



University of Maryland  
CENTER FOR ENVIRONMENTAL SCIENCE

# Mental Healthcare

**Resources and Contacts**

**Updated August 2022**

# Table of Contents

|  |    |
|--|----|
| Introduction   | 3  |
| General Resources  | 3  |
| Appalachian Laboratory   | 7  |
| Chesapeake Biological Laboratory                               | 10 |
| Horn Point Laboratory  | 12 |
| Institute of Marine and Environmental Technology               | 15 |
| Integration & Application Network – Annapolis                  | 17 |
| Maryland Sea Grant   | 19 |
| Additional Information for Kaiser Permanente Insurance Holders | 21 |

## 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   |  |
|---|--|
| <b>Nationwide Mental Health Crisis and Suicide Prevention Number</b>  | Dial 9-8-8   |
| <b>Disaster Distress</b> (Helpline Offers Immediate Crisis Counseling)  | 1-800-985-5990 or text "TalkWithUs" to 66746<br>1-800-985-5990 or text "Hablanos" to 66746 (Spanish)                   |
| <b>The Trevor Project</b> (LGBTQ+ support network)  | 1-866-488-7386 or text "START" to 678678   |
| Substance Abuse   |  |
| <b>Alcoholics Anonymous</b><br><a href="http://www.aa.org">www.aa.org</a> for meeting locations               | Share stories of struggle in a protected environment, while working through their designated 12-step program.          |
| <b>Narcotics Anonymous</b><br><a href="http://www.na.org">www.na.org</a> for meeting locations                | Share stories of struggle in a protected environment, while working through their designated 12-step program.          |
| <b>Nar-Anon Family Groups</b><br><a href="http://www.nar-anon.org">www.nar-anon.org</a> for meeting locations | Share stories of struggle in a protected environment, while working through their designated 12-step program.          |
| <b>Al-Anon Support Services</b><br><a href="http://www.al-anon.org">www.al-anon.org</a> for meeting locations | Share stories of struggle in a protected environment, while working through their designated 12-step program.          |
| Phone and Tablet Apps   |  |
| <a href="#">Well Track</a>  | Self-help app to support mental health and well-being with a focus on Anxiety/Stress, Depression, and Public Speaking. |
| <a href="#">My Thought Coach</a>  | Fitness and meditation expert guides.  |
| <a href="#">Ayana Therapy</a>   | App to match clients from marginalized and intersectional communities with therapists                                  |

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| <b>Websites</b>                  |   |
| <a href="#">Find a therapist</a> | Website to help find available therapists in your area. |

## Maryland Resources

| Crisis Hotlines   |   |
|---|---|
| <b>Maryland Crisis Hotline</b>  | 1-800-422-0009<br>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. |
| <b>Crisis Text Line</b>   | Text HOME to 741741<br>24 hour crisis counseling support  |
| <a href="#">Maryland Crisis Connect</a>                                 | 24 hour crisis counseling support<br>Call 211, press 1<br>Text zip code to 898-211, or TXT-211 (only available to Maryland zip codes)<br>Online chat at <a href="http://www.mdcrisisconnect.org/chat-with-us/">www.mdcrisisconnect.org/chat-with-us/</a>            |
| Mobile Crisis Teams   |   |
| <b>Anne Arundel County Crisis</b>                                       | 410-768-5522  |
| <b>Baltimore Crisis Response, Inc. (Baltimore City)</b>                 | 410-433-5175  |
| <b>Baltimore Child and Adolescents Response System (Baltimore City)</b> | 410-433-5175  |
| <b>Baltimore County Crisis Team</b>                                     | 410-931-2214  |
| <b>Calvert County (Maryland Crisis Hotline)</b>                         | 800-422-0009 OR<br>877-467-5628   |
| <b>Carroll County (Maryland Crisis Hotline)</b>                         | 800-422-0009  |
| <b>Eastern Shore Mobile Crisis (All Eastern Shore Counties)</b>         | 888-407-8018  |
| <b>Frederick County</b>   | 301-662-2255  |

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| <b>Harford County Crisis Team</b>  | 410-638-5248   |
| <b>Howard County Crisis Team</b>   | 410-531-6677   |
| <b>Montgomery County Crisis System</b>   | 240-777-4000   |
| <b>Prince George's County Crisis Team</b>  | 301-429-2185   |
| <b>St. Mary's County</b>   | Call 2-1-1, or text your zip code to TXT-211 (898-211)   |
| <b>Wicomico County</b>   | 410-749-2924   |
| <b>Worcester County</b>  | Call 9-1-1   |
| <b>Eating Disorders</b>  |  |
| <a href="#"><u>The Center for Eating Disorders at Sheppard Pratt</u></a> (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 |
| <a href="#"><u>The Renfrew Center</u></a> 1-800-736-3739   | Day treatment program, Intensive outpatient program, Outpatient program, Group therapy   |
| <b>Child-Specific Services</b>   |  |
| <a href="#"><u>Maryland State Department of Education</u></a>  | Guide to handle and prevent bullying or harassment. Student support and planning for emergencies.  |
| <a href="#"><u>Maryland Transitioning Youth</u></a>  | High school to higher education transition help and consultations. Youth to adult health care and planning resources.  |
| <a href="#"><u>Department of Human Services</u></a> 1-800-332-6347                                   | Federal social services, child support, adoptions, family investment and other benefits.   |
| <a href="#"><u>Maryland Coalition of Families</u></a> 410-730-8267                                   | Special education advocacy, parent support groups, behavioral health services, in-home behavioral support, evaluation and assessment services, child care resources.   |
| <b>Services for People of Color</b>  |  |
| <a href="#"><u>Therapy in Color</u></a>  | Mental health directory for people of color.   |

