



UNITED IN SERVICE & SUPPORT

COMMUNITY WEBINAR

TOPIC:
MENTAL HEALTH RESOURCES

THURSDAY, MARCH 6, 2025

7:30 P.M.

CONDUCTED ON  zoom





Department of Health and Human Services

Behavioral Health and Crisis Services





How to access services:

- Phone: **240-777-4000**
- TTY: **240-777-4815**
- In person: **1301 Piccard Drive, Rockville, MD**

SCAN ME



<https://bit.ly/CrisisCenterMoCo>

Residential
Crisis
Services

Mobile
Crisis
Outreach
Services

Critical
Incidents

Crisis
Stabilization
Services

24/7 Essential
Services- Crisis
Phone Lines &
Walk-In Services

Montgomery County Crisis Center

240-777-4000
1301 Piccard Dr
Rockville, MD



Child and Adolescent Assessment Services (CAAS)

Located at Crisis Center,
1301 Piccard Dr., Rockville, MD
240-777-4000
Office hours:
Mon-Fri, 2-7 p.m.

- Provides confidential mental health assessments and screening for substance abuse for youth up to age 18.
- Referrals are made for mental health and substance use treatment, substance use education and classes.
- Does not provide psychiatric evaluations, however assessment covers essential mental health areas (such as suicidal and/or homicidal ideation or attempts; hospitalizations; medications; previous mental health treatment, etc.)
- Urine drug screenings available for middle and high school age clients.



Access to Behavioral Health Services

240-777-1770, if all staff busy, a representative will respond to messages left within one business day.

- For adults with Medicaid or Medicare and those without insurance.
- Telehealth and in-person services at 27 Courthouse Square in Rockville.
- Assist with Medicaid applications.
- Offers Bridge Psychiatry appointments for those who are uninsured or have Medicaid and Medicare.
- Assists residents with navigating the community behavioral health system.



Trauma Services

1301 Piccard Dr., 4th Floor,
Rockville, MD
240-777-1355
Office hours:
Mon-Fri, 8:30 AM – 5 PM

- Serves survivors and surviving family members of violent and general crime for Montgomery County residents, wherever victimized, as well as anyone victimized by crime while in Montgomery County.
- Individuals and/or families seen via walk-in, appointments (available until 8:30 p.m. upon request & availability) and telephone consultations.

24/7 HOPE Hotline: 240-777-4673

Hotline Services: We're Here to Listen



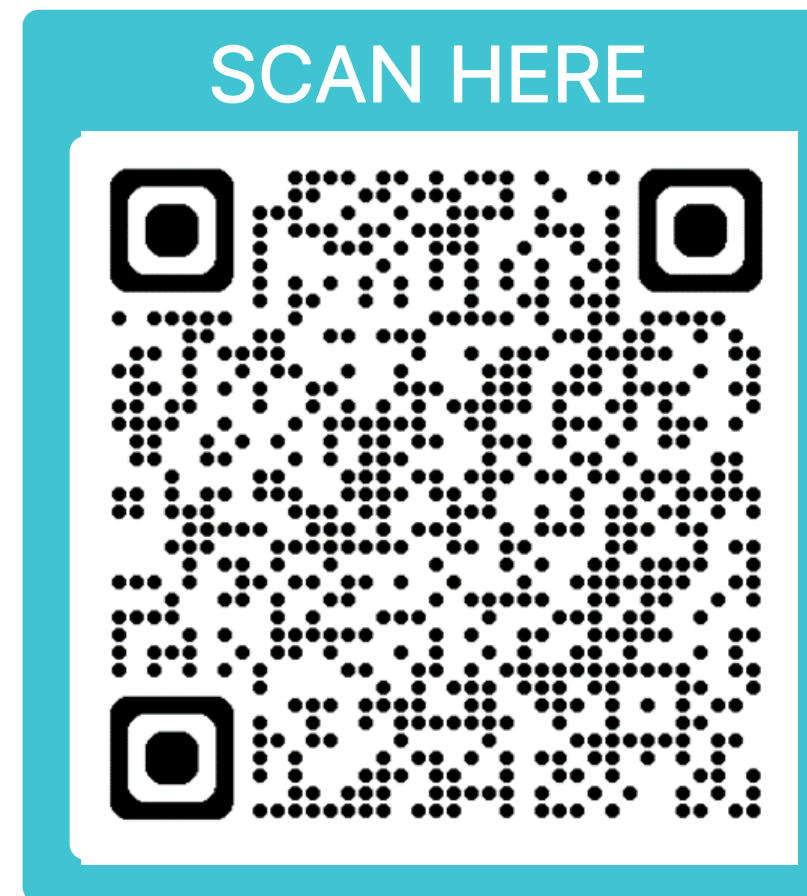
- Accredited by the American Association of Suicidology
- Available 24/7 via call/text to 988 or chat at 988lifeline.org
- Free, confidential and local support
- Accessible in over 240 languages (calls)
- Serving Montgomery County (calls) and Maryland (text and chat)

