



MORE THAN JUST "THE BLUES"

Mental Health Resources for Montgomery County Residents

Feeling sad a lot of the time? Use this list of mental health facilities and agencies to get help for depression or other mental health concerns. You may call several numbers to determine the place that best meets your needs.

PUBLIC MENTAL HEALTH SERVICES

Montgomery County Mental Health Access Team 240-777-1770 For assistance in obtaining appropriate outpatient mental health services for persons eligible for the public mental health system (APS Healthcare).	Montgomery County Crisis Center 240-777-4000 1301 Piccard Drive Rockville, MD 20850 Immediate response to mental health and situational crises through telephone, walk-in and mobile outreach services. Open 24 hours, 7 days a week.
Addiction Services Coordination 240-777-4710 255 Rockville Pike, Suite #145 Rockville, MD Walk-In assessments: Mon 9-10am and 1-3pm, Tues – Fri 9-11am and 1-3pm	Montgomery County Commission for Women Counseling & Career Center 240-777-8300 Provides personal counseling, career counseling, couples counseling and classes, seminars and workshops among other services.
APS Healthcare, Inc 1-800-752-7242 Implements the public mental health system for people eligible for medical assistance and people who receive state subsidization for services.	Childlink 240-777-GROW (4769) Information & referral service for children, birth to 5 years old, & their families.
Mental Health Services for Seniors and Persons With Disabilities 240-777-3990	Montgomery County Screenings/Assessment Services for Children/Adolescents 240-777-1430

NON-PROFIT PROFESSIONAL MENTAL HEALTH SERVICES

Affiliated Community Counselors	Medical Assistance	Sliding Fee	Private Insurance	301-251-8965
Affiliated Santé Group (Silver Spring, MD)	Medical Assistance			301-589-2303
Andromeda Transcultural Health Center (NW Washington, DC)	Medical Assistance	Free Services	Private Insurance	202-291-4707
Catholic Community Services	Medicare	Free Services	Private Insurance	301-942-1790
Family Services Agency, Inc. (Gaithersburg, MD)	Medical Assistance		Private Insurance	301-840-3200
Interfaith Counseling Services (locations throughout Montgomery County)		Sliding Fee	Private Insurance	301-869-8428
Jewish Social Service Agency (non-denominational) (locations in MD, DC & VA)	Medical Assistance	Sliding Fee	Private Insurance	301-881-3700
North Community Mental Health Center (NW Washington, DC)	Medical Assistance	Sliding Fee	Private Insurance	202-576-6512
Pastoral Counseling and Care Ministries (Silver Spring & Bethesda, MD)		Sliding Fee	Private Insurance	888-626-2273
Pastoral Counseling and Consultation Centers of Greater Washington (locations in MD, DC & VA)		Sliding Fee	Private Insurance	202-234-0202
Reginald S. Lourie Center for Infants and Young Children (Rockville, MD)	Medical Assistance		Some Insurance	301-984-4444
St. Luke's House (Bethesda, MD)	Medical Assistance		Private Insurance	301-493-4200
Threshold Services, Inc.	Medicaid		Private Insurance	301-754-1102
Washington Pastoral Counseling Service (over 15 locations in MD, DC & VA)	Medicare	Sliding Fee	Private Insurance	301-681-3201

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AREA HOTLINES

These 24-hour Hotlines can provide additional information, referrals and supportive conversation.

Crisis Link Hotline	703-527-4077	Montgomery County Crisis Center	240-777-4000
Montgomery County Hotline	301-738-2255	National Suicide Prevention Lifeline	1-800-273-TALK (1-800-273-8255)
Mental Health Association – Therapist Line	301-738-7176	Prince George's County Hotline	301-864-7161
Montgomery County Youth Crisis Line	301-738-9697	Relay Service for the Deaf	800-735-2258
Maryland Youth Crisis Line	800-422-0009		

SELF-HELP & SUPPORT GROUPS

To find a group near you, call these toll-free numbers:

Depression and Bipolar Support Alliance	1-800-82-NDMDA	National Alliance for the Mentally Ill – Mo. Co.	301-949-5852
National Alliance for the Mentally Ill	1-800-950-NAMI	Mental Health America	1-800-969-NMHA

HOSPITALS

Most have inpatient and/or outpatient treatment, as well as a list of doctors for referral.

Children's National Medical Ctr	Rockville, MD	301-838-8770	Montgomery General Hospital	Olney, MD	301-774-8800
Doctors Community Hospital	Lanham, MD	301-552-8118	Potomac Ridge Behavioral Health	Rockville, MD	301-251-4545
G.W. University Hospital	Washington, DC	202-741-2888	Psychiatric Institute of Washington	Washington, DC	202-885-5600
Georgetown University Hosp.	Washington, DC	202-687-8609	Sibley Memorial Hospital	Washington, DC	202-537-4770
Holy Cross Hospital	Silver Spring, MD	301-754-7860	Suburban Hospital	Bethesda, MD	301-896-3100
INOVA Fairfax Hospital	Falls Church, VA	703-776-2916	Washington Adventist Hospital	Takoma Park, MD	301-891-5600
Laurel Regional Hospital	Laurel, MD	301-497-7980	Washington Hospital Center	Washington, DC	202-877-5767

YOUTH SERVICES CENTERS

Each center serves designated communities

YMCA Youth & Family Services (Bethesda-Chevy Chase, Churchill, Walter Johnson, Whitman HS)		Free Services		301-229-1347
GUIDE Gaithersburg Youth Services (Gaithersburg, Watkins Mill HS)	Medical Assistance	Sliding Fee	No Private Insurance	240-683-6580
GUIDE Olney Youth Services (Magruder, Sherwood HS)	Medical Assistance	Sliding Fee	No Private Insurance	301-774-3581
GUIDE Upcounty Youth Services (Damascus, Northwest, Poolesville, Quince Orchard, Seneca Valley HS)	Medical Assistance	Sliding Fee	No Private Insurance	301-972-0307
Kensington Wheaton Youth Services/MHA (Einstein, Kennedy, Wheaton HS)		Sliding Fee & Free Services	No Private Insurance	301-933-2818
Rockville Youth & Family Services Bureau (Richard Montgomery, Rockville, Wootton HS)		Free Services		240-314-8310
YMCA Youth & Family Services (Blair, Northwood, Paint Branch, Springbrook HS)		Free Services		301-593-1160

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