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| <a href="#">National Directory of Therapists of Color</a>            | National Directory of Therapists of Color, searchable by state. |
| <a href="#">Inclusive Therapists</a>                                 | 16 Directories of Therapists of Color.                          |
| <b>LGBTQ+ Services</b>   |   |
| <a href="#">OutCare</a>  | Searchable directory for LGBTQ+ friendly healthcare providers.  |
| <a href="#">National Queer and Trans Therapists of Color Network</a> | Searchable practitioner directory.                              |
| <b>Trans Lifeline</b>  | 877-565-8860  |
| <b>GLBT National Hotline</b>   | 888-843-4564  |
| <b>National Coalition of Anti-Violence Programs</b>                  | 212-714-1141 (English and Spanish)                              |
| <b>GLBT National Youth Talkline</b>                                  | 800-246-7743  |
| <b>DeHQ: LGBTQ Helpline for South Asians</b>                         | 908-367-3374  |

## UMCES Employee Benefits

Important note: Sick leave can be used for mental healthcare.

### **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](http://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 [Wellness Program](#) 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

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

## Appalachian Laboratory

| Name, Location, & Contact Information  | Services Provided  |
|--|--|
| <b>Hospitals/Emergency</b>   |  |
| <a href="#">WMHS Behavioral Health</a><br>Main line: 240-964-8585<br>24-hour crisis hotline: 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>   |
| <a href="#">Family Crisis Resource Ctr. (free to victims of domestic violence) Cumberland, MD</a><br>24-hour hotline: 301-759-9244<br>Text message (SMS) support: 301-970-4242   | <i>Assist victims and survivors of intimate partner violence, rape, sexual assault, sexual abuse, child abuse, and stalking. Emergency Shelter, Information &amp; Referral, Crisis Intervention, Case Management, Individual &amp; Group Counseling, Advocacy and Accompaniment, Sexual Assault Response Team, Domestic Violence Follow-Ups, Supervised Visitation &amp; Exchange. LGBTQIA+<br/>           * Text-message support and webchat support available*</i> |
| <a href="#">Mineral County Family Resource Network, Keyser WV</a><br>- <a href="#">Counseling Services directory</a><br>- <a href="#">Crisis Services and Hotlines directory</a><br>WV Domestic Violence Hotline: 304-263-8522<br>Domestic & Child Abuse Hotline: 800-352-6513 | <i>Domestic violence shelter for women, peer support groups, crisis services, other community support resources</i>  |

| Psychiatrists   |   |
|---|---|
| <a href="#">Garrett Regional Medical Center - Health and Wellness</a><br>301-533-4000 / 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>   |
| <a href="#">Villa Maria of Mountain Maryland</a> (Catholic Charities), Cumberland MD<br>667-600-3900<br><a href="mailto:behavioralhealth@cc-md.org">behavioralhealth@cc-md.org</a>  | <i>Programs for all ages; Individual therapy; Family therapy; Cognitive Behavioral Therapy; Group Therapy; Experiential Therapy; Nutrition Therapy; Couples Therapy; Trauma Therapy</i>   |
| <a href="#">Covenant Counseling Ministries, Inc., Cumberland MD</a><br>301-777-0633   | <i>Biblically-based counseling. CBT, grief and mourning, addiction, mental health disorders, chronic illness &amp; death, family services. Individual, family, and group therapy</i>  |
| <a href="#">Potomac Highlands Guild</a><br>24-hour crisis line: 1-800-545-4357<br>304-358-2351 / Franklin, WV<br>304-538-2302 / Moorefield, WV<br>304-788-2241 / Keyser/New Creek, WV<br>304-257-1155 / Petersburg, WV<br>304-822-3897 / Romney, WV | <i>Outpatient psychiatric services; psychological services; individual, group, and family therapy; substance abuse; 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> |
| <a href="#">New Creek Family Medicine - Dr. Scott Thomas (Keyser, WV)</a><br>304-788-9320   | <i>Psychiatry, family medicine</i>  |
| General Counseling (both columns)   |   |
| <a href="#">Christian Counseling Services</a> - Dr. Seth Ramer<br>301-895-3117 / Cumberland, MD   | <a href="#">Garrett Regional Medical Center - Health and Wellness</a><br>301-533-2190 / Oakland, MD   |
| <a href="#">Potomac Highlands Guild</a><br>Multiple Locations   | <a href="#">Zealand Psychological Assoc.</a><br>301-722-8000 / Fax: 301-722-8001  |
| <a href="#">Psychological Services WMD</a>  | <a href="#">Allegany Counseling &amp; Consulting, Ann Sheetz, LCPC</a><br>304-318-7684 (online therapy)   |
| <a href="#">Committed to Change</a><br>240-580-1919   | <a href="#">New Directions Diana Amann, LCSW-C</a><br>301-268-5065  |
| <a href="#">Potomac Behavioral &amp; Occupational Therapy</a><br>240-362-7444   | <a href="#">Footprints to Hope Counseling Laura Wilson, LCPC</a><br>301-697-4222  |
| <a href="#">Kinfolk Counseling, LLC</a><br>301-338-1374   | <a href="#">Davis Dayhoff, PhD.(Cumberland, MD)</a><br>301-759-3360   |



