



LOCAL EMERGENCY MENTAL HEALTH RESOURCES

NATIONAL SUICIDE PREVENTION HOTLINES

- NATIONAL SUICIDE PREVENTION LIFELINE
 - 24-hour Hotline (to call or text-message): **988**
Note: this was formerly (800) 273-TALK (800-273-8255) , and that number will continue to function indefinitely
 - En Español: (888) 628-9454
 - For Deaf and Hard of Hearing: (800) 799-4889 (also note chat option on the website)
 - Online: <https://988lifeline.org/> or www.suicidepreventionlifeline.org
⇒ For suicidal individuals or those concerned; refers callers to crisis centers in their area

- NATIONAL SUICIDE HOTLINE
 - 24-hour Hotline: (800) SUICIDE (800-784-2433)

STATEWIDE HOTLINE (SERVING ALL OF MARYLAND)

- MARYLAND HELPLINE (FORMERLY THE MARYLAND CRISIS HOTLINE)
 - 24-hour Hotline: (800) 422-0009
 - Or call 211 and select option 1
 - Or text your zip code to 898-211
 - Or visit <https://211MD.org>
⇒ Available 24 hours a day, 7 days a week, serving all of Maryland in English and Spanish – and over 180 languages, total
⇒ More information can be found at
<https://health.maryland.gov/suicideprevention/Pages/Maryland-Crisis-Hotline.aspx>
and
<https://health.maryland.gov/suicideprevention/Pages/aboutus.aspx>

ANNE ARUNDEL COUNTY

- ANNE ARUNDEL COUNTY MENTAL HEALTH AGENCY, INC.
 - Crisis Warmline: (410) 768-5522 (24 hours a day, 7 days a week)
 - Online: <http://www.aamentalhealth.org/crisisresponsesystem.cfm>
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
⇒ Mobile Crisis Teams/Crisis Response Teams available throughout the county from 10:00am to midnight, Sunday through Thursday, and from 10:00am to 2:30am on Friday and Saturday
⇒ Adult services: http://www.aamentalhealth.org/pr_adults.cfm
⇒ Child/adolescent services: http://www.aamentalhealth.org/pr_children_adolescents.cfm

BALTIMORE CITY

- BALTIMORE CRISIS RESPONSE, INC. (BCRI)
 - 24-hour Crisis, Information, and Referral Line: (410) 433-5175 (serving all ages)
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Administration phone: (410) 433-5255 (*Please use hotline above for emergencies.*)
 - Online: www.bcresponse.org and <https://www.bhsbaltimore.org/find-help/in-crisis/>
 - ⇒ Hotline also connects to BCRI's Mobile Crisis Team, available 7am-midnight every day
 - ⇒ Emergency assistance and mental health and substance use information, counseling, and referrals

- PSYCHIATRIC EMERGENCY SERVICES (PES) AT UNIVERSITY OF MARYLAND MEDICAL CENTER
 - Phone: (410) 328-1219
 - Online: <https://www.umms.org/ummc/health-services/emergency/psychiatric>
 - Address: 22 S. Greene Street, Twelfth Floor, North Elevators, Baltimore, MD 21201
 - ⇒ Psychiatric emergency room serving people 18 years old and up (on either a voluntary or involuntary basis)
 - ⇒ This is a 24-hour-a-day service but you may call for an appointment

BALTIMORE COUNTY

- BALTIMORE COUNTY CRISIS RESPONSE SYSTEM (BCCRS), THROUGH THE AFFILIATE SANTÉ GROUP
 - 24-hour Crisis Hotline: (410) 931-2214 (24 hours a day, 7 days a week)
 - Online: <https://www.thesantegroup.org/baltimore-county-crisis-services>
and
www.baltimorecountymd.gov/Agencies/health/healthservices/mental/mhsvc.html#emergencymentalhealth
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - ⇒ Hotline connects to Baltimore County's Mobile Crisis Team (part of the Behavioral Assessment Unit under the Baltimore County Crisis Response System), available 24 hours a day to help stabilize an individual or family (all ages)
 - ⇒ Hotline also provides support, information, and access to assessment, triage, care management, and referral

- SHEPPARD PRATT CRISIS WALK-IN CLINIC
 - Phone: (410) 938-5302
 - Online: www.sheppardpratt.org/care-finder/crisis-walk-in-clinic/
 - Address: 6501 N. Charles Street, Baltimore, MD, 21204
 - ⇒ Located in the crisis suite within the Weinberg Building of the Towson Campus.
 - ⇒ Hours: Monday-Friday, 10:00am-9:00pm; Saturday 1:00pm-5:00pm; closed Sundays. (*Please consult website for the most up-to-date hours.*)
 - ⇒ Individuals are evaluated by a licensed clinician. They provide referrals to appropriate levels of care. Serving all ages.
 - ⇒ Per clinic website, people receiving services here must be doing so voluntarily, be medically stable, be free from drugs or alcohol, and be able to safely wait for evaluation in an outpatient clinic setting.

