

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Behavioral Health, Counseling and Wellness Supports

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This is a project of the Montgomery County Commission on People with Disabilities.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov.

National Suicide Prevention Lifeline Hotlines

TALK: 988 (New three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.)

TEXT: Text HOME to 741741 to communicate with someone via text

CHAT: <https://988lifeline.org>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Montgomery County Crisis Center

1301 Piccard Drive, 1st Floor
Rockville, MD 20850

240-777-4000 (V – 24/7)
301-738-2255 (Mental Health Hotline)
240-777-4673 (Abused Persons Program)
240-777-4357 (Sexual Assault Crisis Hotline)
240-777-4815 (TTY)

Provides crisis services 24 hours a day / 365 days a year. These services are provided over the telephone (240-777-4000) or in person at 1301 Piccard Drive in Rockville (no appointment needed). Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has six crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system. There is no charge for crisis services.

Addiction and Mental Health Center Montgomery General Hospital

18101 Prince Philip Drive
Olney, MD 20832
301-774-8800 (Evaluation Center)
301-774-8888 (24-Hour Crisis Intervention)
1-855-546-1977 (Toll Free)

www.medstarhealth.org/services/behavioral-health

Provide inpatient and outpatient treatment for psychiatric and addiction treatment for those 13 and older. Services include individual and family therapy, crisis intervention services available 24 hours a day for emergency evaluations, medication management program, senior outpatient program, and a relapse prevention program.

Adventist Behavioral Health Rockville

14901 Broschart Road
Rockville, MD 20850
301-251-4500 (V)
1-800-204-8600 (Emergency/Referral)

www.adventisthealthcare.com/services/mental-health

Services include an acute inpatient psychiatric care for adolescents and adults, intensive outpatient substance abuse treatment for adolescents and adults, a residential treatment center with separate male and female units, military addiction center, adolescent dual diagnosis substance abuse treatment, adolescent partial hospitalization program, special and general education school for students grades 6-12, group home services for adolescents and a children's unit.

Access Team – Montgomery County

Mental Health Services for Children & Adults

240-777-1770 (V)

240-777-4710 (V)

This team helps people living in Montgomery County obtain and/or access behavioral health services (mental health and substance abuse). Adult consumers who are eligible for substance abuse services are linked to the Addictions Services programs in the County. Consumers of all ages who are eligible for the Public Mental Health System are linked with providers who are able to provide the requested service at a location convenient for the consumer. Spanish language capacity is immediately available. Assistance available for those who speak other languages.

Affiliated Santé Group

12200 Tech Road, Suite 330
Silver Spring, MD 20904
301-572-6585 (V)

www.thesantegroup.org

Outpatient Mental Health Center

301-589-2303 (V)
1400 Spring Street, Suite 100
Silver Spring, MD 20910

Provide recovery-based psychiatric services through an interdisciplinary team approach, which includes the coordination of treatment and care by the clinical services department, psychiatric rehabilitation day treatment, vocational rehabilitation, crisis services and the client's residential providers. Offer walk-in visits and teletherapy.

Psychiatric Recovery Services

301-389-2303 (V)

Serving individuals facing these daily hurdles with long-term therapy and psychiatric services. Equip individuals with the skills necessary to improve their overall functioning, cognitive reasoning, and behavioral and mental health. These skills include but are not limited to: preparing for education or employment; identifying opportunities for community engagement; developing cultural awareness; skill-building and developing of daily functioning tasks; generating opportunities for creative expression; and developing effective methods of communication/

Senior Outreach Team

301-572-6585 x 2190 (V)

Address the unmet mental health needs of Montgomery County adults age 60 and older who are unable or unwilling to leave the home for treatment. Services include in-home therapy, gero-psychiatric consultation, family therapy, educational seminars, drop-in support groups, and mental health support for caregivers. Services offered in English and Spanish.

Wellness and Recovery

301-589-2303 x 108 (V)
1400 Spring Street, Suite 100
Silver Spring, MD 20910

Peer-led community and resource center designed specifically for individuals 18 and older overcoming behavioral and mental health challenges. Offers resources, socialization, activities, and, ultimately, an environment for peers to support and empower individuals in their journey to achieve and maintain their personal wellness and recovery goals.

American Psychiatric Association

800 Maine Avenue, SW, Suite 900
Washington, DC 20024
1-888-357-7924 (Toll Free)
Email: apa@psych.org

www.psych.org

Organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental disorders, including and substance-related disorders.