Hotline Services: What We Do

- Supportive Listening
- Safety Assessment
- De-escalation
- Safety Planning
- Resources & Referrals
- Third-Party Support



988 | SUICIDE & CRISIS
LIFELINE



<https://everymind.org/Programs/988/>

Hotline Services: How is 988 Different from 911?

EveryMind.
Your mental wellness.
Our mission.

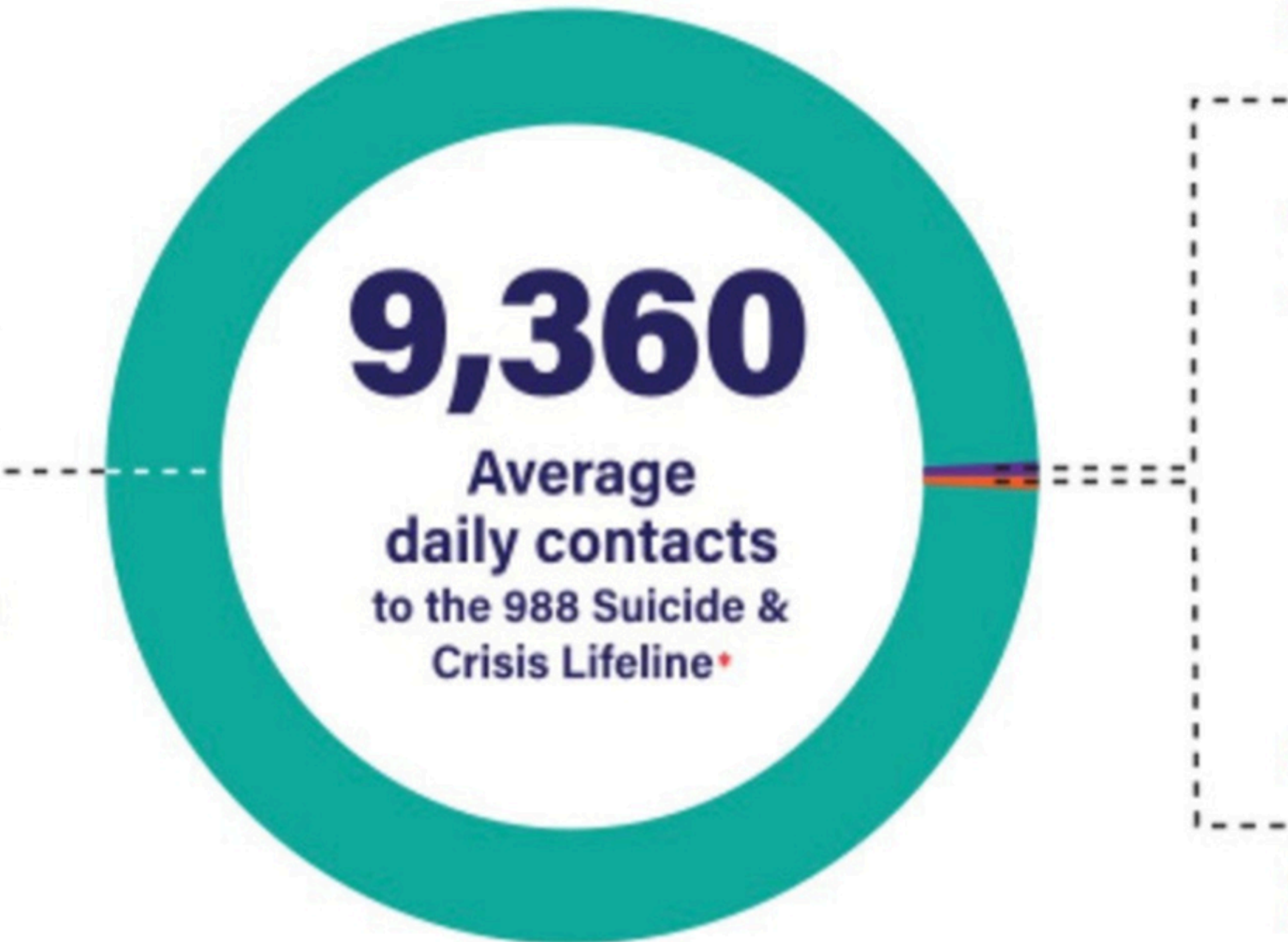
988 | SUICIDE & CRISIS
LIFELINE

- Focused on mental health support, not emergency law enforcement response
- Intervention is only sent when there is an immediate safety concern
- Designed to de-escalate situations and connect callers to ongoing care



Hotline Services: The Data

About
98%
**of people who contact
the 988 Lifeline**
are helped by the crisis counselor
and resources shared
during the call/text/chat.



About
1%
**of people who contact
the 988 Lifeline**
agree to have their
crisis counselor call 911
because of serious risk to life.

In fewer than
1%
**of 988 Lifeline
contacts,**
the crisis counselor must
call 911 without consent
because of serious risk to life.

*based on data from Jan-July 2022

The Montgomery County Pride Family is the consortium of LGBTQIA+ Service, Advocacy, and Arts & Culture Organizations that serve Montgomery County, Maryland, and the region.



MoCo Pride Center
hello@mocopridecenter.org
