

Mental Health Resources

Mt. Hebron's PTSA Mental Health Committee



CONNECT: Caring for Others is Nice & Needed. Everyone Come Together!

(updated 8/21/2020)

Crisis Information:

	Call	Other
Grassroots in Howard County	410-531-6677	https://www.grassrootscrisis.org/
MD Crisis Help	211	https://211md.org/md-crisis-connect
National Crisis Help	1-800-273-TALK (8255)	Text to 741741

General Information:

Find a Therapist, or Treatment Center, Near You/Verified by Psychology Today	<ul style="list-style-type: none"> • https://www.psychologytoday.com/us/therapists/maryland • https://www.psychologytoday.com/us/treatment-rehab/teens-adolescent-residential/maryland • Specifically for Drug/Alcohol Treatment: https://findtreatment.gov
National Alliance on Mental Illness	<ul style="list-style-type: none"> • Howard County: https://namihowardcounty.org/ (Parent Support Groups in HoCo) • Maryland: http://www.namimd.org/
American Foundation for Suicide Prevention (MD Chapter)	<ul style="list-style-type: none"> • https://afsp.org/chapter/maryland
Howard County Health Department	<ul style="list-style-type: none"> • http://teenhealthmatters.org/ • https://howard.md.networkofcare.org/mh/services/index.aspx

HCPSS– Supporting Mental Health	<ul style="list-style-type: none"> • https://www.hcpss.org/supports/mental-health-wellness/
The Horizon Foundation	<ul style="list-style-type: none"> • https://www.thehorizonfoundation.org/
Congruent Counseling	<ul style="list-style-type: none"> • https://congruentcounseling.com/service/teen-counseling/
Tides of Change Wellness	<ul style="list-style-type: none"> • https://www.tidesofchangewellness.com
Howard County Drug Free	<ul style="list-style-type: none"> • http://www.hcdrugfree.org
Anxiety Treatment Center of Maryland	<ul style="list-style-type: none"> • https://www.anxietymaryland.com
Shepard Pratt	<ul style="list-style-type: none"> • https://www.sheppardpratt.org/
Howard County Local Children’s Board	<ul style="list-style-type: none"> • https://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Boards-and-Commissions/Local-Childrens-Board
Howard County Office of Human Trafficking Prevention	<ul style="list-style-type: none"> • https://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Human-Trafficking-Prevention
Howard County Office of Children and Families/ CARE line	<ul style="list-style-type: none"> • 410-313-CARE (2273) • children@howardcountymd.gov
HopeWorks	<ul style="list-style-type: none"> • www.wearehopeworks.org
Maryland Mental Health Facts:	<ul style="list-style-type: none"> • https://www.hhs.gov/ash/oah/facts-and-stats/national-and-state-data-sheets/adolescent-mental-health-fact-sheets/maryland/index.html

Local Training Classes & Educational Information:

In addition to the resources listed above, you can sign up for mental health trainings and educational sessions for free (or with a nominal charge):

- **Howard County General Hospital**
- **Howard County Community College**

- **Grassroots**