Mental Health Resources

*If you have thoughts of harm to yourself/anyone else or have an urgent psychiatric need, please head to the nearest emergency room or call 988. If you have a medical emergency please call 911.

*For non-urgent Mental Health needs, please contact your insurance company and see if they have a mental health resource list of covered providers in your area. Otherwise, please consult the list below.

Crisis help

- Oasis Crisis center 410-571-0888: Annapolis (24-48 hours, Spanish speaking also) No Medicaid
- LH AAMC ER 443-481-1000: Annapolis
- Anne Arundel County Mobile Crisis 410-768-5522: Glen Burnie
- UMMS BWMC ER 410-787-4306: Glen Burnie
- For All Seasons Inc. 410-820-5600
- Eastern Shore Mobile Crisis 1-888-407-8018

Pasadena/Glen Burnie/Millersville

Psychiatrist:

- Family Intervention Partners 410-766-7300: Glen Burnie (They accept Medicaid)
- M&M Behavioral Health Solutions 410-766-6624 (Takes PP Ins)
- Relational Excellence 410-768-4386 (Takes Priority Partners Ins)

Counselors/Psychologists:

- Pasadena Center for Counseling 410-360-4774
- Heather Silver 410-294-0152: Pasadena
- Francesca Brooks 410-360-7093: Pasadena
- GBCC 410-760-9079: Glen Burnie (No Medicaid)
- Anne Arundel counseling 410-768-5988 (They take Medicaid but no providers currently available for new patients right now)
- Courtney Bianchi 443-354-8630: Linthicum (limited availability, Care First, UHC, Cigna, Medicare) No Medicaid. (Telehealth starting Dec)
- Lauren Williams: 410-987-3448-Millersville msbcounselingservices100@gmail.com;

Annapolis

Psychiatrists:

- Anne Arundel Medical Group 410-573-9000
- The Maryland Centers For Psychiatry 410-266-9230 (No Ins) Self-pay w/detailed invoice $400 1 hour and f/u $225.
- Life Stance 410-757-2077, [www.lifestnce.com](http://www.lifestnce.com) (No Medicaid)
- Waypoint Wellness Center 410-684-3806 (Severna Park & Linthicum too)

Counselors/Psychologists:

- Arundel Lodge Urgent Care 443-590-3224 (psychiatry/counseling) Sajak @ LH # 460
- SilverLeaf Counseling 410-294-0152 -Heather Silver & associates (PPD, perinatal depression, perinatal loss)
- Safe Harbor Christian Counseling 1-800-305-2089 (Takes Medicaid, telemedicine mostly)
- Oasis (counselors/Psychiatrists) 410-571-0888 (BCBS, Aetna, Cigna, Johns Hopkins, USFHP)
- Cheryl Rubenstein 301-461-1717 (No ins, takes HSA, [www.csrubenstein.com](http://www.csrubenstein.com))
- Bayshore Counseling 410-266-9747 (Only Medicare, Cash-Pay $120-150 for 1st app)
- Dara Alewine, LCSW 410-941-8616 (No Ins., takes HSA, Cash-pay $140+/appt)
- Progression Counseling 410-339-1979 (Elizabeth Cush, free 15 min consult, cash-pay, no Ins, tele-med, perimenopause/ menopause)
- The CARE Practice 410-266-0019
- Committed To Change 410-990-1811, [www.committedtochange.com](http://www.committedtochange.com)
- Anchored Hope Therapy 443-291-8090, [https://anchoredhopetherapy.com/](https://anchoredhopetherapy.com/) (self-pay or submit to ins)
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**Eastern Shore**

**Psychiatrist/Counseling:**
- For All Seasons 410-822-1018: multiple locations
- Community Behavioral Health-Easton (Psychiatry as well, telehealth) 844-224-5264 [www.communitybehavioralhealth.net](http://www.communitybehavioralhealth.net)
- Bridges Behavioral Health & Wellness 410-758-8750: Centreville (Pt’s have to call) Takes PP Ins.

**Edgewater/Arnold/Severna Park**

**Psychiatrist:**
- Carroll Counseling 410-315-9350: Severna Park (Aetna, BCBS, Cigna, UHC, No Medicaid)

**Psychologist:**
- Arundel Lodge 443-433-5900: Edgewater
- Park Wellness Group 410-216-4421 [https://www.parkwellnessgroup.com](https://www.parkwellnessgroup.com)
- Open Counseling YWCA 410-626-7800: Arnold
- Brady Mental Health/Wellness 410-303-3438: Arnold (Telemedicine, no Ins.) [www.bradymentalhealth.com](http://www.bradymentalhealth.com)
- Family services 410-571-8341: Severna Park
- My Mental Health 443-354-1200: Severna Park (No Medicaid)

**Southern Maryland**

**Psychiatry/Counseling**
- Pathways 301-373-3065
- Vesta Inc. 301-863-4543
- Shanti Medical Center 301-475-9999
- Calvert Health Dept. 410-535-5400 ext. 1
- Venera Miller 410-535-6520 (Self-pay, drug addiction, psychiatry, counseling-telehealth)

**Baltimore/Frederick**

**Psychiatrist/Counseling:**
- Johns Hopkins Department of Psychiatry and Behavioral Sciences 410-955-5212 (Takes Medicaid) 4-6 week wait for JH Bayview
- Springboard Community Services 410-366-1980: Baltimore
- Allied Counseling: Frederick 301-698-7077
- Outpatient mental health in Frederick through Sheppard Pratt 301-663-8263

**More Resources**

- [https://www.psychologytoday.com/us](https://www.psychologytoday.com/us)
- SoHo Medical: 212-369-6757. [www.sohomd.com](http://www.sohomd.com) (telmedicine only)
- [www.betterhelp.com](http://www.betterhelp.com) (telemetry only)
- [www.postpartum.net](http://www.postpartum.net)
- [www.healthynewmoms.org](http://www.healthynewmoms.org)
- Post-Partum Depression Support Group Doordan Institute, Belcher Pavilion, 7th Floor. Contact: 443-481-6122 or [birthandbaby@aahs.org](mailto:birthandbaby@aahs.org)
- Perinatal Loss Support 1st Monday, 7pm St. Andrews United Methodist Church Contact: Ann O'Sullivan, 410-570-2164
- LifeStance 410-757-2077 (Multiple locations and telemedicine, Takes many insurances, [www.lifestance.com](http://www.lifestance.com) No Medicaid)
- Maternal Mental Health 1-833-943-5746
- [www.mentalhealthmatch.com](http://www.mentalhealthmatch.com)
- Holistic Healing for Emerging Adults [holistichealingforyoungadults.com](http://holistichealingforyoungadults.com)