

EDUCATION & VOCATIONAL ASSISTANCE

Family Discovery Center	301 424 2989
MD Multicultural Youth Center	301 495 0441
Montgomery College	
Adult ESOL & GED	240 567 8950
Montgomery College, Evening/Saturday	
High School Program	240 567 5000
MCPS Interim Instructional Services...	240 740 4042

TEEN PARENT SUPPORT PROGRAMS

African American Health Program	
SMILE	240 777 1833
J - Sheppard Pratt	
Healthy Mothers/Healthy Babies	301 840 3733
Crittenton Services	301 565 9333
Early Head Start	
Lourie Ctr / Down County	301 984 4444
FSAI / Up County	240 683 5621
Holy Cross Health	<i>(always busy)</i>
Teen Pregnancy Program	301 754 7619

YOUTH SERVICES SUPPORT PROGRAMS

FSI Youth Services Upcounty	301 972 0307
Identity, Inc.	301 963 5900
Rockville Youth, Fam. & Com. Svcs	240 314 5000
YMCA Youth & Family Services	301 587 5700
Every Mind Youth Services	301 933 2818
Every Mind	301 424 0656

EMERGENCY FOOD AND/OR SUPPLIES

A Wider Circle	301 608 3504
Bethesda Cares	301 907 9244
Bethesda HELP	301 365 2022
C-4 Clothes Closet	301 989 8742
CASA de Maryland	301 431 4185
Catholic Charities	
Gaithersburg	301 740 2523
Silver Spring	301 434 8985
Damascus HELP	301 253 4100
First Baptist Food Closet	301 754 1100
Gaithersburg HELP	301 216 2510
Germantown HELP	301 482 1320
Interfaith Clothing Center	301 424 3796
MANNA Food Center	301 424 1130
Mid-County United Ministry (MUSST)	301 929 8675
Olney HELP	301 774 4334
Rockville HELP	301 564 0800
Salvation Army	301 515 5354
Shepherd's Table	301 585 6463
St. Martin of Tours	301 990 3203
TESS Center	240 773 8260
WUMCO/W Upper MC HELP	301 972 8481



This card is printed and distributed by
Montgomery County Interagency Coalition
on Adolescent Pregnancy (ICAP)

UPDATED JULY 2025

Montgomery County TEEN HELP CARD 2025



www.montgomerycountymd.gov/311

For calls made outside of Montgomery County: 240-777-0311

Maryland Relay 711

ICAP Website

www.mcicap.org

MONTGOMERY COUNTY AREA HEALTH CENTERS

Germantown	240 777 3380
Silver Spring	240 777 3160

MC Office of Eligibility Support Services

Germantown	240 777 3591
Rockville	240 777 3120
Silver Spring	240 777 3066

CRISIS ASSISTANCE & DOMESTIC VIOLENCE

MoCo Crisis Center	240 777 4000
Abused Person Crisis Line	240 777 4673
Alcohol Hotline	800 527 5344
Family Justice Center	240 773 0444
Maryland Youth Crisis Hotline	800 422 0009
MC Hotline	301 738 2255
MC Youth Crisis Hotline	301 738 9697
National Runaway Hotline	800 786 2929
National Suicide Prevention Hotline	800 273 8255

Rape/Sexual Assault Crisis (VASAP) ... 240 777 4357
 The Trevor Lifeline (LGBTQ)..... 866 488 7386
 Suicide Helpline 800 784 2433
 Treehouse Child Assessment Center ... 240 777 4699
 United Way First Call for Help..... 800 492 0618

INFORMATION & REFERRAL

MC Website.....www.montgomerycountymd.gov
 MC Database.....www.infomontgomery.org
 ACCESS to Behavioral Health 240 777 1770
 Child Support Enforcement..... 800 332 6347
 Infant/Early Childhood Mental Health..... 240 777 4769
 Client Services Center for HealthChoice..... 240 777 1635
 Latino Health Initiative..... 240 777 3221
 MC Child Passenger Safety (car seat)... 240 777 2223
 MC Immunization Hotline 240 777 1050
 MD Medicaid for Pregnant Women 800 456 8900
 Mont. Co. Care 4 Kids Program
 Germantown..... 240 777 3591
 Rockville..... 240 777 3120
 Silver Spring..... 240 777 3066
 Su Familia Family Health Helpline
 (Spanish) 866 783 2645

CHILD CARE

Working Parents Assistance Program 240 777 1177
 Children's Resource Center 240 777 3110
 LOCATE Childcare..... 877 261 0060
 Infant/Early Childhood Mental Health..... 240 777 4769

NUTRITION

Early Childhood Services..... 240-777-3110
 SHARE Food Program..... 301 864 3115
 WIC..... 301 762 9426

FAMILY PLANNING INFO & PREGNANCY SVCS.

Montgomery County Area Health Centers
 Germantown 240 777 3380
 Silver Spring..... 240 777 3160
 Mary's Center 240 485 3160
 Planned Parenthood of Gaithersburg 301 208 1300
 Planned Parenthood of Metro. Wash..... 202 347 8512
 STD/HIV/AIDS County Clinic 240 777 1760
 CCI - Silver Spring 301 585 1250
 CCI - Gaithersburg..... 301 216 0880

PARENTING SUPPORT

PADS for families..... 301 439 2900
 Birthright International 800 550 4900
 Ctr. for Adoption Support & Education.. 301 476 8525
 Centro Tepeyac..... 301 946 1022
 Gabriel Project..... 800 264 3565
 Rockville Pregnancy Clinic 301 779 1585
 Shady Grove Pregnancy Center 301 963 6223

GENERAL HEALTH CARE PROGRAMS

Care for Your Health* 240 844 2552
 Children's National Medical Center..... 202 476 5000
 CCI Health & Wellness Center & Dental
 (toll-free)** 866 877 7258

Holy Cross Hospital Health Center* 301 557 1940
 Mansfield Kaseman Clinic* 301 917 6800
 Mary's Center** 240 485 3160
 Mercy Clinic* 240 773 0300
 Mobile Medical Care, Inc.* 301 493 2400
 Muslim Comm. Center Health Clinic*. 301 384 2166
 Pan Asian Volunteer Health Clinic* 240 393 5950
 Proyecto Salud* 301 260 1073
 Catholic Charities** 301 434 8985

* = adults only ** = children & adults

SPECIAL ASSISTANCE OR COUNSELING

Adventist Health Care Germantown
 Emergency Center 301 444 8000
 Caring Matters..... 301 869 4673
 Chesapeake Counseling Associates 301 231 9001
 Conflict Resolution Center of MC 301 652 0717
 Helping Hands..... 301 990 0085
 Holy Cross Germantown Hospital..... 301 557 6000
 Holy Cross Hospital Silver Spring 301 754 7000
 Infants & Toddlers Program 240 777 3997
 Jewish Social Services..... 301 816 2633
 MC Access to Behavioral Health..... 240 777 1770
 Medstar Montgomery Hospital..... 301 774 8882
 Shady Grove Adventist Hospital..... 240 826 6000
 Suburban Hospital 301 896 3100
 Adventist Health Care White Oak..... 240 637 4000
 Women's Cancer Control Program 240 777 1750