All Day Family Care

301-330-0006 (V)
Email: customerservice@alldaymedicalcare.com
<https://alldaymedicalcare.com>

Provide comprehensive mental health services throughout Montgomery County. Offer individual therapy, family and group, marriage and couples counseling. Other services include addiction and recovery, anger management, ADD & ADHD, conflict resolution, eating disorders, emotional issues/mood disorders (depression, anxiety, DID, bipolar), obsessive compulsive disorder, grief counseling, parenting support, phobias, PTSD, and stress management. Accept major insurance plans including Medicare Advantage, Managed Medicaid and self-pay rates. Located in Gaithersburg, Silver Spring, Urbana, Columbia and Bethesda.

ALTA HealthCare Services

Psychiatric Rehabilitation Program

101 Lakeforest Boulevard, Suite 250
Gaithersburg, MD 20877
240-801-9818 (V)
Email: info@altahcs.com

www.altahcs.com

Provides adults with structured group activities designed to develop and enhance independent living skills. The goal is to assist individuals with the transition from a long period of hospitalization to successfully re-enter the community, and to assist those individuals already in the community with maintaining and enhancing their skills. Services include self-care training, independent living and community living skills training, substance abuse recovery training, and group therapy. Accept Medicaid.

Anxiety and Depression Association of America

240-485-1001 (V)
Email: information@adaa.org
www.adaa.org

Assist people with anxiety, depression, and stress-related disorders in finding appropriate treatment and developing self-help skills. National educational campaigns to promote awareness about anxiety disorders and encourage people to seek treatment.

Behavioral Health Administration - Maryland

Department of Health and Mental Hygiene

410-402-8300 (V)
1-800-888-1965 (24-Hour Toll Free)
1-800-422-0009 (24-Hour Crisis Hotline)
<https://health.maryland.gov/bha/Pages/Index.aspx>

Ensures that a comprehensive system of mental health services and supports are available and accessible for emerging adults and adults from age 18 throughout the life span. Provides services based on eligibility and medical necessity criteria. Services include: psychiatric inpatient care; psychiatric partial hospitalization program; respite; outpatient mental health center; psychiatric rehabilitation program; residential rehabilitation program; mobile treatment; targeted case management; supported living; non evidence-based practice supported employment; and residential crisis.

Behavioral Health Planning & Management

Core Services Agency – Montgomery County Government, Dept of Health & Human Services
240-777-1400 (V)

Responsible for the planning, development, monitoring and evaluation of publicly funded behavioral health care services for special populations, including children with adjustment and behavioral disorders, adults with severe and persistent mental illness, homeless mentally ill adults, and elderly persons with mental health needs.

BornFree Wellness Centers of America

19537 Doctor's Drive, Bldg. 3
Germantown, MD 20874
240-654-4001 (V)

Email: contactus@bornfreewellness.com
www.bornfreewellness.com

Provide outpatient substance abuse services to individuals struggling with opioid dependence. Some of the services offered include medical evaluation, treatment, methadone & buprenorphine therapy, counseling & case management services. The clinic also offers free training sessions on the administration of Naloxone, the life-saving drug used to reverse opioid overdose. The events are free and open to the public, and a pharmacy contact will be provided for attendees to obtain a supply of Naloxone.

Catholic Charities Health Care Network

1618 Monroe Street, NW
Washington, DC 20010
202-481-1424 (V)

Email: healthcare.network@cc-dc.org
www.catholiccharitiesdc.org/program/catholic-charities-health-care-network

Connect clients, who meet income and other eligibility criteria, with health care providers who provide services at a minimum cost to the patient.

Center for Caregivers

Washington, DC Office

Dr. Rene Laje, Director
5415 Connecticut Avenue, NW, #T43
Washington, DC 20015

Chevy Chase Office

5480 Wisconsin Avenue, #228
Chevy Chase, MD 20815
301-455-4149 (V)

Email: renelaje@yahoo.com
<https://centerforcaregivers.com>

Individual counseling and therapy groups for caregivers of infants, babies, children with health issues, and older adults. Home visits available to those who are unable to leave their homes. Many insurances accepted, including Medicare.

Center for Counseling and Neurofeedback

Donna Troisi, LCSW-C
3390 Urbana Pike Suite 1
Frederick, MD 21704
240-281-8319 (V)

Email: dmt_lcsw@yahoo.com

For individuals, couples, and families. Counseling for individuals with autism, impulse control disorders, child or adolescent issues, anxiety or fears, parenting, and more. Also provide neurofeedback training. Accept Autism Waiver.