mocopridefamily.org

Maryland Trans Unity
hello@marylandtransunity.org
marylandtransunity.org

MoCo Pride Prom
prideprom@mocopridecenter.org
mocopridefamily.org/pride-prom

Drag Story Hour DMV
moco@dragstoryhour.org
mocopridefamily.org/dsh-dmv

The Coalition For Inclusive Schools & Communities
inclusiveschools@liveinyourtruth.org
liveinyourtruth.org/inclusiveschools

Live In Your Truth
love@liveinyourtruth.org
liveinyourtruth.org

Trans Maryland
info@transmaryland.org
transmaryland.org

Pride In The Plaza
love@liveinyourtruth.org
prideintheplaza.com

Poolesville Pride
poolesvilleprideclub@gmail.com
poolesvillepride.org

MOCOPRIDEFAMILY.ORG



Hope & Support Circle

THURSDAYS AT 7:00 p.m. on ZOOM

Join the Montgomery County Pride Family in partnership with the Montgomery County LGBTQIA+ Liaison for our Hope & Support Circle -- a weekly virtual gathering designed to provide empowerment, joy, and resources for our LGBTQIA+ communities

REGISTER NOW ➔



Registration is required for this virtual event. After registering, you will receive a confirmation email containing information about joining the meeting.

www.mocopridefamily.org

SUPPORT GROUPS:



TRANS MARYLAND PRESENTS

T4T

BY TRANS FOLKS FOR TRANS FOLKS

ZOOM Support Group

WEDNESDAYS WEEKLY 6:30-8:00 p.m.



