



Your mental wellness.  
Our mission.

## MENTAL HEALTH RESOURCES FOR MONTGOMERY COUNTY

### Montgomery County Crisis Center

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, 1301 Piccard Drive, Rockville, MD  
240.777.4000

### Montgomery County Access to Behavioral Health Services

Assistance with obtaining appropriate outpatient mental health or substance abuse services for individuals eligible through the public behavioral health system.

#### Walk-In assessments and evaluation

Monday - Friday at 9:00 am or 1:00 pm  
255 Rockville Pike, Suite 145, Rockville, MD  
240.777.1770 or 240.777.4710 (Administrative Line)

### Optum Maryland

Implements the public mental health system for individuals with Medicaid and individuals who receive state subsidizations for services.  
1.800.888.1965

### Mental Health Services for Seniors & Persons with Disabilities

240.777.3990

### Childlink

Information and referral service for children birth to 5 years old and their families.  
240.777.4769

### Montgomery County Screenings/Assessment Services for Children/Adolescents (SASCA)

240.777.1430

### 2-1-1 Maryland

(2-1-1 Metro-DC & 2-1-1, Virginia is also available)

Link to community health and human resources statewide, 24 hours a day, 7 days a week (free, in over 180 languages). Database with over 5,000 organizations and programs across the state at [www.211md.org](http://www.211md.org).

## AREA HOTLINES

24-Hour Info, Resources, Supportive Listening and Crisis Intervention

### Montgomery County Hotline

301.738.2255

### Montgomery County Youth Crisis Line

301.738.9697

### ServingTogether (program of EveryMind for Military & Veterans)

1.855.738.7176

### DC Access Helpline

1.888.793.4357

### For Hearing & Speech Impaired with TTY Equipment

1.800.799.4889

### Maryland Crisis Connect

2-1-1, press 1

### National Suicide Prevention Lifeline & Veterans Crisis

1.800.273.8255, Veterans press 1

### Northern Virginia Crisis Link Hotline

703.527.4077 or text "connect" to 855.11

### Relay Service for the Deaf

1.800.735.2258

## SELF-HELP & SUPPORT GROUPS

Call to find a group near you

### Depression & Bipolar Support Alliance

1.800.826.3632

### National Alliance on Mental Illness

1.800.950.6264

### Mental Health America

1.800.969.6642



## NONPROFIT PROFESSIONAL MENTAL HEALTH SERVICES

### **Affiliated Santé Group**

*Medicaid, self-pay*  
Silver Spring, MD  
301.589.2303

### **Andromeda Transcultural Health Center**

*Medicaid, sliding scale, private insurance*  
NW Washington, DC  
202.291.4707

### **Aspire Counseling**

*Medicaid, Medicare, sliding scale, private insurance*  
Montgomery County  
301.978.9750

### **Catholic Charities (Non-Sectarian)**

*Medicaid, sliding scale, private insurance*  
Rockville, Gaithersburg, Silver Spring and  
Wheaton, MD  
301.942.1790

### **Cornerstone Montgomery**

*Medicaid, private insurance*  
Bethesda, MD  
301.493.4200

### **Family Services, Inc.**

*Medicaid, private insurance*  
Gaithersburg, MD  
301.840.2000

### **Jewish Social Service Agency (Non-Sectarian)**

*Medicaid, sliding scale, private insurance*  
Maryland, DC and Virginia  
301.816.2633

### **Mary's Center**

*Medicaid, Medicare, sliding scale, private insurance*  
Maryland and DC  
1.844.796.2797

### **Pastoral Counseling & Consultation Centers of Greater Washington-The Imago Center of Greater Washington**

*Sliding scale, private insurance*  
Maryland, DC and Virginia  
202.670.5065

### **Lourie Center for Children's Social and Emotional Wellness**

*Medicaid, some insurance*  
Rockville, MD  
301.984.4444

### **Willow Oak Therapy Center**

*Medicaid, sliding scale, private insurance*  
Rockville, MD  
301.251.8965

## YOUTH SERVICES CENTERS BY SERVICE AREA

*These facilities all accept Medicaid or sliding scale payment.*

### **EveryMind Youth & Family Services**

Serving Einstein, Kennedy, Wheaton, Edison HS  
and their feeder schools  
301.933.2818