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|---|---|
| <a href="#">Kevin Peterson, PhD.</a><br>301-759-3360  | <a href="#">Jim Miller, PhD.; Helen Miller, LCPC (Cumberland, MD)</a><br>301-724-4081   |
| <b>Health Department and County Services</b>  |   |
| <a href="#">Dept. of Veterans Affairs</a><br>800-698-2411   | <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>  |
| <a href="#">Allegany County Health Dept. Behavioral Health (counseling &amp; prescribing providers)</a><br>301-759-5280   | <i>Psychiatric Diagnostic Evaluations; Individual, Family &amp; 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> |
| <a href="#">Bedford-Somerset Developmental &amp; Behavioral Health Services (Counseling &amp; Prescribing Providers), PA</a><br>Bedford: 814-623-5166<br>Somerset: 814-443-4891 | <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 Adolescent Services System Program for emotionally disturbed youth and their families.</i>                      |
| <a href="#">Hyndman Area Health Center</a><br>814-842-3206  |   |
| <a href="#">Washington County Mental Health Authority (Counseling &amp; Prescribing Providers)</a><br>301-739-2490  | <i>Recovery Oriented Services (Psychiatric Rehabilitation, Clubhouse, Peer Services)</i>  |
| <b>Substance Abuse</b>  |   |
| <a href="#">Garrett Treatment Center (suboxone)</a><br>301-533-2888 / Dr. Richard Perry<br>Oakland, MD  | <i>Addiction treatment services (including opioids) and medical marijuana. No counseling at this location (counseling offered through Garrett County Health Department).</i>  |
| <a href="#">City Reach Hope Homes</a><br>240-362-7919   | <i>Church-based 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   |
|---|---|
| <b>Hospitals/Emergency</b>  |   |
| <a href="#">CalvertHealth</a> (Prince Frederick, MD)<br>(410) 535-8144  | <i>Inpatient and outpatient therapy and educational materials for individuals, groups, and couples; psychiatry.</i>   |
| <a href="#">MedStar St. Mary's Hospital</a> (Leonardtown, MD)<br>(301) 475-6227   | <i>Inpatient and outpatient therapy and educational materials for individuals, groups, and couples; psychiatry.</i>   |
| <a href="#">The Southern Maryland Center for Family Advocacy</a> 24/7 Crisis Hotline: 240-925-0084  | <i>Free legal advocacy, case management, crisis management, and emergency shelter services for victims of domestic violence and sexual assault in St. Mary's County.</i>  |
| <b>Psychiatrists</b>  |   |
| <b>Aimee Alinsonorin-Dioguardi</b> , M.D. (Solomons, MD) (410) 326-2333   | <i>Treats children and adults</i>   |
| <b>Osama M. Saleh</b> , M.D. (Prince Frederick, MD)<br>(410) 535-5602   | <i>Mood, anxiety, behavior disorders; dementia; obsessive-compulsive disorder; PTSD</i>   |
| <a href="#">MedStar Shah Medical Group</a> (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> |
| <b>Child-Specific Services</b>  |   |
| <a href="#">Center for Children</a><br>(301) 609-9887; La Plata, MD office<br>(301) 475-8860; Leonardtown, MD office<br>(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> |
| <b>General Counseling</b>   |   |
| <a href="#">CareMind Health</a><br>(202) 360-4787   | <a href="#">Blue Sail Counseling</a><br>410-231-0488 / Lusby, MD  |
| <b>Cleary Psychotherapy and Consulting</b> – LCPC<br>443-330-7387 / Prince Frederick, MD  | <a href="#">Daniel Meckel</a> , PhD, LCSW-C<br>410-504-1809 / Solomons, MD  |
| <b>Deborah Nelson</b> , LCPC<br>410-414-5953 / Prince Frederick, MD   | <a href="#">Deborah A. O'Donnell</a> , PhD<br>240-587-0457 / Leonardtown, MD  |
| <a href="#">Journeys Holistic Therapy Group</a><br>301-884-4225 / Charlotte Hall, MD  | <a href="#">Doris McDonald</a> , LCPC, LCADC<br>301-640-5648 / Lexington Park, MD   |