Centers for Behavioral Health, LLC

7646 Standish Place
Derwood, MD 20855
301-527-0701 (V)

Email: L.Sreferrals@cbhhealth.com
www.centersforbehavioralhealth.com

Provides comprehensive behavioral health services to adults ages 18 and up. We offer dynamic holistic rehabilitation services through our day, offsite, and residential programs. Our staff are dedicated to helping individuals understand their illness and manage their symptoms to live to fullest potential in the community. Our clients are assigned a Rehabilitation Coordinator who assist clients in achieving individualized goals. Life Skills Psychiatric Rehabilitation Program (PRP) and Mar-Lyn Housing Residential Rehabilitation Program (RRP) programs are licensed by the State of Maryland DHMH and are CARF accredited. Life Skills PRP services are paid by Medicaid or private pay and Mar-Lyn residential services are private pay.

City of Rockville - Youth and Family Development Programs

111 Maryland Avenue, 1st Floor
Rockville, MD 20850
240-314-8300 (V)

Email: counseling@rockvillemd.gov
www.rockvillemd.gov/372/Counseling

Offer child, youth and family counseling for Rockville residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening. Counseling is provided by a licensed professional counselor, or masters-level clinical interns under the supervision of a professional counselor. Offer early intervention and prevention counseling to school-age children based on a short-term, 12-session model. Sessions are made by appointment only with the Community Services Division. Many different options of counseling are available including individual and group with encouraged guardian participation. Types of counseling include anger management; social skills; transition to middle school; and transition to high school.

Cohen, Shlomo I., PhD

1404 Woodman Avenue
Silver Spring, MD 20902
301-649-6686 (V)

Licensed psychologist providing intensive behavior management program and individual support services for disabled persons and their families.

Community Connections

801 Pennsylvania Avenue, SE
Washington, DC 20003
202-546-1512 (V)

www.communityconnectionsdc.org

Clinical programs for adults include initial assessment of mental health and residential needs, community support services, psychiatric clinic, family support, employment, day program, and 24-hour on-call and crisis services. Clinical programs for families and youth include comprehensive assessment of needs and life domains, individualized treatment planning, network resource development, community support services, in-home and/or office-based counseling, psycho-educational training and support, and crisis services. Residential services also available.

Computer Learning and Resource Center (CLARC)

12301 Old Columbia Pike, #220
Silver Spring, MD 20904
301-622-6007 (V)

Operate a six day a week wellness and recovery center for older youth and adult mental health consumers, an advanced drop-in center, a consumer advisory board, membership meetings, recreational events, and provide referrals to over 30 other health care providers and organizations. Also provide vocational training and employment services.

Cornerstone Montgomery

2 Taft Court, Suite 200
Rockville, MD 20850
301-715-3673 (V)

Email: info@cornerstonemontgomery.org

www.cornerstonemontgomery.org

Non-profit providing comprehensive, community- and evidence-based, mental health and co-occurring mental health and substance use disorder treatments and interventions.

- **Residential Rehabilitation:** Offers support through all phases of recovery. Ranging from 24-hour supervised housing to targeted case management drop in services, individuals in the program work with staff to learn the skills necessary to live independently in the community. All services offered are dependent upon individual client need, diagnosis and referral recommendations from the Core Service Agency. All referrals for services originate with the Core Services Agency who then review applications and manage the wait list for Montgomery County.

Cornerstone Montgomery Continued

- **Psychiatric Rehabilitation:** The Supported Living program provides a wide range of services to individuals living in the community. Services include: daily living skills coaching; resource development; supportive counseling; medication monitoring; psychosocial programming; and service coordination. The Permanent Supportive Housing program is open to individuals coming out of Residential Rehab programs. The Montgomery County Case Management program provides short-term case management services to Montgomery County residents with a mental health and/or co-occurring disorder.
- **Day Programs:** Fosters recovery through a variety of groups as well as individual training to build confidence and proficiency in all phases of daily life. Classes and activities are offered during the day, evening and on weekends, and include Friday night and weekend social and recreational activities. Some examples for classes include: recovery, greenhouse, computer lab, cooking classes, illness management and recovery, art classes, fitness classes, independent living skills classes and classes focused on social skills.
- **Vocational:** One-on-one coaching with a Supported Employment Specialist to help determine skills, interests, and long term career goals; help with creating a step-by-step plan to achieve employment-related goals; help with developing resumes, cover letters, and filling out online applications; support with community-based job search activities and job try-outs; benefits counseling; on-site job coaching; and long-term supports.
- **Transition Age Youth:** Programs help young adults with mental health concerns reach their goals. The Career Transition Program is a short-term Supported Employment program helping graduating high school seniors and second semester juniors. The Career Academic Psych-rehab Service is a long-term Supported Employment and Psychiatric Rehabilitation program for young adults 18 to 25 years old.
- **Mental Health First Aid:** Public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate supports. The program teaches the common risk factors and warning signs of specific types of illnesses, including anxiety, depression, substance use, bi-polar disorder, eating disorders and schizophrenia.