Register for details. <https://www.mocopridefamily.org/events>



Trans*Unity
Virtual Support Group
Third Sunday of each month
1 PM - 3:30 PM

Trans*Unity
In-Person Support Group
First Sunday of each month
2 PM - 3:30 PM

Register for details:
www.mocopridefamily.org/events



Additional Support Groups and Resources



- **988 Suicide & Crisis Lifeline:** Dial [988](#), Available 24/7
- **Crisis Text Line:** Text [TALK to 741-741](#), Available 24/7
- **The LGBT National Hotline:** Call [888-843-4564](#) for resources, referrals, and someone to talk to.
- **The Trevor Lifeline:** Call [1-866-488-7386](#) or text "START" to 678-678 for free, confidential support for **LGBTQIA+** youth.
- **Trans Lifeline:** Call [877-565-8860](#) for peer-to-peer support specifically for **Trans and nonbinary individuals**.
- **BlackLine:** Call or text [1-800-604-5841](#) for a 24/7 peer and crisis support primarily for members of the **BIPOC and LGBTQ+ communities**.
- **SAGE LGBT Elder Hotline:** Call [1-877-360-5428](#) for **LGBT elders and caretakers** to connect with friendly responders for confidential support and crisis response.

Black Physicians & Healthcare Network



The Black Physicians & Healthcare Network (BPHN), a program of the National Center for Children and Families, is a person centered and culturally specific, healthcare, education, and outreach response which fosters integrated wellness and optimal health in Montgomery County's Black community.

BPHN Mental Health Options

We have 125 mental health professionals in our network (MDs, NPs, Therapists) that offer a variety of services based on your needs

- Individual Therapy
- Family & Couples Therapy
- Group Therapy
- Medication Management



Health and Wellness Content

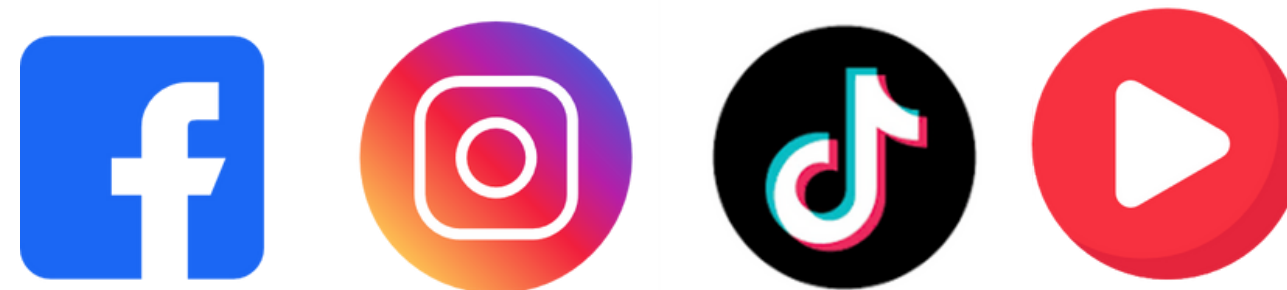
- Check out our [Black Health Updates Blog](#)
- Join our [mailing list](#) for weekly health tips
- View our [Event Calendar](#) to find a health or wellness event near you.
- Follow us on your favorite social media channel for health and wellness content.



bphnetwork.org

(301) 365-4480 ext. 181

Follow us: @bphnetwork



National Alliance on Mental Illness



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI builds communities of peers to provide *support, education, and advocacy* for all affected by mental illness in Montgomery County, Maryland, and surrounding areas.

Communities of Peers



NAMI's programs are unique.

Peer Led

Programs are led by trained volunteers with lived experience.

Programs aren't led by clinicians, doctors, or therapists.

