

Feeling Stressed? Help Is Just a Phone Call Away

The stress of daily life affects us all. At times, we may need to ask for help to cope with that stress. The good news is that help is here for you.

What are some common causes of stress?

Stress can be caused by life-changing events, including loss of a partner or loved one, changes in your partner's behavior, concerns about family members and relationships, sexual orientation issues, financial problems, concerns about health and effects of medication, work problems, and even just the stress of living alone.

What are some effects of stress?

Stress can affect the quality and length of your life. It may make it hard to concentrate or to focus on things that are important to you. It can show up in many ways or a combination of ways, such as:

- Loss of sleep
- Loss of appetite
- Anxiety or panic
- Unusual or increasing level of anger and irritability
- Withdrawal from friends or family
- Harmful effects on your physical health, sometimes leading to self-destructive behaviors
- Onset of other serious problems, such as drinking too much, substance abuse, poor diet, neglecting your own basic needs or your living conditions, financial problems like failing to pay bills, or becoming an easy target for scams.

**It's important to
seek help when
you need it.**



**Getting help when you need it
can teach you effective ways to
manage your stress. You may begin
by speaking with your healthcare
provider for advice and care.
If your stress feels out of control and
coping methods you may have tried
before no longer work . . .**

IT'S TIME TO ASK FOR HELP.

**Please call any of the numbers
listed on the reverse side
of this sheet.**



DHHS
MONTGOMERY COUNTY
Department of Health
and Human Services



Commission on Aging, Montgomery County, Maryland
www.montgomerycountymd.gov/senior

Resources and Websites

- **988 Hotline:** Call or Text 988, a confidential national suicide and crisis support hotline; provides 24/7 crisis mental health listening support via phone, text and chat for emotional distress, mental health crisis, thoughts of suicide. https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox
- **Montgomery County Crisis Center, PROVIDES FREE CRISIS SERVICES 24 HOURS A DAY/ 365 DAYS A YEAR.** Services are provided by telephone (240-777-4000) or in person at 1301 Piccard Drive in Rockville (no appointment needed). Services include a crisis hotline, walk-in crisis services, Mobile crisis outreach teams, community referrals, substance use assessment and referral.
<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>
- **Aging and Disability Services,** Montgomery County Department of Health & Human Services provides nonemergency support and access to Montgomery County programs and resources. 240-777-3000
<https://www.montgomerycountymd.gov/HHS-Program/ADS/ADSADSResourceUnit-p179.html>
- **Seniors' Services at Affiliated Sante Group,** free therapy and treatment services and programs for homebound Montgomery County seniors, 60 years and older. 301-424-0656 <https://thesantegroup.org/our-priorities/senior-support/>
- **Access to Behavioral Health,** a mental health/substance misuse screening and referral program for low-income Montgomery County adults who have no commercial insurance and are in need of services for major mental health and/or substance misuse problems. 240-777-1770.
<https://www3.montgomerycountymd.gov/311/Solutions.aspx?SolutionId=1-50YHBK>
- **Program to Encourage Active, Rewarding Lives (PEARLS)** educates older adults about depression, and empowers them with new skills for living healthier, happier lives. 240-393-5950
<https://www.ncoa.org/article/evidence-based-program-pearls-program-to-encourage-active-rewarding-lives/>
- **Targeted Case Management** - Choice, Respect, Independence: offers case management services to individuals who have been diagnosed with serious and persistent mental health needs & at risk of homelessness or hospitalization. 410-760-2250
<https://mycri.org/services/mental-health-services/targeted-case-management>
- **Montgomery County Caregiver Support Program** 240-777-3000. Provides Caregiving Resources and Information in Montgomery County. www.montgomerycountymd.gov/senior/
- **The Montgomery County Pride Center,** a community-based organization to support LGBTQ+, youth, adults, seniors, caregivers, and families: National Crisis Line: 800-273-TALK;
<https://www.mocopridefamily.org/>

MENTAL HEALTH SUPPORT IS HERE. [Call resources below for additional help.](#)

**Crisis Support
and Suicide]
Intervention**

**CALL 988
OPEN 24/7**

**Aging and
Disability
Resource Unit**

**CALL
240-777-3000**

**Montgomery
County Crisis
Center**

**CALL
240-777-4000**