CTO Health Services

8121 Georgia Avenue
Silver Spring, MD 20910
240-455-6584 (V)
Email: info@ctohs.com
www.ctohs.com

Offer a range of rehabilitation services to people experience difficulties resulting from, substance and alcohol use disorders, behavioral problems and mental and emotional illnesses. Community Mental Health Outpatient Clinic offers services to minors 5 to 17 years old and adults ages 18 years old and up. Therapy services include (animal-assisted) play therapy; cognitive behavioral therapy plus; couples therapy; dialectical behavior therapy; eye movement desensitization and reprocessing therapy; family therapy; individual and group therapy; medication management; motivational interviewing; psychiatric treatment; play therapy; and trauma-focused cognitive behavioral therapy. Intensive Outpatient Program for substance use disorders. Psychiatric Rehabilitation Program offer a range of rehabilitation services to adults ages 18 & up who experience difficulties resulting in behavioral problems related to substance and alcohol use disorders and severe mental health illnesses. State of Maryland Certified provider of DWI/DUI Education and Treatment as required by the court system, Probation Officers, Attorneys at Law and the Motor Vehicle Administration.

Depressive and Bipolar Support Alliance (DBSA)

1-800-826-3632 (Toll Free)
www.dbsalliance.org

Provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. Offer referrals, free educational materials, and support groups.

EveryMind (formerly Mental Health Association of Montgomery County)

1000 Twinbrook Parkway
Rockville, MD 20851
301-424-0656 (V)
301-738-2255 (Montgomery County Hotline)
Email: info@every-mind.org

www.every-mind.org

Crisis Prevention & Intervention: Provide supportive listening, information and resource referrals, and crisis services (including suicide assessments) for individuals through telephone, text, and chat services. Available via text Monday through Thursday, 4:00 p.m. to 9:00 p.m. at 301-738-2255. Offer 24/7 online chat at www.crisischat.org and 24/7 phone assistance through the Montgomery County Hotline. Services are free and confidential.

Adult Services: Provide case management services, including advocacy, education, and connection to resources so clients can remain stably housed and maintain self-sufficiency. Clients must be 18 and older, formerly homeless individuals, living in permanent

EveryMind Continued

supportive housing through a housing program with the Housing Opportunities Commission (HOC) and must be referred by HOC. Also provide individual and family counseling in a community-based setting – to increase self-esteem, improve relationships with family and friends, and develop positive coping skills. Services are available for individuals with Medicaid.

Youth Services: Provide case management for school-age youth (ages 12 and older) dealing with behavioral issues at school and home such as truancy, anger management, and bullying – to cultivate healthy behaviors and improve coping skills. Also provide individual and family counseling, as well as groups, in school and community-based settings – to improve the wellbeing of students and families.

Serving Together: Program provides education, direct service, and coordination of resources for service members, Veterans, and their families throughout the DC region. Veteran and Family Peer Navigators are available at 1-855-738-7176 (Toll Free).

Friendly Visitor: Program provides friendship and emotional support to older adults who are homebound, isolated, and lonely – to reduce feelings of loneliness and isolation, help individuals remain in the community, and maintain a safe home environment. Clients must be age 60 and older.

Representative Payee: Provides money management services to individuals with a disability or mental illness who are unable to manage their own finances – to ensure clients have enough funding for food, clothing, shelter, medication, and other needs. Clients must be 18 or older. e private insurance accepted.

Gates, Amy, LSCW-C, MSW

8929 Shady Grove Court
Gaithersburg, MD 20877
240-602-6343 (V)
Email: amyhgates@me.com
www.amyhgates.com

Psychotherapist. Counsel parents who have children with disabilities. Sliding scale. Medicare.

George Washington University – Healing Clinic

1922 F Street, NW, Suite 103
Washington, DC 20052
202-758-5739 (V)

Email: healingclinic@gwu.edu

<https://healingclinic.smhs.gwu.edu>

Non-profit clinic, staffed by advanced doctoral students in the university's professional psychology program. Provide short- and long-term mental health treatment. Offer psychology assessments and psychotherapy for individuals, family, couples and group therapy. Open to clients in Maryland, DC and Virginia. Sliding-scale fees based on incomes; no one turned away for financial reasons.

HealthChoice

1-800-284-4510 (HealthChoice Enrollee Help Line)
1-800-888-1965 (Mental Health)
<https://health.maryland.gov/mmcp/healthchoice/pages/home.aspx>

Provide healthcare to most Medicaid recipients. HealthChoice enrollees receive the same benefits as those available to Maryland Medicaid recipients through the Medicaid fee-for-service system. Mental health services are provided by a Specialty Mental Health System administered by the Mental Hygiene Administration. The Enrollment Broker is available to assist you with any aspect of the enrollment process. You may enroll by mail, telephone, and face-to-face meeting, if requested, or if medically necessary. For assistance in making an application for HealthChoice, please contact the HealthChoice Enrollee Help Line.