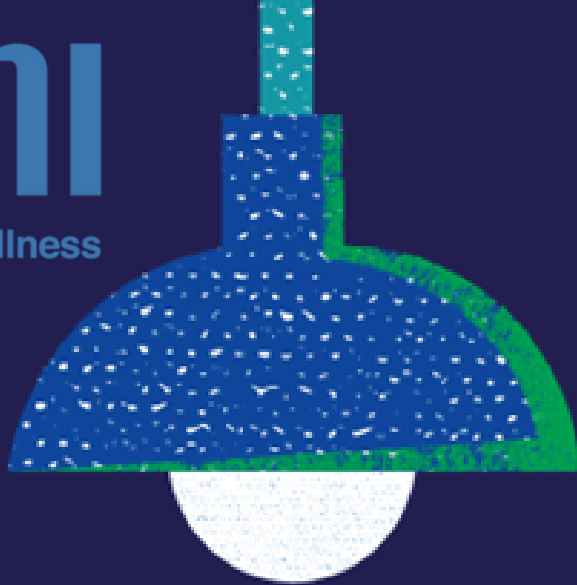


No Cost

Programs are free to attend, thanks to our generous donors.

Programs don't require insurance or referrals.

All NAMI MC programs are restricted to individuals 18+



We're here for you.



To learn more, visit namimc.org or
email programs@namimc.org

For individuals (18+) with a mental health condition:

- NAMI Connection Recovery Support Groups
- NAMI Peer-to-Peer: 8-week class

For caregivers/family members (18+) of a loved one with a mental health condition:

- NAMI Family Support Groups
- NAMI Family-to-Family: 8-week class (loved one is 18+)
- NAMI Basics: 6-week class (loved one is under 18)

Resource HelpLine (301) 949-5852

The NAMI MC Resource HelpLine is toll-free and helps you navigate your mental health resource options.

Open Monday – Friday from 9:00 am – 4:00 pm EST

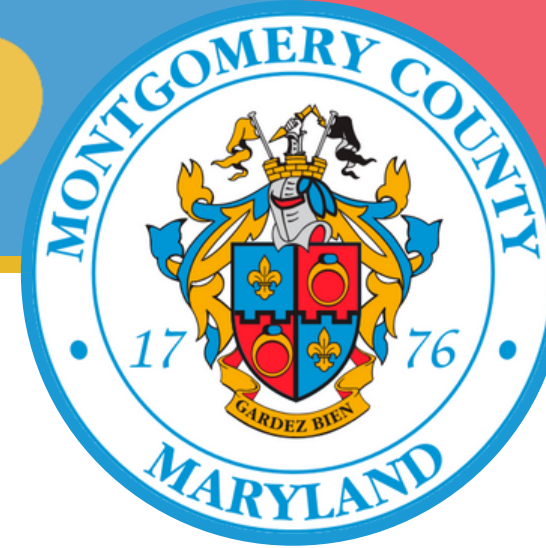
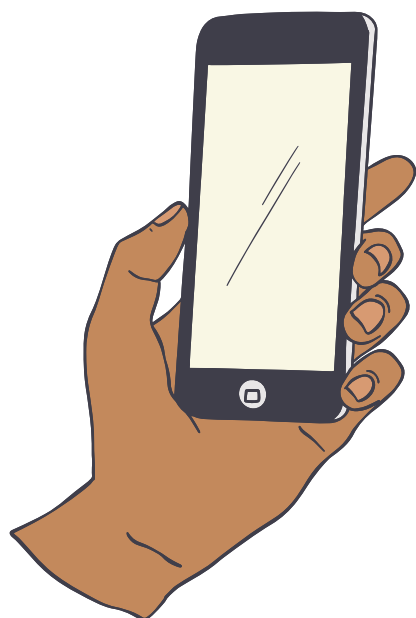
The HelpLine is not a crisis line.
If someone requires immediate assistance,
please contact: Emergency Services call **911**
Montgomery County Crisis Center call **240-777-4000**
Crisis Text Line **text "NAMI" to 741-741**
988 Suicide & Crisis Lifeline 9-8-8

