



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 need to call several numbers to determine the place that best meets your needs.

Montgomery County Access to Behavioral Health Services	
Main Line 240-777-1770	Alternate Line 240-777-4710
For assistance in obtaining appropriate outpatient mental health or substance abuse services for persons eligible for the public behavioral health system.	
Walk-In assessments and evaluation: Monday through Friday at 9 AM or 1 PM. Located at 255 Rockville Pike, Suite #145 Rockville, MD	
Value Options Maryland	800-888-1965
Implements the public mental health system for people eligible for medical assistance and people who receive state subsidization for services.	
Mental Health Services for Seniors and Persons With Disabilities	240-777-3990

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.	
Childlink	240-777-GROW (4769)
Information & referral service for children, birth to 5 years old, and their families.	
Montgomery County Screenings/Assessment Services for Children/Adolescents	240-777-1430
Montgomery County 311	3-1-1
311 is Montgomery County's phone number for non-emergency government information and services. www.montgomerycountymd.gov/311 .	

NON-PROFIT PROFESSIONAL MENTAL HEALTH SERVICES

Affiliated Community Counselors (Rockville, MD)	Medical Assistance	Sliding Fee	Private Insurance	301-251-8965
Affiliated Santé Group (Silver Spring, MD)	Medical Assistance		Self-Pay	301-589-2303
Andromeda Transcultural Health Center (NW Washington, DC)	Medical Assistance	Free Services	Private Insurance	202-291-4707
Catholic Charities (Nonsectarian) (Rockville, Gaithersburg, Silver Spring, Wheaton)	Medical Assistance	Sliding Fee	Private Insurance	301-942-1790
Cornerstone Montgomery (Bethesda, MD)	Medical Assistance		Private Insurance	301-493-4200
Family Services, Inc. (Gaithersburg, MD)	Medical Assistance		Private Insurance	301-840-3200
Jewish Social Service Agency (nonsectarian) (Serving MD, DC & VA)	Medical Assistance	Sliding Fee	Private Insurance	301-881-3700
Pastoral Counseling & Care Ministries (Silver Spring, ext.3 & Bethesda, ext. 2 or 6)		Sliding Fee	Private Insurance	888-626-2273
Pastoral Counseling & Consultation Centers of Greater Washington (MD, DC & VA)		Sliding Fee	Private Insurance	202-449-3789
Reginald S. Lourie Center for Infants and Young Children (Rockville, MD)	Medicaid		Some Insurance	301-984-4444
Washington & Waldorf Pastoral Counseling Service (15+ locations in MD & DC)	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.

Montgomery County Hotline	301-738-2255	National Suicide Prevention Lifeline & Veterans Crisis	800-273-TALK (8255)
MHA Military Outreach Helpline (M-F, 9-4pm)	301-738-7176	For Hearing and Speech Impaired with TTY Equipment	800-799-4TTY (4889)
Montgomery County Youth Crisis Line	301-738-9697	Red Nacional de Prevención del Suicidio	888-628-9454
Maryland Youth Crisis Line	800-422-0009	Relay Service for the Deaf	800-735-2258
Montgomery County Crisis Center	240-777-4000	211 Maryland	866-411-6803 or 211
		Crisis Link Hotline	703-527-4077

SELF-HELP & SUPPORT GROUPS

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

Depression and Bipolar Support Alliance	800-82-NDMDA(63632)	National Alliance for the Mentally Ill – Mo. Co.	301-949-5852
National Alliance for the Mentally Ill	800-950-NAMI (6264)	Mental Health America	800-969-NMHA (6642)

HOSPITALS

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

Children's National Medical Ctr.	Rockville, MD	301-765-5440	Montgomery General Hospital	Olney, MD	301-774-8800
Doctors Community Hospital	Lanham, MD	301-552-8118	Adventist Behavioral Health	Rockville, MD	301-251-4500
G.W. University Hospital	Washington, DC	202-741-2888	Psychiatric Institute of Washington	Washington, DC	202-885-5600
Georgetown University Hosp.	Washington, DC	202-944-5400	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	Northern 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

GUIDE Program at Family Services: Community-Based Youth Services (Gaithersburg/Olney)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	240-683-6580
GUIDE Upcounty Program at Family Services: Community-Based Youth Services (Damascus, Northwest, Poolesville, Quince Orchard, Seneca Valley, Clarksburg HS)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	301-972-0307
Kensington Wheaton Youth Services/MHA (Einstein, Kennedy, Wheaton HS)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	301-933-2818
Rockville Youth & Family Services Bureau (Richard Montgomery, Rockville, Wootton HS)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	240-314-8310
YMCA Youth & Family Services (Bethesda-Chevy Chase, Blair, Blake, BCC, Churchill, Paint Branch, Springbrook, Walter Johnson, Whitman HS)	Medicaid	Sliding Fee & Free Services	No Private Insurance	301-593-1160

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