Heller Psychology Group, LLC

Carey A. Heller, Psy.D.
6320 Democracy Boulevard
Bethesda, MD 20817
301-385-2610 (V)
Email: appt@thehellerpsychologygroup.com
www.hellerpsychologygroup.com

Offer individual, family, group, and couples psychotherapy. Clinicians conduct therapy to treat a variety of issues including: ADHD, Asperger's Disorder, anxiety, depression, family conflict, anger management, difficulty coping with medical disorders, and bullying. Also offer testing and assessments for ages four and up.

Hollander, Michele, Psy. D.

301-990-0131 (V)
Email: michelehollander@msn.com
Psychologist. Behavioral therapist. Autism Waiver.

House Calls Total Wellness

Beth Albaneze, CTRS CPRP, Owner
301-346-6732 (V)
Email: balabaneze@housecallstotalwellness.com
www.housecallstotalwellness.com
www.callingonbeth.net

Diverse team of mental health specialists come to you or meet you on-line to provide mental health coordination, advocacy, help with accommodations in school or work, recovery support, coordination with doctors and hospital staff, referrals to lawyers and agencies providing subsidies. Serving children to senior citizens who are faced with acute or chronic life transition circumstances. Team is customized to meet the needs of each loved one or family with wrap around services that include but are not limited to life coaching, recreation therapy, hoarding, counseling, case management, community integration strategies and the services provided are all under one umbrella.

Independence Now, Inc. (INNOW)

Shannon Minnick, Interim Executive Director
12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839 (V)
Email: info@innow.org
www.innow.org

Serve individuals with disabilities in Montgomery and Prince George's Counties. Peer counseling offered by Independent Living Specialists that serve as role models, assist with self-exploration, assist with self-directed goals setting and achievement, direct consumers to appropriate services and programs, serve as advocates, and plan recreational events that integrate individuals with disabilities with their non-disabled peers. Also offer peer mentoring and support to individuals who have expressed a desire to leave nursing homes and move out into the community.

Jewish Social Service Agency

240-800-5772 (V)
www.jssa.org/services/mental-health

Provides therapy and counseling for children, teens, adults, couples, and families navigating life's challenges. We offer individual, relationship, and family counseling. offer workshops and support groups for life and social skills, bereavement support, and more. Also offer psychiatric services specializing in medication evaluation and management for JSSA clients, psychological testing for young people ages 5-18 years old, and counseling, grief support groups for teens and adults, educational programs, and community outreach.

John L. Gildner Regional Institute for Children and Adolescents (JLG-RICA) – Maryland Department of Health and Mental Hygiene

15000 Broschart Road
Rockville, MD 20850
301-251-6800 (V)
<https://health.maryland.gov/jlgrica/Pages/home.aspx>

Community-based, public residential, clinical and educational facility, serving children and adults with severe emotional disabilities. Brief assessment unit provides psychiatric evaluation, medication management, environment behavioral treatment, psychological treatment, and educational intervention.

Kaufman, Nan, LCSW-C

4400 East West Highway, Suite 720
Bethesda, MD 20814
301-986-9020 (V)
Coach, counselor, and advocate for parents who have a child who is newly diagnosed with a disability and/or for on-going supports.

Lift Me Up! - Therapeutic Riding Program

9700 Georgetown Pike
Great Falls, VA 22066
703-759-6221 (V)

Email: info@liftmeup.org
www.liftmeup.org

Provide therapeutic horseback riding to children and adults with physical, mental, and/or emotional disabilities. Weekly therapeutic riding lessons, summer camp for students and volunteers, and a veterans riding program. The therapy improves physical and mental well-being. Financial aid available.

Maryland Coalition of Families

8950 State Route 108, Suite 223
Columbia, MD 21044
410-730-8267 (V)

Email: info@mdcoalition.org
www.mdcoalition.org

Statewide family voice for families of children and adolescents with mental health, substance use and/or other behavioral health needs. Advocate for improving services in all systems of care for children, youth and families. Provide information and resources, one-to-one family supports, trainings, support groups, and policy advocacy. The Family Leadership Institute is a 60-hour, six-weekend intensive training program for parents and caregivers of a child or adolescent with mental health and/or other behavioral health needs.

Maryland Psychological Association

410-992-4258 (V)

www.marylandpsychology.org

Free psychologist referral service.

