

This brochure lists many options for counseling and psychiatric services.

If you need help connecting to services, please contact your provider.

You can also call the Member Services phone number on your insurance card to be connected to services in your health plan.

No health insurance? Don't have any transportation? Can't afford treatment? Can't find a provider in your community that accepts your insurance?

We can work with you to decrease barriers to getting the treatment you need.

Just let your provider know!

Outpatient Mental Health Providers

Counselors provide talk therapy and coaching to help individuals/families/groups manage their stress, redirect disturbing emotions and set goals for themselves. Services may be provided by:
Clinical Social Workers (LCSW-C)
Professional Counselors (LCPC)
Psychologists (PhD, PsyD)

Psychiatrists prescribe medications to help treat mental health disorders. Psychiatric medications can help correct imbalances in brain chemistry. Individuals meet with their psychiatrist for ongoing medication management. Services may be provided by:
Doctor of Medicine (MD)
Certified Nurse Practitioner (CRNP)

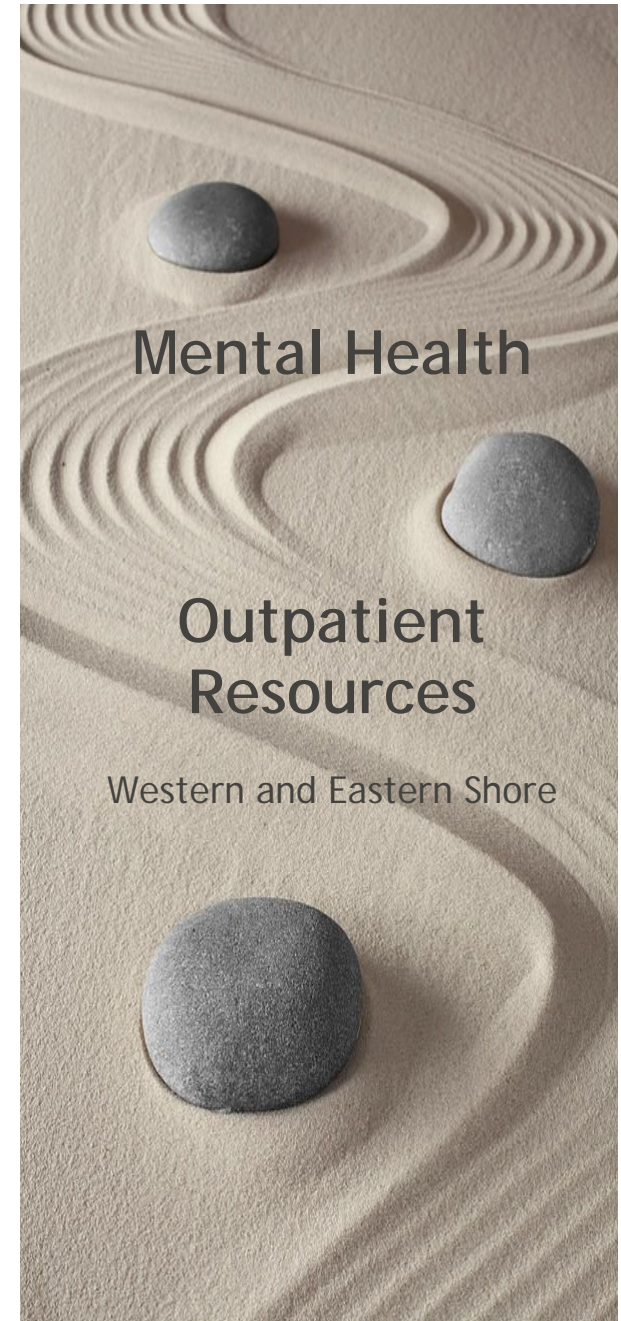
If you or someone you know is in crisis or thinking of suicide, get help quickly. Call 911 or go to the nearest emergency room.

**24-hour suicide hotline in Maryland
1-800-422-0009**

We do not prefer one provider over another; this was created for the sole purpose of providing patients with community resources.



Collaborative Care Network



Prior to your first appointment, confirm the provider accepts your insurance carrier and if a referral is required. Do you have CareFirst? If so, please call 1-800-245-7013. Your CareFirst representative has relationships with in-network providers to get you an appointment quicker and will even schedule the appointment for you. Do you have Cigna? For Mental Health Referrals, call 1-855-873-6189. Your call will be routed through Cigna East Advocates.

