Newly arrived families, children, and youth may have different needs. Some of those include:

- Having a sense of community
- After school activities/mentorship (Therapeutic Recreation program)
- Food security
- Therapeutic services (Linkages to Learning, Counseling Services, SCYS)
- Assistance with acculturation
- Access to health care
- Access to legal services
- People becoming aware that the families, children, and youth may have been exposed to trauma, family loss, uncertain legal future, and cultural adjustment.
Resources in Montgomery County

**MENTAL HEALTH RESOURCES FOR MONTGOMERY COUNTY**

Montgomery County Crisis Center
Immediate response to mental health and suicidal crises through telephone, walk-in and mobile outreach services. Open 7 days a week, 365 days a year. 24 hours a day, 7 days a week, in over 250 different languages. Call 24 hours a day.

Montgomery County Access to Behavioral Health Services
Assistance with obtaining appropriate low-cost mental health/police services for individuals eligible through the public behavioral health system.

Walk-in assessments and evaluation
Monday - Friday, 9:00 am or 1:00 pm
255 Rockville Pike, Suite 114, Rockville, MD
301-777-1775 or 301-777-9797 (Administration Line)

Options Maryland
Implements the public mental health systems for individuals and families who receive state subsidies for services.

1-800-999-9955

Mental Health Services for Seniors & Persons with Disabilities
240-777-2000

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

240-777-4700

Montgomery County Community Services/Assessment Services for Children/Adolescents (SASCA)
240-777-1420

**AREA HOTLINES**

24-Hour Hotline, Resource, Support/Line

**NONPROFIT PROFESSIONAL MENTAL HEALTH SERVICES**

Affiliated Saint-Group
Medical Services
Silver Spring, MD
301-948-2050

Androedea Transcultural Health Center
Medical, dental, psychiatry, primary care
8130 Wisconsin Ave, Suite 100
Bethesda, MD 20814

Aspen Counseling
Medical, Psychological, addiction, primary care
301-779-9880

Catholic Charities (Non-Profit)
Medical, mental health
2517 Research Blvd, Suite 400
Silver Spring, MD 20904

Northern Virginia Crisis Line Hotline
703-527-4017 or call “connect” to 888-511

Relay Service for the Deaf
1-800-715-2500

**SELF-HELP & SUPPORT GROUPS**

Call to find a group near you

Depression & Bipolar Support Alliance
1-800-826-3652

National Alliance on Mental Illness
1-800-953-3554

Mental Health America
1-800-953-3554

**YOUTH SERVICES CENTERS BY SERVICE AREA**

**HOSPITALS**

Adventist HealthCare
Rockville, MD
301-215-4080

Children’s National Medical Center
Rockville, MD 20850

Holy Cross Hospital
Silver Spring and Rockville, MD
301-730-2300

MedStar Montgomery Medical Center
Clarksburg, MD
301-779-3000

Suburban Hospital
Bethesda, MD
301-986-3900

Washington Adventist Hospital
Silver Spring, MD
240-493-4000

**Therapeutic Recreation Program**

EveryMind’s School and Community Youth Services department has started a new program in response to the high volume of children experiencing social isolation as a result of the COVID-19 pandemic. This program is designed to help kids transition back to in-person learning, immerse kids into communities, and bring families together by promoting mental health awareness.

**What is our focus?**

Children in grades K-12 in Montgomery County.

**Availability:**

Weekdays from 8am-7pm. Weekends, by appointment only.

**Types of activities:**

Sports, mentoring, performance arts, visual arts, yoga, meditation, puzzles, cooking classes, and much more!

**How can our program help your student(s)?**

Our services help identify and address the needs of at-risk children and their families. The goal of this program is to provide students with additional support in light of the many impacts caused by COVID-19 such as difficulty with virtual class, loss of a loved one, depression, anxiety. etc.

Every activity is evidence-based and designed to support mental health, socialization, coping skills, and stress management.

Together, we can support our community’s overall wellness.

For more information, call 301-424-0656 ext. 507.

Or, email tcare@every-mind.org