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|---|---|
| <b>Margarett Brooks, PhD</b><br>301-475-7988 / Leonardtown, MD                                  | <b><a href="#">Mary Ayers</a>, Ph.D., LCSW-C</b><br>301-679-7589 / Solomons, MD   |
| <b><a href="#">Mindy Krupp</a>, LCSW-C</b><br>443-404-5320 / Solomons, MD                       | <b><a href="#">Pastoral Counseling Center</a></b> 301-863-9333 / Lexington Park, MD   |
| <b><a href="#">Personalized Therapy LLC</a></b><br>301-862-2505 / California, MD                | <b>Psychological Services Center</b><br>301-475-9660/ Leonardtown, MD   |
| <b>Salvatore Dioguardi, LCSW-C</b><br>301-475-3208 / Leonardtown, MD                            | <b><a href="#">Southern Maryland Associates</a></b><br>301-863-5797 / Great Mills, MD   |
| <b>Steve Berns, LCSW-C</b><br>410-394-0677 / Solomons, MD                                       | <b><a href="#">Discovery Harbor Counseling Center, LLC</a></b><br><b>Ursula Towles, LCPC, NCC</b><br>301-703-9245 / Lexington Park, MD  |
| <b><a href="#">Vesta, Inc.</a></b><br>301-863-4543 / Lexington Park, MD                         | <b><a href="#">Pyramid Healthcare Inc.</a></b> (grant funded and free to participants)<br>301-804-1325 / California Waldorf, Charlotte Hall (Drug and Alcohol), MD 301-804-1325 (24 hour hotline) |
| <b><a href="#">A New Hope Family Therapeutic Services</a></b><br>240-718-4823 / Leonardtown, MD | <b><a href="#">Therapy Cafe</a></b><br>443-295-8955   |

| Health Department and County Services   |  |
|---|--|
| <b>Assistance with Aging</b><br><b><a href="#">Calvert County</a></b><br><b><a href="#">St. Mary's County</a></b>   | <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> |
| <b><a href="#">Calvert County Behavioral Health Office</a></b><br>410-535-5400 x475 (Local)<br>E-mail: <a href="mailto:mdh-dl-calchd-mentalhealthcchd@maryland.gov">mdh-dl-calchd-mentalhealthcchd@maryland.gov</a> | <i>Psychiatrists, Psychologists, Professional Counselors, Social Workers, Registered Nurses</i>  |
| <b><a href="#">St. Mary's County Behavioral Health Office</a></b><br>301-475-4330<br>E-mail: <a href="mailto:smchd.healthdept@maryland.gov">smchd.healthdept@maryland.gov</a>                                       | <i>Psychiatrists, Psychologists, Professional Counselors, Social Workers, Registered Nurses</i>  |
| Mediation Centers in <b><a href="#">Calvert</a></b> and <b><a href="#">St. Mary's</a></b>   | <i>Calvert County mediation services provide conflict management services and education to empower people to create and develop their own solutions.</i>   |
| Substance Abuse   |  |

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| <b>Calvert County Substance Use</b><br>Email: <a href="mailto:mdh-dl-calchd-substanceabusecchd@maryland.gov">mdh-dl-calchd-substanceabusecchd@maryland.gov</a><br>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> |
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## Horn Point Laboratory

| Name, Location, & Contact Information   | Services Provided  |
|---|--|
| <b>Hospitals/Emergency</b>  |  |
| <a href="#"><u>University of MD Shore Regional Medical Center</u></a> (Cambridge, MD) 410-822-1000  | <i>Psychiatric/mental health services</i>  |
| <a href="#"><u>Eastern Shore Hospital Center</u></a><br>(Cambridge, MD) 410-221-2300<br>Toll-Free: 1-888-216-8110   | <i>Psychiatric facility</i>  |
| <a href="#"><u>Tidal Health, Behavioral Health Services</u></a><br>(Salisbury, MD) 410-543-7119   | <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>   |
| <b>Psychiatrists</b>  |  |
| <a href="#"><u>Marshy Hope Family Services</u></a><br>(Cambridge, MD) 410-221-2266  | <i>Outpatient services; individual therapy; group therapy; family therapy; psychiatric evaluation; medication management</i>   |
| <a href="#"><u>University of MD Shore Regional Health Behavioral Health</u></a> (Cambridge, MD) 410-822-1000  | <i>Inpatient services; outpatient services; substance abuse</i>  |
| <a href="#"><u>Corsica River Mental Health Services</u></a><br>(Cambridge, MD) 443-225-5780; <b>Urgent care (24 hr) services 1-888-407-8018</b> )                           | <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>   |
| <a href="#"><u>Community Behavioral Health</u></a><br>(Cambridge, MD) 844-224-5264 x 13   | <i>Services for children, adolescents and adults; Outpatient services; individual services; family services</i>  |
| <a href="#"><u>For All Seasons</u></a><br>(Cambridge, MD) 410-822-1018; <b>Urgent care (24 hr) services, including rape: 410-820-5600 (English), 410-829-6143 (Espanol)</b> | <i>English and Spanish speaking assistance; services for children, adolescents and adults; Counseling and psychotherapy; medication management; school based mental health services; <a href="#"><u>rape crisis center</u></a>; sexual assault prevention; victims of crime assistance; 24 hour hotline; human trafficking services; family visitation services; urgent care; TAMAR; neurofeedback</i> |

