers, Registered Nurses</i> |
| Mediation Centers in Calvert and St. Mary's | <i>Calvert County mediation services provide conflict management services and education to empower people to create and develop their own solutions.</i> |
| Substance Abuse | |
| Calvert County Substance Use Email: mdh-dl-calchd-substanceabusecchd@maryland.gov 410-535-3079 x6 | <i>Behavioral health assessments; Individual, group, and family counseling; Urinalysis drug testing and breathalyzer testing; Alcohol and other drug use education; Intensive outpatient treatment program; Detention Center treatment services; Buprenorphine treatment; School based behavioral health services; Referrals</i> |

Horn Point Laboratory

| Name, Location, & Contact Information | Services Provided |
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| Hospitals/Emergency | |
| <u>University of MD Shore Medical Center</u> (Cambridge, MD) 410-228-5511 | <i>Psychiatric/mental health services</i> |
| Eastern Shore Hospital Center (Cambridge, MD) 410-221-2300 | <i>Psychiatric facility</i> |
| <u>Peninsula Regional Medical Center, Behavioral Health Services</u> (Salisbury, MD) 410-543-7162 | <i>Services for adults, both voluntary and involuntary, with acute symptoms. Outpatient (410-543-7119) services for adults and children. Partial hospitalization (410-543-4738) services for adults.</i> |
| Psychiatrists | |
| <u>Marshy Hope Family Services</u> (Cambridge, MD) 410-221-2266 | <i>Outpatient services; individual therapy; group therapy; family therapy; psychiatric evaluation; medication management</i> |
| <u>University of MD Shore Regional Health Behavioral Health</u> (Cambridge, MD) 410-228-5511; 410-228-6161 | <i>Inpatient services; outpatient services; substance abuse</i> |
| <u>Corsica River Mental Health Services</u> (Cambridge, MD) 443-225-5780; Urgent care (24 hr) services 1-888-407-8018) | <i>Individual therapy; family therapy; group therapy; marriage and couples counseling; grief counseling; psychiatry; telepsychiatry; school and agency based therapy; medication management; health education; co-occurring disorder treatment; 24 hour on-call services</i> |
| <u>Community Behavioral Health</u> (Cambridge, MD) 410-228-3929 | <i>Services for children, adolescents and adults; Outpatient services; individual services; family services</i> |
| <u>For All Seasons</u> (Cambridge, MD) 410-228-2529; Urgent care (24 hr) services, including rape: 410-820-5600 (English), 410-829-6143 (Espanol) | <i>English and Spanish speaking assistance; services for children, adolescents and adults; Counseling and psychotherapy; medication management; school based mental health services; <u>rape crisis center</u>; sexual assault prevention; victims of crime assistance; 24 hour hotline; human trafficking services; family visitation services; urgent care; TAMAR; neurofeedback</i> |
| <u>Channel Marker, Inc.</u> (Cambridge, MD) 410-221-6459 | <i>Services for youth, transition age youth and adults; Individual and group services; inpatient residential services; integrated health management</i> |
| Child-Specific Services | |
| <u>Peace of Mind Mental Health Services</u> (Easton, MD) 410-690-8181 | <i>Individual counseling; play therapy; art therapy</i> |

