

# Social Emotional Needs

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 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



## 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.

### Who do we serve?

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!

Services can be based at home, in the community, or at school.

Our **Therapeutic Recreational Specialist** will facilitate recreational and activity-based interventions which address the needs and interests of each individual or group of students.

### How could this 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, wellness, 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 [tzarate@every-mind.org](mailto:tzarate@every-mind.org)