MedPsych Health Services

6237 Executive Boulevard
Rockville, MD 20852
240-464-8000 (V)

Email: customerservice@medpsychmd.com
<https://medpsychmd.com>

CARF accredited, integrated mental health service provider where the psychiatrist, psychologists and psychotherapists collectively treat mental illness with complete consideration of full medical, psychological, social as well as family history. Multidisciplinary group comprised of psychiatrists, psychologists, clinical counselors and clinical social workers. Clinicians offer complete range of services from psychiatric consultations, diagnostic evaluations, medication management, psychological testing and counseling as well as therapy (individual, couples, marriage, group therapy) services. Provide services for dual diagnosis as well as referrals for drug addiction rehabilitation services. Serve all age groups and offer services in other languages including Mandarin, Urdu, Hindi, and Punjabi. Partner with local hospitals for inpatient services. Participate in all major insurance payors as well as provide fee for service.

Mindoula Health, Inc.

1119 East-West Highway
Silver Spring, MD 20910
1-888-879-9786 (Toll Free)

Email: info@mindoula.com
www.mindoula.com

Offers case management and benefits counseling to clients who have behavioral health issues. Also serves families who need support with a family member who has behavioral health issues. Services include benefits counseling and coordination and assisting clients file for public benefits such as Social Security (retirement, disability, and income), food stamps, housing grants, free or reduced-priced cell phones and internet, reduced Metro fare, and other public benefits. Assists clients with finding new insurance for health, dental, and vision. Assists with filing health insurance claims, explaining benefits, copays, and deductibles, and providing counseling regarding optimizing coverage. Also debate charges with health plan and providers and negotiate payment plans. Assists with filing short- and long-term disability claims. Can help clients with family issues, improving access to transportation, housing, and healthy food. Accepts private pay only.

Montgomery County Federation of Families for Children's Mental Health, Inc.

13321 New Hampshire Avenue, Suite Terrace B
Silver Spring, MD 20904
301-879-5200 ext. 27 (V)

www.mcfof.org

Nonprofit family driven organization run by family members who have children with emotional, behavioral, or mental health challenges. Offer resources, services, and support to help other families raising children facing similar challenges. Family Navigators help families by linking them with assessment/evaluation and direct service resources; providing emotional support; going to meetings at school, court, hospitals and social service agencies.

Montgomery Wellness Hub (MWH), LLC

951 Russell Avenue, Suite D
Gaithersburg, MD 20879
240-246-7837 (V)

Email: info@mwellnesshub.com

www.mwellnesshub.com

CARF accredited and State of Maryland licensed community outpatient, behavioral and mental health provider. Provide comprehensive mental and behavioral health services which include Psychiatric Rehabilitation Program (PRP) for adults and minors. Also offer substance abuse disorder services, which includes Outpatient Program (OP) and Intensive Outpatient Program (IOP). Further, they provide DUI / DWI education classes. Accept Medicaid and private insurance.

NAMI (National Alliance on Mental Illness) of Montgomery County

9210 Corporate Boulevard, Suite 170
Rockville, MD 20850
301-949-5852 (Information Line)
1-800-950-6264 (National Information Helpline)
Email: info@namimc.org
www.namimc.org

Self-help, support, education, and advocacy for people with serious and persistent mental illnesses, their families, friends, and caregivers. Staff and Helpline volunteers provide information - confidential referrals to providers of mental health services, including housing, vocational rehabilitation, legal assistance, day treatment, doctors, therapists and more. Offer a variety of free psychoeducation courses to caregivers, consumers, and other community members, and support groups.

National Center for Children and Families

6301 Greentree Road
Bethesda, MD 20817
301-365-4480 (V)
Email: contact@nccf-cares.org
www.nccf-cares.org

Provide services for vulnerable children, youth, and families. Residential programs serve homeless families, victims of domestic violence, and vulnerable adolescents. Other programs include treatment foster care, social services for family reunification, parenting education, and transitional housing to promote independent living and family stabilization.

National Institute of Mental Health

Science Writing, Press, and Dissemination
6001 Executive Boulevard
Rm. 6200, MSC 9663
Bethesda, MD 20892
1-866-615-6464 (Toll Free)
301-443-8431 (TTY)
1-866-415-8051 (Toll Free TTY)
Email: nimhinfo@nih.gov
www.nimh.nih.gov

Largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.

Network of Care

<http://montgomery.md.networkofcare.org/mh/>
Information to help link consumers to support groups and personal advocacy resources in the community.

On Our Own of Montgomery County Maryland, Inc.

7310 Esquire Court
Mailbox 14, 3rd Floor
Elkridge, MD 21075
410-540-9020 (V)
Email: info@onourownmd.org
www.onourownmd.org/s/

statewide peer-operated behavioral health advocacy and education organization which promotes equality, justice, autonomy, and choice about life decisions for individuals with mental health and substance use needs.

