



# 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

<b>Montgomery County Mental Health Access Team</b> <b>240-777-1770</b> For assistance in obtaining appropriate outpatient mental health services for persons eligible for the public mental health system, APS Healthcare.	<b>Montgomery County Crisis Center</b> <b>240-777-4000</b> 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.
<b>Addiction Services Coordination</b> <b>240-777-4710</b> 255 Rockville Pike, Suite #145 Rockville, MD Walk-In assessments done Mon – Fri 9AM-11AM and 1PM-3PM	<b>Montgomery County Commission for Women Counseling &amp; Career Center</b> <b>240-777-8300</b> Provides personal counseling, career counseling, couples counseling and classes, seminars and workshops among other services.
<b>APS Healthcare, Inc</b> <b>1-800-752-7242</b> Implements the public mental health system for people eligible for medical assistance and people who receive state subsidization for services.	<b>Childlink</b> <b>240-777-GROW (4769)</b> Information & referral service for children, birth to 5 years old, & their families.
<b>Mental Health Services for Seniors and Persons With Disabilities</b> <b>240-777-3990</b>	<b>Montgomery County Screenings/Assessment Services for Children/Adolescents</b> <b>240-777-1430</b>

## NON-PROFIT PROFESSIONAL MENTAL HEALTH SERVICES

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

Mental Health Association • A United Way Agency (#8151) Serving Montgomery County Residents • 301-424-0656

[www.mhamc.org](http://www.mhamc.org)

# MORE THAN JUST "THE BLUES"

## AREA HOTLINES

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

Crisis Link Hotline	<b>703-527-4077</b>	Montgomery County Crisis Center	<b>240-777-4000</b>
Montgomery County Hotline	<b>301-738-2255</b>	National Helpline	<b>1-800-SUICIDE</b>
Mental Health Association – Therapist Line	<b>301-738-7176</b>	Prince George’s County Hotline	<b>301-864-7161</b>
Montgomery County Youth Crisis Line	<b>301-738-9697</b>	Relay Service for the Deaf	<b>800-735-2258</b>
Maryland Youth Crisis Line	<b>800-422-0009</b>		

## SELF-HELP & SUPPORT GROUPS

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

Depression and Bipolar Support Alliance	<b>1-800-82-NDMDA</b>	National Alliance for the Mentally Ill – Mo. Co.	<b>301-949-5852</b>
Depression & Related Affective Disorders Association	<b>1-888-288-1104</b>	National Mental Health Association	<b>1-800-969-NMHA</b>
National Alliance for the Mentally Ill	<b>1-800-950-NAMI</b>		

## HOSPITALS

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

Children’s National Medical Ctr	Rockville, MD	<b>301-424-1755</b>	Montgomery General Hospital	Olney, MD	<b>301-774-8800</b>
Doctors Community Hospital	Lanham, MD	<b>301-552-8544</b>	Potomac Ridge Behavioral Health	Rockville, MD	<b>301-251-4545</b>
G.W. University Hospital	Washington, DC	<b>202-741-2888</b>	Psychiatric Institute of Washington	Washington, DC	<b>202-885-5600</b>
Georgetown University Hosp.	Washington, DC	<b>202-687-8609</b>	Suburban Hospital	Bethesda, MD	<b>301-896-3100</b>
Holy Cross Hospital	Silver Spring, MD	<b>301-754-7860</b>	Washington Adventist Hospital	Takoma Park, MD	<b>301-891-5600</b>
INOVA Fairfax Hospital	Falls Church, VA	<b>703-776-2916</b>	Washington Hospital Center	Washington, DC	<b>202-877-5767</b>
Laurel Regional Hospital	Laurel, MD	<b>301-497-7980</b>			

## YOUTH SERVICES CENTERS

Each center serves designated communities

<b>YMCA Youth &amp; Family Services</b> (Bethesda-Chevy Chase, Churchill, Walter Johnson, Whitman HS)			Free Services	301-229-1347
<b>GUIDE Gaithersburg Youth Services</b> (Gaithersburg, Watkins Mill HS)	Medical Assistance	Sliding Fee	No Private Insurance	301-590-9864
<b>GUIDE Olney Youth Services</b> (Magruder, Sherwood HS)	Medical Assistance	Sliding Fee	No Private Insurance	301-774-3581
<b>GUIDE Upcounty Youth Services</b> (Damascus, Northwest, Poolesville, Quince Orchard, Seneca Valley HS)	Medical Assistance	Sliding Fee	No Private Insurance	301-972-0307
<b>Kensington Wheaton Youth Services/MHA</b> (Einstein, Kennedy, Wheaton HS)		Sliding Fee	Free Services	301-933-2818
<b>Rockville Youth &amp; Family Services Bureau</b> (Richard Montgomery, Rockville, Wootton HS)			Free Services	240-314-8310
<b>YMCA Youth &amp; Family Services</b> (Blair, Northwood, Paint Branch, Springbrook HS)			Free Services	301-593-1160

Mental Health Association • A United Way Agency (#8151) Serving Montgomery County Residents • **301-424-0656**

[www.mhamc.org](http://www.mhamc.org)