

If you are having a mental health crisis and you need immediate assistance, please contact the Montgomery County Crisis Center:

240-777-4000

**Text “START”
to 741-741**

Immediate response to mental health and situational crises through telephone, walk-in and mobile outreach services.

**Open 24 hours a day
7 days a week**

**Walk-in: 1301 Piccard Drive
Rockville, Md. 20850**

You can also call 911 or go to the nearest emergency room

Why It Matters...

Mental illnesses often appear for the first time during adolescence and young adulthood. While they can occur at any age, the young and the old are especially vulnerable.

-National Alliance for the Mentally Ill

This is why knowing your resources matters!



*In collaboration with
Montgomery County Department
of Health Human Services
Local Behavioral Health Authority*

Montgomery County Public Schools

Transition Services



**Mental Health Matters!
Resources for Transition Age
Youth and their Families**

Accessing Mental Health Services can be as easy as calling a hotline/ phone number!

Accessing Mental Health Services can be as easy as checking a website!

Accessing Mental Health Services can be as easy as downloading an App!

Hotlines and Phone Numbers

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
1-800-SUICIDE

Montgomery County Youth Crisis Line
301-738-9697

Montgomery County Hotline
301-738-CALL (2255)
301-738-2255 (text messaging)
Crisischat.org (24/7 online chat)
Crisis text line—text “START” to 741-741

Depression and Bipolar Support Alliance (DBSA)
800-826-3632

Montgomery County Local Behavioral Health Authority
240-777-1770
240-777-4710

Mental Health America
1-800-969-NMHA (6642)

National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)

Websites

Crisischat.org (24/7 online chat)

EveryMind
www.every-mind.org

Mind Resilience
www.mindresilience.org

National Alliance on Mental Illness
www.namimc.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov

Cornerstone Montgomery
www.cornerstonemontgomery.org

Family Services Agency
www.fs-inc.org

Apps



my3app.org



store.samhsa.gov



With proper care and treatment, between 70 and 90 percent of persons with mental illnesses experience a significant reduction of symptoms and an improved quality of life. -National Alliance for the Mentally Ill