Parents' Place of Maryland

802 Cromwell Park Drive, Suite H
Glen Burnie, MD 21061
410-768-9100 (V)
1-800-394-5694 (Toll Free)
www.ppm.org

Offers families individualized support from someone who knows what it means to have a child with a disability or a special healthcare need. Team has firsthand knowledge of the special education and healthcare process. help families obtain education and health care services for their children with disabilities; work to improve education and health care for all children; train and inform parents and professionals on a variety of topics; and connect children with disabilities to community resources that address their needs. The Parents' Place (PPMD) is the only organization in Maryland charged by the U.S. Department of Education, Office of Special Education Programs, to serve as the state's **Parent Training and Information (PTI) Center**. As a PTI, the Parents' Place provides information and support for families who have children and youth with disabilities or special needs, beginning at birth through age 26. Parent Educators and PTI staff are available to help you understand and navigate the special education system and provide you with the information and tools you need to be an informed and active participant in your child's education. Also offer workshops and provide resources that address the unique needs of military connected families. All services are provided to parents and families at no cost! **The Parents' Place Family-to-Family Health Information Center (F2F HIC)** provides a central source for families of children and young adults with disabilities and special health care needs to obtain support, advocacy, and information about health care. **The Parents' Place offers LEADers**, a parent leader program to develop leadership skills among parents of children with disabilities and special health care needs. This program appeals to various adult learning styles, including traditional workshops, webinars, experiential learning, coaching, mentoring, and independent study. It is designed to help parents broaden their role within their communities as a resource, support group leader, trainer, advocate and more.

Pastoral Counseling & Consultation Center of Greater Washington

7003 Piney Branch Road, NW
Washington, DC 20012
202-670-5065 (V)
Mental health counseling, life and career coaching, family therapy, couples/marriage counseling, stress management, addictions, and workshops.

Planned Lifetime Assistance Network (PLAN) of MD-DC, Inc.

604 South Frederick Avenue, Suite 411
Gaithersburg, MD 20877
301-740-8444 (V)
Email: admin@planofmd-dc.org
www.planofmd-dc.org
Providing clinical case management including counseling, assistance applying for public benefits and coordinating medical care; financial management; and special needs trust management for individuals with disabilities and their families.

Priority Health Care Systems

12520 Prosperity Drive, Suite 155
Silver Spring, Maryland 20904
301-288-4228 (V)
Email: priority@priorityhealthcaresystems.com
www.priorityhealthcaresystems.com
Accredited Outpatient Mental Health Center (OMHC), a Psychiatric Rehabilitation Program (PRP) and a Residential Service Agency (RSA) in Maryland. OMHC and PRP provide all Psychiatric Mental Health needs for all ages. Psychiatric evaluation, consultations, medication management, therapy, life skills coaching and much more. Our RSA provides Skilled Nursing and Aides, level of care, complex care provided by RN/LPN and RN supervision of Aides.

Pro Bono Counseling Project

410-825-1001 (V)
410-598-0234 (WARMLine)
www.probonocounseling.org
Provide free mental health care to individuals, families and couples who live and/or work in Maryland who cannot receive care from any other source. The Project links clients with therapists for counseling - it does not provide medications or medication resources. The mental health WARMLine is free, anonymous, and confidential. There is no commitment required when you call the WARMLine, and you may call as often as you need. You will not be asked about your income, insurance status, or immigration status. Mental health professionals are available weekdays from 10am to 8pm and weekends from 10am to 6pm.

Riebman, Jeffrey E., LCSW-C

912 Thayer Avenue, Suite 209
Silver Spring, MD 20910
301-509-1581 (V)
Email: hjrieb@msn.com
Counseling for visual impairment, chronic illness and disability.

Senior Mental Health Program – Montgomery County Department of Health & Human Services (DHHS)

Josi Makon, LCSW-C, Project Coordinator, Maryland Behavioral Health Administration
240-777-4529 (V)
Email: josi.makon@montgomerycountymd.gov
Outreach mental health services for seniors who cannot or will not go to office-based services; mental health consultation to assisted living providers, senior center directors, Housing Opportunities Commission resident counselors; psycho education (education to the public about mental health issues); drop-in groups at senior centers; senior mental health education and consultation to DHHS staff.