PROVIDER	LOCATION			MEDICAID	MEDICARE
<u>AAMG Mental Health Specialists</u> Mental Health Evaluations, Medication Management, Psychotherapy Age 5+ and Adult	2635 Riva Road, Suite 108 Annapolis, MD 21401 410 573 9000			Yes	Yes
<u>Andrew T. Gergely & Associates</u> Counseling & Psychiatry Children 5+ and Adults	137 Mitchell's Chance Road, Suite 260 Edgewater, MD 21037 410-956-5300	3175 West Ward Road, Suite 200 Dunkirk, MD 20754 410-286-0664		Yes	Yes
<u>Arundel Lodge</u> Counseling & Psychiatry Children and Adults	2600 Solomons Island Road Edgewater, MD 21037 443-433-5900			Yes	Yes
<u>BTST Services</u> Counseling & Psychiatry Children and Adults	1900 N Howard Street, Suite 300 Baltimore, MD 21218 443-438-6742	9701 Philadelphia Court, Suite R Lanham, MD 20706 301-477-3339		Yes	
<u>Columbia Counseling Center</u> Counseling & Psychiatry Children and Adults	5525 Twin Knolls Road, Suite 327 Columbia, MD 21045 410-992-9149				
<u>Committed to Change</u> Counseling & Psychiatry Children 6+ and Adults	420 Chinquapin Round Road Suite 2i Annapolis, MD 21401 410-990-1811	200 Glenn Street Cumberland, MD 21502 440-580-1919		Yes	
<u>Corsica River Mental Health, Inc.</u> Counseling & Psychiatry Children and Adults	120 Banjo Lane Centreville, MD 21617 To make an appointment: 410-758-2211; 443-225-5780; 410-745-8028	933 South Talbot St. St. Michaels, MD 21663	502 Poplar Street Cambridge, MD 21613	Yes	Yes
<u>Eastern Shore Psychological Services (ESPS)</u> Counseling & Psychiatry Children and Adults	1113 Healthway Dr. Salisbury, MD 21804 410-334-6961	29520 Canvasback Dr. Easton, MD 21601 410-822-5007		Yes	Yes
	11120 Somerset Ave. Princess Anne, MD 21853 410-651-4200	315 High St. Suite 201 Chestertown, MD 21620 443-282-0102; 443-282-0104			
<u>Four All Seasons</u> Counseling & Psychiatry Children and Adults	For appointments and address locations: 410-822-1018 (Easton, Cambridge, Chestertown, Denton, Queenstown For All Seasons Hot Line: 1-800-310-7273 Mobile Crisis: 1-888-407-8018			Yes	Yes
<u>Greater Washington Psychiatry and Counseling</u> Counseling & Psychiatry Children 5+ and Adult	7474 Greenway Center Drive, Suite 700-A Greenbelt, MD 20770 301-969-4090			Yes	Yes
<u>JMJ Healthcare Services</u> Counseling & Psychiatry Children 13+ and Adults	3327 Superior Lane, Suite Bowie, MD 20715 240-233-2341			✓ psychiatry only	✓ psychiatry only
<u>My Mental Health</u> Counseling & Psychiatry Adults	1600 Crain Hwy South, Suite 503 Glen Burnie, MD 21061 Appointments: 443-354-1200	218 N Washington St., Suite 050 Easton, MD 21601	8865 Stanford Blvd., Suite 121 Columbia, MD 21045		Yes
<u>Oasis Mental Health</u> URGENT Counseling & Psychiatry Children and Adults	175 Admiral Cochrane Drive, Suite 110 Annapolis, MD 21401 410-571-0888				
<u>Omni House Outpatient Mental Health</u> Counseling & Psychiatry Adults	Outpatient Program 1419 Madison Park Dr. Glen Burnie, MD 21061 410-768-2719 ext. 212	Day Program 7440 Baltimore Annapolis Blvd. Glen Burnie, MD 21061 410-768-6778		Yes	Yes
<u>TIME</u> Counseling & Psychiatry Children and Adults	2901 Druid Park Drive Suite A202 Baltimore, MD, 21215 443-872-2230			Yes	