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| <a href="#"><u>Channel Marker, Inc.</u></a><br>(Cambridge, MD) 410-228-8330  | <i>Services for youth, transition age youth and adults; Individual and group services; inpatient residential services; integrated health management</i> |
| <b>Child-Specific Services</b>   |   |
| <a href="#"><u>Peace of Mind Mental Health Services</u></a><br>(Easton, MD) 410-690-8181   | <i>Individual counseling; play therapy; art therapy</i>   |
| <a href="#"><u>Maple Shade Youth and Family Services</u></a><br>(Mardela Springs, MD) 410-677-0202   | <i>Services for children aged 5-17 and their families. Individual therapy; family therapy; group therapy.</i>   |
| <b>Counselors or Psychologists</b>   |   |
| <a href="#"><u>University of MD Community Medical Group: Mental &amp; Behavioral Health</u></a><br>Intensive Outpatient, Cambridge, MD: 443-225-7506<br>Inpatient Treatment and Outpatient Substance Use, Easton, MD: 410-822-1000 | <a href="#"><u>Peace of Mind Mental Health Services</u></a><br>410-690-8181 / Easton, MD  |
| <a href="#"><u>Channel Marker, Inc.</u></a> Cambridge: 410-228-8330, Easton: 410-822-4611  | <a href="#"><u>Life's Energy Wellness Center</u></a><br>(800)867-2395 / Cambridge & Easton, MD  |
| <a href="#"><u>Peninsula Mental Health Services</u></a><br>410-860-2673 / Salisbury, MD  | <a href="#"><u>Corsica River Mental Health Services</u></a><br>443-225-5780 / Cambridge, MD<br>Urgent care (24 hr) services 1-888-407-8018              |
| <a href="#"><u>Community Behavioral Health</u></a><br>844-224-5264 x 13 / Cambridge, MD  |   |
| <b>Health Department and County Services</b>   |   |
| <a href="#"><u>Dorchester County Health Department</u></a><br>(Cambridge, MD) 410-228-7714   | <i>Alcohol and Drugs; Healthy Families; Women &amp; Children</i>  |
| Dri-Dock Recovery & Wellness Center<br>(Cambridge, MD) 410-228-3230  | <i>Peer led facility staffed by peer recovery specialists. Supports all who are in recovery or seeking recovery from behavioral health disorders.</i>   |
| <a href="#"><u>Mid Shore Behavioral Health</u></a><br>(Easton, MD) 410-770-4801<br>24 hour contact #:1-888-407-8018  | <i>Criminal justice and mental health; homelessness; inpatient rehab and community reintegration</i>  |
| <b>Substance Abuse</b>   |   |
| <a href="#"><u>A.F. Whitsitt Center</u></a><br>(Chestertown, MD) 410-778-6404  | <i>Inpatient rehab; outpatient rehab; medical detox; psychiatry; relapse prevention groups; individual and group counseling; self-</i>                  |

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|---|--|
|   | <i>help; medication education; co-occurring disorders; referral to sober living homes; NARCAN training; support for families of addicts</i>  |
| <a href="#"><u>MidShore Intergroup</u></a><br>(Easton, MD) 410-822-4226   | <i>Specific to alcohol. Information on treatment centers; AA meetings; halfway houses; serves Caroline, Dorchester, Kent, Queen Anne's &amp; Talbot Counties</i>   |
| <a href="#"><u>Warwick Manor Behavioral Health</u></a><br>(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>  |
| <a href="#"><u>Peninsula Addiction Services</u></a><br>(Salisbury, MD) 410-860-2673   | <i>Adults only, outpatient treatment; family sessions; relapse prevention; 12 step</i>   |
| <a href="#"><u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u></a>   | <i>24 hour treatment referral and information (1 800 662 4357); Support available in <a href="#"><u>Spanish</u></a> and other languages; extensive network connecting to treatment centers and programs nationwide</i> |
| <b>Community Mediation Centers</b>  |  |
| <a href="#"><u>Community Mediation Upper Shore</u></a><br>(Kent, Queen Anne's and Cecil Counties)<br>Kent & Queen Anne's Counties: 410-810-9188 | <i>Conflict resolution</i>   |
| <a href="#"><u>Mid Shore Mediation Center</u></a><br>(Talbot, Caroline, Dorchester Counties) 410-820-5553                                       | <i>Conflict resolution</i>   |
| <a href="#"><u>Tri-Community Mediation</u></a><br>(Worcester, Wicomico, and Somerset Counties) 410-548-7174                                     | <i>Conflict resolution; workplace training</i>   |

