

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 (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)
- 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
- Anchored Hope Therapy 443-291-8090, <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
- 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/>
- Open Counseling YWCA 410-626-7800: Arnold
- Brady Mental Health/Wellness 410-303-3438: Arnold (Telemedicine, no Ins.) 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>
- SoHo Medical: 212-369-6757. www.sohomd.com (telemedicine only)
- www.betterhelp.com (telemedicine only)
- www.postpartum.net
- www.healthynewmoms.org
- Post-Partum Depression Support Group Doordan Institute, Belcher Pavilion, 7th Floor. Contact: 443-481-6122 or 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 No Medicaid)
- Maternal Mental Health 1-833-943-5746
- www.mentalhealthmatch.com
- [Holistic Healing for Emerging Adults \(holistichealingforyoungadults.com\)](http://holistichealingforyoungadults.com)