### **Family Services, Inc.**

Serving Gaithersburg and Olney  
240.683.6580

Serving Damascus, Northwest, Poolesville, Quince  
Orchard, Seneca Valley, Clarksburg HS and their  
feeder schools  
301.972.0307

### **Rockville Youth & Family Services**

Serving Richard Montgomery, Rockville,  
Wootton HS and their feeder schools  
240.314.8310

### **YMCA Youth & Family Services**

Serving Bethesda-Chevy Chase, Blair, Blake,  
Churchill, Paint Branch, Springbrook, Walter  
Johnson, Whitman HS and their feeder schools  
301.593.1160

## HOSPITALS

Inpatient and/or Outpatient Treatment and  
Doctor Referrals

### **Adventist HealthCare**

Rockville, MD  
301.251.4500

### **Children's National Medical Center**

Rockville, MD  
301.762.2424

### **Holy Cross Hospital**

Silver Spring and Germantown, MD  
301.754.8800

### **MedStar Montgomery Medical Center**

Olney, MD  
301.774.8882

### **Suburban Hospital**

Bethesda, MD  
301.896.3100

### **Washington Adventist Hospital**

Silver Spring, MD  
240.637.4000



## RECURSOS DE SALUD MENTAL PARA EL CONDADO DE MONTGOMERY

### Montgomery County Crisis Center (Centro de crisis)

Respuesta inmediata a crisis de salud mental y circunstancial vía telefónica, servicios sin previa cita y servicio móvil de divulgación. Abierto las 24 horas del día, 7 días de la semana 1301 Piccard Drive, Rockville, MD 240.777.4000

### Montgomery County Access to Behavioral Health

**Services (Servicios de salud del comportamiento)** Apoyo para obtener los servicios adecuados de salud mental ambulatoria o de abuso de sustancias para personas admisibles a través del sistema público de salud del comportamiento.

#### Valoraciones y evaluaciones sin previa cita

lunes - viernes a las 9:00 am o 1:00 pm  
255 Rockville Pike, Suite 145, Rockville, MD  
240.777.1770 o 240.777.4710 (Administrative Line)

### Optum Maryland

Implementa el sistema público de salud mental para personas con Medicaid y personas que reciben subsidio del estado para recibir estos servicios. 1.800.888.1965

### Mental Health Services for Seniors & Persons with Disabilities (Servicios de salud mental para personas mayores y personas con discapacidad)

240.777.3990

### Childlink (Servicios de infancia temprana)

Información y servicios de referencia para niños desde el nacimiento hasta los cinco años y para sus familias. 240.777.4769

### Montgomery County Screenings/Assessment Services for Children/Adolescents (Servicios de diagnóstico/evaluación para niños/adolescentes) (SASCA)

240.777.1430

### 2-1-1 Maryland

**(2-1-1 Metro-DC & 2-1-1 Virginia también disponible)** Vincula a la comunidad a recursos de salud y humanos en todo el estado, las 24 horas al día, los 7 días de la semana (gratis, en más de 180 idiomas). Las bases de datos con más de 5,000 organizaciones y programas a lo largo del estado en [www.211md.org](http://www.211md.org)

## LÍNEAS DIRECTAS DEL ÁREA

Información, recursos y conversaciones de apoyo las 24-horas

### Montgomery County Hotline (Línea directa)

301.738.2255

### Montgomery County Youth Crisis Line (Línea de crisis para jóvenes)

301.738.9697

### ServingTogether (programa de EveryMind para militares y veteranos)

1.855.738.7176

### DC Access Helpline (Línea de asistencia)

1.888.793.4357

### For Hearing & Speech Impaired with TTY Equipment (Línea directa con equipo de teletipo para personas con deficiencias auditivas y del habla)