## Institute of Marine and Environmental Technology

| Name, Location, & Contact Information  | Services Provided   |
|--|---|
| <b>Hospitals/Emergency</b>   |   |
| <a href="#">Johns Hopkins Inpatient and Emergency Psychiatry</a><br><a href="#">Inpatient Admissions</a> : 410-955-5104<br>Emergency Department: 410-955-5964                                | 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.   |
| <a href="#">Sinai Hospital</a><br>410-601-6019   | Emergency services, consultation/liaison service, inpatient psychiatry, adult partial hospitalization and intensive outpatient program, adult outpatient services, addiction recovery program   |
| <b>Mercy Medical</b><br>Psychiatry: 410-332-9230<br>Chemical Dependency: 410-332-9075  | 7-day inpatient substance abuse treatment, psychiatrists on staff   |
| <a href="#">University of Maryland Medical Center Psychiatry</a><br>Emergency: 410-328-1219<br>Main line: 410-328-6735<br><a href="#">Contact Us Page</a> for phone numbers for each service | <a href="#">Child and adolescent psychiatry</a> , <a href="#">community psychiatry</a> , <a href="#">outpatient addiction treatment services</a> , and <a href="#">women's health and postpartum depression</a> ; Conditions treated: anxiety disorders, ADHD, behavioral problems, cognitive disorders, depressive disorders, mood disorders, eating disorders, OCD, phobias, psychotic disorders, sexual disorders, substance abuse |
| <a href="#">Universal Psychological Center</a><br>Downtown Baltimore: 410-576-9191<br>25th Street: 410-366-1717<br>Residential admissions: 443-597-6542                                      | Outpatient substance abuse and mental health treatment, residential substance abuse treatment, psychiatric rehabilitation program, Spanish language services offered  |
| <a href="#">Baltimore VA Medical Center</a><br><a href="#">Mental Illness Recovery, Education, and Clinical Center</a><br>410-605-7000   | Consultations and trainings addressing veterans' mental health challenges   |
| <a href="#">MedStar Union Memorial Hospital</a><br>410-554-6444  | Group therapy, hypnosis therapy, individual therapy, psychometric testing, rehabilitation consultation, relaxation training, stress management  |
| <b>Psychiatrists</b>   |   |
| <a href="#">Family Intervention</a><br>410-449-7577  | 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   |



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| <a href="#">Faith Health Care Center</a><br>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>   |
| <a href="#">The Mandala Center for Behavioral Health and Wellness</a><br>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>   |
| <b>Child-Specific Services</b>   |  |
| <a href="#">Children's Mental Health Matters! Campaign Family Resource Kit</a>   | Information on ADHD, anxiety Disorders, <a href="#">bullying</a> , <a href="#">depression</a> , <a href="#">eating disorders</a> , <a href="#">grief</a> , <a href="#">oppositional &amp; defiant children</a> , <a href="#">psychosis</a> , <a href="#">self-injurious</a> , <a href="#">substance use</a> , <a href="#">suicide</a> , <a href="#">trauma</a> , <a href="#">crisis services</a> , <a href="#">early childhood</a> , <a href="#">first steps in seeking help</a> , <a href="#">seeking professional help</a> , <a href="#">school services</a> , <a href="#">transition age youth</a> , <a href="#">treatment</a> , wellbeing, <a href="#">when to seek help</a> . |
| <a href="#">Baltimore Child &amp; Adolescent Response Systems (B-CARS)</a><br>410-752-2272   | Emergency counseling and crisis management.  |
| <b>General Counseling</b>  |  |
| Community Mediation:<br><a href="#">National Alliance on Mental Illness, Baltimore</a><br>410-435-2600<br><a href="mailto:info@namibaltimore.org">info@namibaltimore.org</a> | <a href="#">Intentional Healing Space</a><br>410-733-2055<br><a href="mailto:ihealingspace@gmail.com">ihealingspace@gmail.com</a><br><a href="#">Referral form</a>   |
| <a href="#">Maryland Faculty Practice</a><br>410-328-5881  | <a href="#">Complete Wellness, Inc.</a><br>443-438-7863 or <a href="#">use online forms</a>  |
| <a href="#">The Bergand Group</a> , alcohol and drug treatment<br>410-853-7691   | <a href="#">Chase Brexton Glen Burnie</a> – LGBT Health, Substance Abuse, Therapy, Psychiatry, Trans Care, Social Work<br>(410) 837-2050   |
| <a href="#">DBT of Towson</a><br>410-583-2367<br>Email: <a href="mailto:info@dbtoftowson.com">info@dbtoftowson.com</a>   |  |
| <b>Health Department and County Services</b>   |  |
| Baltimore Health Department Services   | 24/7 Mental Health and Substance Abuse Hotline: (410)-433-5175   |