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| <u>Maple Shade Youth and Family Services</u> (Mardela Springs, MD) 410-677-0202 | <i>Services for children aged 5-17 and their families. Individual therapy; family therapy; group therapy.</i> |
| Counselors or Psychologists | |
| <u>Eastern Shore Psychological Services</u> 410-822-5007 / Easton, MD | <u>Peace of Mind Mental Health Services</u> 410-690-8181 / Easton, MD |
| <u>Channel Marker, Inc.</u> 410-221-6459 / Cambridge, Easton | <u>Life's Energy Wellness Center</u> (800)867-2395 / Cambridge & Easton, MD |
| <u>University of MD Community Medical Group</u> 410-228-5511 or 410-228-6161 / Cambridge, MD | <u>Corsica River Mental Health Services</u> 443-225-5780 / Cambridge, MD Urgent care (24 hr) services 1-888-407-8018 |
| <u>Community Behavioral Health</u> 410-228-3929 / Cambridge, MD | Clearview Professional Center 410-228-3108 / Cambridge |
| <u>Peninsula Mental Health Services</u> 410-860-2673 / Salisbury, MD | <u>Harvesting Hope Youth & Family Services</u> 443-351-4846 / Cambridge, MD |
| <u>Maryland Coalition-Families</u> 410-901-1007 / Cambridge, MD 24 hr. crisis services 1-888-407-8018 | Shore Resolutions LLC 410-228-4357 / Cambridge, MD |
| Health Department and County Services | |
| <u>Dorchester County Health Department</u> (Cambridge, MD) 410-228-3223 | <i>Alcohol and Drugs; Healthy Families; Women & Children</i> |
| <u>Mental Health Association of the Eastern Shore</u> (Easton, MD) 410-822-0444 | <i>MD Healthy New Moms; School Based Mental Health Coalition - mental well-being for children; Shore Training Collaborative; services for veterans</i> |
| <u>Mid Shore Behavioral Health</u> (Easton, MD) 410-770-4801 | <i>Criminal justice and mental health; homelessness; inpatient rehab and community reintegration</i> |
| Substance Abuse | |
| <u>A.F. Whitsitt Center</u> (Chestertown, MD) 410-778-6404 | <i>Inpatient rehab; outpatient rehab; medical detox; psychiatry; relapse prevention groups; individual and group counseling; self-help; medication education; co-occurring disorders; referral to sober living homes; NARCAN training; support for families of addicts</i> |
| <u>MidShore Intergroup</u> (Easton, MD) 410-822-4226 | <i>Specific to alcohol. Information on treatment centers; AA meetings; halfway houses</i> |

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| <u>Warwick Manor Behavioral Health</u> (East New Market, MD) 410-943-8101 | <i>Inpatient rehab; outpatient rehab; medically monitored detox; intensive outpatient treatment; methadone; relapse prevention; recovery skills groups; art therapy</i> |
| <u>Peninsula Addiction Services</u> (Salisbury, MD) 410-860-2673 | <i>Adults only, outpatient treatment; family sessions; relapse prevention; 12 step</i> |
| <u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u> | <i>24 hour treatment referral and information (1 800 662 4357); Support available in <u>Spanish</u>; extensive network connecting to treatment centers and programs nationwide</i> |
| Community Mediation Centers | |
| <u>Community Mediation Upper Shore</u> (Kent, Queen Anne's and Cecil Counties) Kent & Queen Anne's Counties: 410-810-9188 Cecil County: 443-207-5159 | <i>Conflict resolution</i> |
| <u>Mid Shore Mediation Center</u> (Talbot, Caroline, Dorchester Counties) 410-820-5553 | <i>Conflict resolution</i> |
| <u>Tri-Community Mediation</u> (Worcester, Wicomico, and Somerset Counties) 410-548-7174 | <i>Conflict resolution; workplace training</i> |

Integration & Application Network – Annapolis

| Name, Location, & Contact Information | Services Provided |
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| Hospitals/Emergency | |
| Kaiser Permanente Annapolis Medical Center (Annapolis, MD) 410-571-7300 | <i>Therapy, self-care wellness resources, and educational materials for individuals, groups, and couples.</i> |
| Kaiser Permanente Largo Medical Center (Largo, MD) 301-618-5500 | <i>Therapy, self-care wellness resources, and educational materials for individuals, groups, and couples. Psychiatry. Crisis therapists (with no regular outpatient services)</i> |
| Kennedy Krieger Institute (Odenton, MD) 443-923-7508 | <i>Outpatient therapy with a variety of clinical programs</i> |
| Psychiatrists | |
| Shana Gage , MD (substance/addiction specialty, children services also available) 800-777-7904 / Largo, MD | Hanna Johnson Ong , MD 443-214-5097 / Annapolis, MD |
| Daniel Jackson , MD 800-777-7904 / Largo, MD | Enrique B Olivares , MD (speaks English, Spanish, and Portuguese) 443-433-5900 / Edgewater, MD |
| Makesha Joyner , MD (electroconvulsive therapy) 800-777-7904 / Largo, MD | Makeida Koyi , MD 410-224-4207 / Annapolis, MD |
| Earl John Mauricio , MD (historically underserved mentally ill patients) 800-777-7904 / Largo, MD | Paul Gianakon , MD (speaks English, Spanish, ASL) 443-433-5900 / Edgewater, MD |
| Shanda Smith , MD 800-777-7904 / Largo, MD | Raymond Hoffman , MD 443-481-1000 / Annapolis, MD |
| Child-Specific Services | |
| Bryan Buchanan , LCSW (psychotherapy) 800-777-7904 / Largo, MD | Chenere Evans , PhD (psychotherapy) 800-777-7904 / Largo, MD |
| Lisa Greene Henderson (psychotherapy) 800-777-7904 / Largo, MD | Khristine Heflin , LCSW (psychotherapy) 800-777-7904 / Largo, MD |
| Sandra Pagan , PSYD (psychotherapy) 800-777-7904 / Largo, MD | Rene Stokes , MD (psychiatry) 800-777-7904 / Largo, MD |
| Parviz Sahandy , MD (psychiatry) 410-268-9400 / Annapolis, MD | |