CARROLL COUNTY

- CARROLL COUNTY MOBILE CRISIS SERVICES
 - Mobile Crisis Team: (410) 952-9552 (9:00am to midnight, daily)
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Online: <https://www.thesantegroup.org/carroll-county-crisis> and <https://cchd.maryland.gov/3947-2>
 - ⇒ For 24-hour crisis intervention: Call 911 and request that a “CIT Trained Officer” respond to your call (CIT = Crisis Intervention Team). These officers have received specialized behavioral health training to assist people with mental illnesses to help them recognize symptoms and provide assistance as they respond to situations.

EASTERN SHORE

- EASTERN SHORE CRISIS RESOURCE HELPLINE
 - 24-hour Helpline: (888) 407-8018
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Online: <https://www.thesantegroup.org/eastern-shore-crisis>
 - ⇒ Mobile Crisis Teams are located in Cecil, Dorchester, Kent, and Wicomico Counties and cover all nine counties of the Eastern Shore; available 9:00am-midnight, 7 days a week
 - ⇒ Call the 24-hour Helpline for information, referral, or crisis assistance with any mental health issue; serving all ages

FREDERICK COUNTY

- MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY
 - 24-hour Hotline: (866) 411-6803 – serving Frederick County **and all of Western Maryland**
 - 24-hour Hotline: (301) 662-2255 – serving Frederick County
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Online: <https://fcmha.org/how-we-help/24-hour-mha-call-center>
 - ⇒ Mobile Crisis Services and Hotline, serving all ages

HARFORD COUNTY

- THE KLEIN FAMILY HARFORD CRISIS CENTER
(AFFILIATED WITH UNIVERSITY OF MARYLAND UPPER CHESAPEAKE HEALTH)
 - 24-hour Hotline: (410) 874-0711 or (800) NEXT-STEP (800-639-8783)
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Online: <https://harfordcrisiscenter.org/>
 - Address: 802 Baltimore Pike, Bel Air, MD 21014
 - ⇒ 24-hour crisis intervention hotline; Mobile Crisis Team available 24 hours a day
 - ⇒ 24-hour walk-in mental health and addiction services for all ages
 - ⇒ Also offers residential crisis services for adults

HOWARD COUNTY

- GRASSROOTS CRISIS INTERVENTION CENTER
 - 24-hour Hotline: (410) 531-6677
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Online: <https://grassrootscrisis.org/>
 - Address (for walk-in services): 6700 Freetown Road, Columbia, MD 21044
Main phone number: (410) 531-6006
 - ⇒ Hotline provides 24-hour assistance with crisis intervention and supportive counseling; also provides access to the Mobile Crisis Team
 - ⇒ Mobile Crisis Team is available Monday-Friday from 8:00am-11:00pm and Saturday-Sunday from 9:00am-11:00pm (call the hotline above to reach them)
 - ⇒ Serving all ages
 - ⇒ Grassroots also provides a walk-in counseling service; anyone may walk in for counseling services without an appointment at any time, free of charge, and short-term follow-up is offered until the individual is connected with the appropriate resources. Please check the agency's website or call the main phone number for additional details.
 - ⇒ Substance use screenings available on a walk-in basis from 11:00am-7:00pm daily.

MONTGOMERY COUNTY

- MONTGOMERY COUNTY CRISIS CENTER
 - 24-hour Hotline: (240) 777-4000
 - TTY: (240) 777-4815
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Online: <https://www.montgomerycountymd.gov/hhs/programindex/crisisservicesindex.html> ("Crisis Services")
 - ⇒ 24-hour Mobile Crisis Team and Hotline serving all ages
 - ⇒ 24-hour Walk-In Crisis Intervention offered at:
MidCounty DHHS Building, 1301 Piccard Drive, Rockville, MD 20850

PRINCE GEORGE'S COUNTY

- PRINCE GEORGE'S COUNTY CRISIS SERVICES
 - 24-hour Hotline: (301) 429-2185
 - MD Relay Dial: call 211 and select option 1 (for 24-hour help in 180 languages, including English)
 - Substance Use Referrals: (301) 298-2628, ext. 3100
 - Online: <https://www.thesantegroup.org/prince-georges-county-crisis>
 - ⇒ 24-hour hotline provides support and triages callers to Urgent Care, Mobile Crisis Team, or In-Home Intervention; partners with local providers to provide direct services
 - ⇒ Mobile Crisis Team is available from 10:00am-1:00am daily

If you are located in Maryland but do not see your county specified on this list, please call one of the statewide or nationwide hotlines at the top of this document.