## Integration & Application Network – Annapolis

| Name, Location, & Contact Information  | Services Provided   |
|--|---|
| <b>Hospitals/Emergency</b>   |   |
| <a href="#">Kaiser Permanente Annapolis Medical Center</a><br>(Annapolis, MD) 410-571-7300                           | <i>Therapy, self-care wellness resources, and educational materials for individuals, groups, and couples.</i>   |
| <a href="#">Kaiser Permanente Largo Medical Center</a> (Largo, MD)<br>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> |
| <a href="#">Kennedy Krieger Institute</a> (Odenton, MD)<br>443-923-7508  | <i>Outpatient therapy with a variety of clinical programs</i>   |
| <b>Psychiatrists</b>   |   |
| <b>Raymond Hoffman, MD</b><br>410-266-1644 / Annapolis, MD   | <b>Hannah Johnson Ong, MD</b><br>410-724-3210 / Annapolis, MD   |
| <a href="#">Daniel Jackson</a> , MD<br>800-777-7904 / Largo, MD  | <b>Enrique B Olivares, MD</b> (speaks English, Spanish, and Portuguese)<br>443-251-3217 / Towson, MD  |
| <a href="#">Makesha Joyner</a> , MD (electroconvulsive therapy)<br>800-777-7904 / Largo, MD                          | <b>Makeida Koyi, MD</b><br>410-224-4207 / Annapolis, MD   |
| <a href="#">Earl John Mauricio</a> , MD (historically underserved mentally ill patients)<br>800-777-7904 / Largo, MD | <b>Paul Gianakon, MD</b> (speaks English, Spanish, ASL)<br>410-996-3401 / Elkton, MD  |
| <b>Child-Specific Services</b>   |   |
| <a href="#">Bryan Buchanan</a> , LCSW (psychotherapy)<br>800-777-7904 / Largo, MD                                    | <a href="#">Chenere Evans</a> , PhD (psychotherapy)<br>800-777-7904 / Largo, MD   |
| <a href="#">Lisa Greene Henderson</a> (psychotherapy)<br>800-777-7904 / Largo, MD                                    | <a href="#">Sandra Pagan</a> , PSYD (psychotherapy)<br>800-777-7904 / Largo, MD   |
| <b>General Counseling</b>  |   |
| <a href="#">Akimasa Fujii</a> , LCSW (Chemical dependency)<br>800-777-7904 / Largo, MD                               | <a href="#">Lorette Gray</a> , LCSW<br>800-777-7904 / Largo, MD   |
| <a href="#">Joseph Hoppenjans</a> , LCSW<br>800-777-7904 / Largo, MD   | <a href="#">Elizabeth Keohan</a> , LCSW<br>800-777-7904 / Annapolis, MD   |

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| <a href="#">Lafonda Lewis</a> , CADAC (Chemical dependency)<br>800-777-7904 / Largo, MD  | <a href="#">Cherlyn Monk</a> , LCSW<br>800-777-7904 / Largo, MD  |
| <a href="#">Dona Moon</a> , LCSW<br>800-777-7904 / Largo, MD   | <a href="#">Joelle Parnam</a> , LCSW<br>800-777-7904 / Largo, MD   |
| <a href="#">Katrina Sandidge</a> , LCSW<br>800-777-7904 / Largo, MD  | <a href="#">Denise Unterman</a> , LCSW<br>800-777-7904 / Largo, MD   |
| <a href="#">Kristin Whiting</a> , LCSW<br>800-777-7904 / Columbia, MD  | <b>Claudia Johnson</b> , LCSW<br>410-897-2321 / Annapolis, MD  |
| <b>Michelle Pearce</b> , PhD<br><a href="https://www.drmmichellepearce.com/">https://www.drmmichellepearce.com/</a>                                | <b>Judith Clifford</b> , PhD<br>410-702-4372 / Annapolis, MD   |
| <b>Charlotte Callens</b> , PhD<br>443-624-4048 / Annapolis, MD   | <b>Jessica Lindsay Snell-Johns</b> , PhD<br>410-212-2522 / Annapolis, MD   |
| <b>Robert Frasier</b> , PhD<br>(202) 230-2374/ Annapolis, MD   | <b>Francesca Brooks</b> , LCSW<br>410-360-7093 / Annapolis, MD   |
| <b>Helaine Frances Betnun</b> , LCSW<br>443-995-8295 / Annapolis, MD   | <b>Joy Teitelbaum</b> , LCSW<br>410-975-5762/ Annapolis, MD  |
| <b>Health Department and County Services</b>   |  |
| <b>Assistance with Aging</b><br><a href="#">Anne Arundel County</a>  | <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>                   |
| <a href="#">Anne Arundel County Department of Health Adolescent and Family Services</a><br>Integrated and Behavioral Health Clinic<br>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>  |
| <a href="#">YWCA Sexual Assault Crisis Center: Crisis Hotline</a><br>410-222-6800  | <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>                       |
| <a href="#">Anne Arundel County Community Crisis Services</a><br>All lines are available 24 hours/7 days   | <i>Crisis Warmline/Addictions Helpline (410) 768-5522<br/>Domestic Violence Hotline (410) 222-6800<br/>Maryland Youth Crisis Hotline 1-800-422-0009<br/>Anne Arundel County Public Schools Student Safety Hotline<br/>1-877-676-9854</i> |