| General Counseling | |
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| Akimasa Fujii , LCSW (Chemical dependency) 800-777-7904 / Largo, MD | Lorette Gray , LCSW 800-777-7904 / Largo, MD |
| Joseph Hoppenjans , LCSW 800-777-7904 / Largo, MD | Elizabeth Keohan , LCSW 800-777-7904 / Annapolis, MD |
| Lafonda Lewis , CADAC (Chemical dependency) 800-777-7904 / Largo, MD | Cherlyn Monk , LCSW 800-777-7904 / Largo, MD |
| Dona Moon , LCSW 800-777-7904 / Largo, MD | Joelle Parnam , LCSW 800-777-7904 / Largo, MD |
| Katrina Sandidge , LCSW 800-777-7904 / Largo, MD | Denise Unterman , LCSW 800-777-7904 / Largo, MD |
| Kristin Whiting , LCSW 800-777-7904 / Annapolis, MD | William Watts Williams , PhD 410-893-4600 / Annapolis, MD |
| Michelle Pearce , PhD 410-893-4600 / Annapolis | Judith Clifford , PhD 667-401-7710 / Annapolis, MD |
| Charlotte Callens , PhD 443-624-4048 / Annapolis, MD | Jessica Lindsay Snell-Johns , PhD 410-212-2522 / Annapolis, MD |
| Robert Frasier , PsyD 301-227-6310 / Annapolis, MD | Francesca Brooks , LCSW 410-360-7093 / Annapolis, MD |
| Kevin Cameron , LCSW 443-833-5980 / Annapolis, MD | Joy Teitelbaum , LCSW 410-647-8130 / Annapolis, MD |
| Helaine Frances Betnun , LCSW 443-995-8295 / Annapolis, MD | Claudia Johnson , LCSW 410-897-2321 / Annapolis, MD |
| Health Department and County Services | |
| Assistance with Aging Anne Arundel County | <i>Information and guidance on caring for the elderly and programs/activities for the aging community. Services such as elder care, meals on wheels, and personalized assistance with care planning are available.</i> |
| Anne Arundel County Department of Health Adolescent and Family Services Integrated and Behavioral Health Clinic 410-222-6785 | <i>Outpatient mental health and addiction services to County children and adolescents, ages 4 to 18, and their families. Resources for talking to children about suicide and substance abuse.</i> |

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| <p><u>YWCA Sexual Assault Crisis Center: Crisis Hotline</u> 410-222-7273</p> | <p><i>Services to victims of rape, sexual assault and abuse. Victim advocates for victim support throughout the hospital emergency room visit. Short-term professional counseling available during the aftermath.</i></p> |
| <p><u>Anne Arundel County Community Crisis Services</u> All lines are available 24 hours/7 days</p> | <p><i>Crisis Warmline/Addictions Helpline (410) 768-5522 Domestic Violence Hotline (410) 222-6800 Maryland Youth Crisis Hotline 1-800-422-0009 Anne Arundel County Public Schools Student Safety Hotline 1-877-676-9854</i></p> |
| <p>Substance Abuse</p> | |
| <p><u>Annapolis Safe Stations</u></p> | |
| <p>Meditation</p> | |
| <p><u>Tuesdays in Annapolis</u> (410) 243-3837</p> | <p><u>Mindfulness Practice Group of Annapolis</u></p> |