For resource questions, please
email info@namimc.org
or visit namimc.org



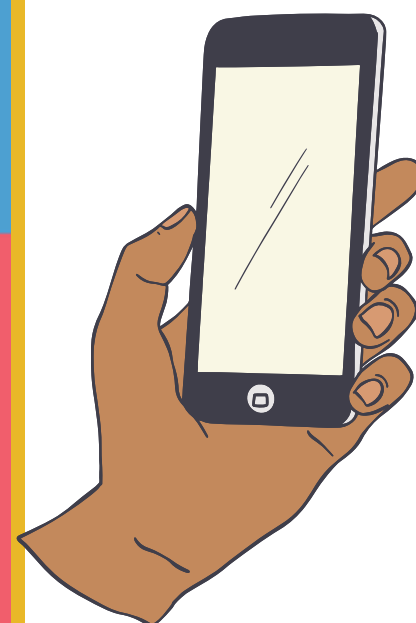
**For information about
resources available in
Montgomery County, visit the
following resource page:**

<https://bit.ly/MocoResources>



**Para información sobre
recursos disponibles en el
Condado de Montgomery,
visite la siguiente página web:**

<https://bit.ly/MocoResources>





UPCOMING EVENT

New Park Academy Classes Focus on Mental and Physical Well-Being



There is a registration fee for the classes

The Park Academy Series programs take place in neighborhood parks to bring fitness, wellness, and learning classes close to home for participants. Programs are offered for all age groups and are held outdoors in local parks or in park activity buildings.

<https://bit.ly/ParksAcademyMoCo>



UPCOMING EVENT AT THE MEDITATION MUSEUM



Empowering Women in a Changing World with Lt. Governor Aruna Miller

Free Event, Registration Required

Saturday, March 8, 1–2:30pm EST
Meditation Museum

9525 Georgia Avenue #101 Silver Spring,
MD 20910

Topics to be explored Empowering Women in Leadership & Public Service; Bridging Divides Through Interfaith & Community Engagement; and the Importance of Mental Health & Self-Care.

<https://bit.ly/MeditationMuseum>



SCAN ME!

UPCOMING WEBINAR



The Children's Mental Health Matters Campaign and the Mental Health Association of Maryland for our Children's Mental Health are hosting a series of webinars designed to foster learning and connection among families, educators, community members, and advocates.

Our Children's Mental Health Webinars will take place on the third Thursday of e/month from 11:30am-12:30pm ET

This is a free webinar series

Next webinar is on Thursday, March 20, 2025

https://bit.ly/MHAMD_webinars



UPCOMING CAREER WORKSHOP SERIES



CAREER CATCHERS

The ignITe Hub in partnership with Career Catchers, Inc. will provide individualized career coaching and monthly career workshops. Each month an in-person workshop will be presented with a different job readiness topic or skill. These services are **free and open to the general public** who are interested in pursuing a tech career.

March 11, 2025 – Resume Writing
April 8, 2025 – Career Exploration
May 13, 2025 – Job Search Strategies

East County Education Center
Room 122
Montgomery College
2221 Broadbirch Drive
Silver Spring, MD 20904



<https://bit.ly/CareerWorkshops2025>

UPCOMING JOB FAIR



WorkSource
M O N T G O M E R Y
Connecting Employers & Job Seekers

Looking for a job?

Attend WorkSource Montgomery's Quarterly Career & Resource Fair!



DoubleTree Gaithersburg
620 Perry Parkway
Gaithersburg, Maryland
Parking: FREE on-site surface lot



Wednesday
March 26, 2025
11:00 am – 1:00 pm



<https://bit.ly/WSMJJobFair>

Pre-register Online

UPCOMING EVENT: BLACK MATERNAL HEALTH WEEK

Right
FROM THE
START

<https://bit.ly/BMHW2025>

SCAN



**FREE
EVENT**

Registration
Required

SATURDAY
APRIL 12, 2025

at Holy Cross Hospital
Silver Spring
11:00am - 2:30pm

Register Today!

CELEBRATING
Black Maternal Health Week 2025
LEARN | ENGAGE | FOOD | FUN | HONOR



presented in partnership by:





United in Service and Support

Information for the next
ZOOM webinar :
Wednesday, March 19, 2025

<https://bit.ly/United-In-Service>

Scan me





THANK YOU!

United in Service and Support

ONLINE INFORMATIONAL SERIES