| Substance Abuse   |   |
|---|---|
| <a href="#">Annapolis Safe Stations</a>                 |   |
| Meditation  |   |
| <a href="#">Tuesdays in Annapolis</a><br>(410) 243-3837 | <a href="#">Mindfulness Practice Group of Annapolis</a> |

## Maryland Sea Grant

| Name, Location, & Contact Information   | Services Provided  |
|---|--|
| Hospitals/Emergency   |  |
| <a href="#">UMD Capital Region Medical Center</a> (Largo, MD)<br>240-677-1000<br><a href="#">Psychiatric Unit</a><br>301-725-4300 | <i>Inpatient and outpatient psychiatric care</i>   |
| <a href="#">Adventist Health Care</a> (Gaithersburg, MD)<br>301-315-3030<br><a href="#">Psychiatric Unit</a><br>800-204-8600      | <i>Inpatient and outpatient psychiatric care</i>   |
| Psychiatrists   |  |
| <a href="#">Columbia Associates in Psychiatry</a> (Various locations in the MD, VA, DC area); 703-841-1290                        | <i>Child and family psychiatric practice</i>   |
| <b>Dr. Memunatu Bangura</b> (Berwyn Heights, MD)<br>240-542-4573  | <i>General psychiatric care</i>  |
| <a href="#">Dr. Patricia Sullivan</a> (Columbia, MD)<br>410-997-1475  | <i>Initial Psychiatric Evaluation; Medication Management;<br/>Coordination of care with doctors, therapists and family with your consent</i>   |
| <a href="#">Dr. Joshua Rosenthal</a> (Columbia, MD)<br>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   |  |

|   |   |
|---|---|
| <a href="#"><u>City of College Park, Department of Youth, Family &amp; Senior services</u></a> (College Park, MD)<br>240-487-3550 | <i>Youth and family services, culturally-responsive clinical services and community-based programs</i>  |
| <a href="#"><u>Little Leaves Behavioral Services</u></a> (Silver Spring, MD) 202-420-8359   | <i>Individualized behavioral therapy based on the principles of Applied Behavior Analysis (ABA)</i>   |
| <b>General Counseling</b>   |   |
| <a href="#"><u>University of Maryland Counseling Center</u></a><br>(College Park MD); 301- 314-7651                               | <a href="#"><u>Beth Charbonneau</u></a> (College Park, MD)<br>240-353-3956; bethcharbonneau@gmail.com   |
| <a href="#"><u>HMS Therapy</u></a> (College Park, MD)<br>240-770-1881; counseling@hmstherapy.com                                  | <a href="#"><u>Holy Cross Bereavement Support</u></a> (Silver Spring, MD)<br>301-754-7742<br>bereavementcenter@holycrosshealth.org  |
| <a href="#"><u>Congruent Counseling</u></a> (Columbia, MD and other locations)<br>410-740-8066; frontdesk@ccs-ic.com              | <a href="#"><u>University of Maryland Counseling Center Culturally Responsive Counseling</u></a> (College Park, MD)<br>301- 314-7651  |
| <b>Health Department and County Services</b>  |   |
| <a href="#"><u>Prince George's County Health Department</u></a><br>(Upper Marlboro, MD); 301-883-7879                             | <i>Offers a variety of behavioral health, family health and health and wellness services</i>  |
| <b>Wellness Services</b>  |   |
| <a href="#"><u>University of Maryland Counseling Center Wellness Workshops</u></a> (College Park, MD)<br>301- 314-7651            | <a href="#"><u>Heavenly Well Acupuncture and Massage</u></a><br>(Greenbelt, MD)<br>Acupuncture: 301-291-5556,<br>acupuncture@heavenlywell.com Massage: 240-475-5882, massage@heavenlywell.com |

## Additional Information for Kaiser Permanente Insurance Holders

### Online resources (Free)

[Healthy lifestyle programs](#)- 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.

[Mental health and wellness tools](#)- 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.