Institute of Marine and Environmental Technology

| Name, Location, & Contact Information | Services Provided |
|---|---|
| Hospitals/Emergency | |
| <p>Johns Hopkins Inpatient and Emergency Psychiatry Inpatient Admissions: 410-955-5104 Emergency Department: 410-955-5964</p> | <p><i>Emergency mental healthcare and inpatient or day treatment for children and adults. Typically, patients begin by contacting inpatient admissions, which might refer them to the emergency department.</i></p> |
| <p>Sinai Hospital 410-601-5461</p> | <p><i>Emergency services, consultation/liaison service, inpatient psychiatry, adult partial hospitalization and intensive outpatient program, adult outpatient services, addiction recovery program</i></p> |
| <p>Mercy Medical Psychiatry: 410-332-9230 Substance Abuse: 410-332-9075</p> | <p><i>7-day inpatient substance abuse treatment, psychiatrists on staff</i></p> |
| <p>University of Maryland Medical Center Psychiatry Emergency: 410-328-1219 Main line: 410-328-6735 Contact Us Page for phone numbers for each service</p> | <p><i>Child and adolescent psychiatry, community psychiatry, outpatient addiction treatment services, and women's health and postpartum depression; Conditions treated: anxiety disorders, ADHD, behavioral problems, cognitive disorders, depressive disorders, mood disorders, eating disorders, OCD, phobias, psychotic disorders, sexual disorders, substance abuse</i></p> |
| <p>Universal Psychological Center Downtown Baltimore: 410-576-9191 25th Street: 410-366-1717 Residential admissions: 443-597-6542</p> | <p><i>Outpatient substance abuse and mental health treatment, residential substance abuse treatment, psychiatric rehabilitation program, Spanish language services offered</i></p> |
| <p>Baltimore VA Medical Center Mental Illness Recovery, Education, and Clinical Center 410-605-7000</p> | <p><i>Consultations and trainings addressing veterans' mental health challenges</i></p> |
| <p>MedStar Union Memorial Hospital 410-554-6444</p> | <p><i>Group therapy, hypnosis therapy, individual therapy, psychometric testing, rehabilitation consultation, relaxation training, stress management</i></p> |
| Psychiatrists | |
| <p>Family Intervention 410-449-7577</p> | <p><i>Anxiety, Addiction, ADHD, Anger Management, Autism, Bipolar Disorder, Coping Skills, Depression, Domestic Violence, Drug Abuse, Emotional Disturbance, Family Conflict, Grief, Learning Disabilities, OCD, Self Esteem, Sexual Abuse, Stress, Trauma and PTSD</i></p> |

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| Faith Health Care Center 410-514-6718 | <i>Provides mental and behavioral health services for individuals, groups and families. Provides medication management and psychotherapy. Specializes in: Mood Disorders, Women's Issues, Addiction, Medication Management, and Substance Abuse.</i> |
| The Mandala Center for Behavioral Health and Wellness 410-690-7608 | <i>Evaluate symptoms and provide a diagnosis, explain side effects of medication, and provide psychiatric care. Specializes in: Bipolar Disorder, Anxiety, Depression, ADHD, Anger Management, Borderline Personality, Developmental Disorders, Grief, OCD, Stress, Teen Violence, Trauma PTSD</i> |
| Child-Specific Services | |
| Children's Mental Health Matters! Campaign 1-800-422-0009 Family Resource Kit | <i>ADHD, anxiety Disorders, bullying, depression, eating disorders, grief, oppositional & defiant children, psychosis, self-injurious, substance use, suicide, trauma, crisis services, early childhood, first steps in seeking help, seeking professional help, school services, transition age youth, treatment, wellbeing, when to seek help.</i> |
| Baltimore Child & Adolescent Response Systems (B-CARS) 410-443-5175 410-752-2272 | <i>Emergency counseling and crisis management.</i> |
| General Counseling | |
| Community Mediation: National Alliance on Mental Illness, Baltimore 410-435-2600 info@namibaltimore.org | Intentional Healing Space 410-733-2055 ihealingspace@gmail.com Referral form |
| Maryland Faculty Practice 410-328-5881 | Complete Wellness, Inc. (443) 747-7367 |
| The Bergand Group 410-504- 1764 | Asheville Recovery Center (828) 333- 5935 |
| DBT of Towson 410-656- 6099 | Chase Brexton Glen Burnie (410)-231-3978 |
| Health Department and County Services | |
| Baltimore Health Department Services | <i>24/7 Mental Health and Substance Abuse Hotline: (410)-433-5175</i> |
| Mental Health Association of Frederick County 301-662-2255 | |