Sheppard Pratt Outpatient Mental Health Center

610 East Diamond Avenue, Suite 100A
Gaithersburg, MD 20877
301-840-3200 (V)
Email: info@sheppardpratt.org
www.sheppardpratt.org/care-finder/outpatient-mental-health-centers
Help children, adolescents, adults, and older adults address mental health and co-occurring disorder problems and improve their quality of life, all within a safe and welcoming environment. Many of those we serve may be experiencing life challenges, relationship issues, behavioral issues with a child or teen, and/or a mental illness. Offer telehealth, teletherapy, and medication management services through telehealth. Services includes psychiatric assessment and diagnosis; individual, group, and family therapy; medication management; couples and marital counseling; family psychoeducation; play therapy; drug and alcohol use support groups; and drug and alcohol education. Accept Medicare, Medicaid, private insurance, and self-pay.

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-4357 (National Helpline)
1-877-726-4727 (Toll Free)
1-800-487-4889 (TTY)
Email: SAMHSAInfo@samhsa.hhs.gov
Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Find alcohol, drug, or mental health treatment facilities and programs around the country at findtreatment.samhsa.gov.

TLC - The Treatment & Learning Centers (TLC)

Testing, Tutoring & Counseling

2092 Gaither Road, Suite 100

Rockville, MD 20850

301-424-5200 x 306 (V)

Email: testingtutoringcounseling@ttlc.org

<https://ttlc.org/programs/counseling/>

Private, nonprofit organization serving children, teens, and young adults with a wide range of special needs. Specialize in learning differences, autism, developmental delays, hearing loss, and other problems that interfere with development, learning and active participation in the community. **Circle of Security Parenting Series** is an evidenced-based program that promotes and strengthens secure parent-child relationships. 8-week parenting program is held virtually.

Transition House Mental Health Rehabilitation Service and Housing Agency

Evan Taff, Transition House Owner

301-201-3940 (V)

Email: evan@livingthroughchange.com

www.livingthroughchange.com

Residential placement for the elderly and young adults with mental health needs. Provides ALF placement, wraparound services in the home and provider referral/coordination. Serve metro MD, DC, and VA. Private pay or select individuals if appropriate can be assessed to receive in-house subsidy through Transition House Foundation. Appointments arranged to meet and assess clients within 48 hours.

Vesta, Inc.

Germantown Horizon Outpatient Clinic

20410 Observation Drive, Suite 108

Germantown, MD 20876

Silver Spring Horizon Outpatient Clinic

8737 Colesville Road, Suite 700

Silver Spring, MD 20910

240-383-3435 (V)

Email: irc@vesta.org

www.vesta.org/omhc

Outpatient mental health clinic services include individual, family, couples and group therapy; off-site (on a temporary case-by-case basis); psychiatric medication assessments and medication management; and psycho-educational support: parenting, anger management, social skills, and dealing with challenging adolescents. Vesta accepts Maryland Medicaid, Medicare and self-pay. Vesta accepts uninsured clients in the state of Maryland if they are low-income, have a valid social security number and meet any of the following criteria: having been released from a psychiatric hospital in the last three months; having been released from jail in the last three months; having been treated in the public mental health system in the last two years; and being homeless and seeking refuge in a shelter.

Washington Behavioral Medicine Associates, LLC

5480 Wisconsin Avenue, Suite 223

Chevy Chase, MD 20815

301-576-6044 (Appointments)

Email: office@wbma.cc

www.wbma.cc

Non-profit interfaith organization that provides low-cost individual, couples and family counseling on issues ranging from depression to self-esteem, relationships, divorce and grief. Does not treat patients with chronic mental illness or disorders due to drug and/or alcohol abuse; does not provide medications or medication resources. Counseling provided by volunteer licensed, independent clinical counselors and social workers. Also offer comprehensive testing services, including neuropsychological, psychological (including social-emotional), psychoeducational, developmental, giftedness (including '2E'), and admissions testing. Testing is available for individuals of all ages. Accepts many insurance plans, sliding-fee scale.

Washington Psychiatric Society

202-595-9498 (V)

Email: admin@dcpsych.org

www.dcpshych.org

Online psychiatrist locator. Medical specialty organization composed of approximately 1,000 physicians who specialize in the diagnosis and treatment of mental illnesses, including substance abuse disorders.

Willow Oak Therapy Center

15701 Crabbs Branch Way

Rockville, MD 20855

301-251-8965 (V)

Email: office@willowoaktherapy.org

www.willowoaktherapy.org

Counseling, psychotherapy for individuals, families and couples, and psychological testing and evaluations. Free seminars. Sliding fee schedule. Most insurance plans are accepted.

Woodley House, Inc.

6856 Eastern Avenue, NW, #300

Washington, DC 20002

202-830-3508 (V)

Email: woodley@woodleyhouse.org

www.woodleyhouse.org

Residential facility that provides housing for persons with mental illness. Housing options include temporary crisis care, transitional and long-term supported independent living. Also offer critical Life Skills Training, mental health support services and integrated treatment of co-occurring disorders.