1.800.799.4889

### Maryland Crisis Connect

2-1-1, prensa 1

### National Suicide Prevention Lifeline & Veterans Crisis (Línea de prevención del suicidio y crisis de veteranos)

1.800.273.8255, Veteranos presionen 1

### Northern Virginia Crisis Link Hotline (Línea directa de crisis para el norte de Virginia)

703.527.4077 o mande mensaje de texto "connect" a 855.11

### Red Nacional de Prevención del Suicidio

1.888.628.9454

### Relay Service for the Deaf (Servicio para las personas con deficiencia auditiva)

1.800.735.2258

## GRUPOS DE AUTOAYUDA & APOYO

Llama para encontrar un grupo cerca de ti

### Depression & Bipolar Support Alliance (Apoyo para depresión y trastorno bipolar)

1.800.826.3632

### National Alliance on Mental Illness (Trastorno mental)

1.800.950.6264

### Mental Health America (Salud mental)

1.800.969.6642



## SERVICIOS NO LUCRATIVOS DE SALUD MENTAL

### **Affiliated Santé Group**

*Medicaid, pagos a cargo del paciente*  
Silver Spring, MD  
301.589.2303

### **Andromeda Transcultural Health Center**

*Medicaid, escala proporcional, seguro privado NW*  
Washington, DC  
202.291.4707

### **Aspire Counseling**

*Medicaid, Medicare, escala proporcional, seguro privado*  
Montgomery County  
301.978.9750

### **Catholic Charities (Caridades Catolicas)**

*Medicaid, escala proporcional, seguro privado*  
Rockville, Gaithersburg, Silver Spring and  
Wheaton, MD  
301.942.1790

### **Cornerstone Montgomery**

*Medicaid, seguro privado*  
Bethesda, MD  
301.493.4200

### **Family Services, Inc.**

*Medicaid, seguro privado*  
Gaithersburg, MD  
301.840.2000

### **Jewish Social Service Agency (No Sectario)**

*Medicaid, escala proporcional, seguro privado*  
Maryland, DC and Virginia  
301.816.2633

### **Mary's Center**

*Medicaid, Medicare, escala proporcional, seguro privado*  
Maryland and DC  
1.844.796.2797

### **Pastoral Counseling & Consultation Centers of Greater Washington (Asesoría pastoral & centros de consulta)-The Imago Center of Greater Washington**

*Escala proporcional, seguro privado*  
Maryland, DC and Virginia  
202.670.5065

### **The Lourie Center for Children's Social and Emotional Wellness**

*Medicaid, algunos seguros*  
Rockville, MD  
301.984.4444

### **Willow Oak Therapy Center**

*Medicaid, escala proporcional, seguro privado*  
Rockville, MD  
301.251.8965

## CENTROS DE SERVICIOS PARA JOVENES Y FAMILIAS POR ÁREA DE SERVICIO

*Todos estos centros aceptan Medicaid o pagos de escala proporcional y ofrecen apoyo y servicios para salud mental.*

### **EveryMind Youth & Family Services**

Sirve a las escuelas secundarias Edison, Einstein, Kennedy, Wheaton y a las escuelas que envían estudiantes allí  
301.933.2818

### **Family Services, Inc.**

Sirve a Gaithersburg y Olney  
240.683.6580

Sirve a las escuelas secundarias Damascus, Northwest, Poolesville, Quince Orchard, Seneca Valley, Clarksburg y a las escuelas que envían estudiantes allí  
301.972.0307

### **Rockville Youth & Family Services**

Sirve a las escuelas secundarias Richard Montgomery, Rockville, Wootton y a las escuelas que envían estudiantes allí  
240.314.8310

### **YMCA Youth & Family Services**

Sirve a las escuelas secundarias Bethesda-Chevy Chase, Blair, Blake, Churchill, Paint Branch, Springbrook, Walter Johnson, Whitman y a las escuelas que envían estudiantes allí  
301.593.1160

## HOSPITALES

**Tratamientos y referencias a doctores para pacientes internos y/o externos**

### **Adventist HealthCare**

Rockville, MD  
301.251.4500

### **Children's National Medical Center**

Rockville, MD  
301.762.2424

### **Holy Cross Hospital**

Silver Spring and Germantown, MD  
301.754.8800

### **MedStar Montgomery Medical Center**

Olney, MD  
301.774.8882

### **Suburban Hospital**

Bethesda, MD  
301.896.3100

### **Washington Adventist Hospital**

Silver Spring, MD  
240.637.4000