Maryland Sea Grant

| Name, Location, & Contact Information | Services Provided |
|--|--|
| Hospitals/Emergency | |
| UM Prince George's Hospital Center (Cheverly, MD) 301-618-2000 Psychiatric Unit | <i>Inpatient and outpatient psychiatric care</i> |
| Washington Adventist Hospital (Takoma Park, MD) 301-891-7600 Psychiatric Unit | <i>Inpatient and outpatient psychiatric care</i> |
| Psychiatrists | |
| Columbia Associates in Psychiatry (Various locations in the MD, VA, DC area); 703-841-1290 | <i>Child and family psychiatric practice</i> |
| Dr. Memunatu Bangura (Berwyn Heights, MD) 240-542-4573 | <i>General psychiatric care</i> |
| Dr. Jemima Kankam (Laurel, MD) 301-604-4830 | <i>Depression, Anxiety, Bipolar Disorder, Diagnostic Evaluations</i> |
| Dr. Joshua Rosenthal (Columbia, MD) 410-740-8066 | <i>Depression, seasonal affective disorder, anxiety, bipolar disorder, attention deficit hyperactivity disorder, obsessive compulsive disorder, substance abuse, autism, Asperger's disorder</i> |
| Child-Specific Services | |
| City of College Park, Department of Youth, Family & Senior services (College Park, MD) 240-487-3550 | <i>Youth and family services, culturally-responsive clinical services and community-based programs</i> |
| Little Leaves Behavioral Services (Silver Spring, MD) 202-420-8359 | <i>Individualized behavioral therapy based on the principles of Applied Behavior Analysis (ABA)</i> |
| General Counseling | |
| Greenbelt Cares (Greenbelt, MD) 301-345-6660 | Jeremy Brown, LCPC (College Park, MD) 301-960-8848; jeremybrownlcpc@gmail.com |
| HMS Therapy (College Park, MD) 240-770-1881; counseling@hmstherapy.com | University of Maryland Counseling Center (College Park MD); 301- 314-7651 |

| Health Department and County Services | |
|--|--|
| Prince George's County Health Department (Upper Marlboro, MD); 301-883-7879 | <i>Offers a variety of behavioral health, family health and health and wellness services</i> |

Additional Information for Kaiser Permanente Insurance Holders

Online resources (Free)

[Care for Depression](#)- take an online questionnaire to identify sources of stress and unhealthy habits, then receive a set of personalized recommendations for how to manage your depression and regular emails offering support and encouragement.

[Relax](#)- take an online questionnaire to identify what's important in your life and see what causes your stress, then receive a set of personalized recommendations based on your values, priorities, and lifestyle for how to manage stress and regular emails offering support and encouragement.

[Wellness resources](#)- guided exercises, activities, and self-care tools on various topics related to wellness, including managing stress, sleeping better, meditation, mindfulness, and self-compassion.

Over-the-phone (Free)

[Wellness coaching](#)- sign up for a series of 20-minute phone coaching sessions with a wellness coach. Your coach will help you to establish wellness goals and provide the guidance, resources, and motivation to help you achieve goals related to various wellness topics, including reducing stress.

In Person (\$15 copay/ appointment)

All Kaiser Permanente in-network doctors can be found and researched at [this website](#), based on proximity to your specific lab/home location.