

Organization	Telephone	Last Updated (date&time)	Steps to access resource	Eligibility Requirements	Hours	Website	Address	City/State	Zip Code	Notes
<b>Mental and Emotional Health Support</b>										
Advances Behavioral Health (ABH)	301-345-1022	From website-3/23, 6:50pm		see website	call or visit website	<a href="https://www.abhmaryland.com/">https://www.abhmaryland.com/</a>	16220 Frederick Rd Suite 310	Gaithersburg, MD	20877	ABH is a family centered mental health program; specialize in Psychiatry, OffSite Coounseling Services, On-Site therapy, and Thereapeutic Mentoring.
Adventist Healthcare	Main Tel: 301-251-4638					<a href="https://www.adventisthealthcare.com/">https://www.adventisthealthcare.com/</a>	14901 Broschart Road	Rockville, MD	20850	
All Day Medical Care Clinic: Behavioral Health	301-330-0006 301-304-4972 for appointments	From website-3/23, 1:40pm		see website	Call or visit website	<a href="https://www.alldaymedicalcare.com/contents/about-behavioral-health">https://www.alldaymedicalcare.com/contents/about-behavioral-health</a>	702 Russell Ave Suite 100	Gaithersburg, MD	20877	Office offers Telehealth only. Call (301) 304-4972 to schedule an appointment. Office open only for routine visits, occupational care, and behavioral health services only during certain days of the week. See website for more details and information.
BornFree Wellness Centers of America	240-654-4001					<a href="https://www.bornfreewellness.com/">https://www.bornfreewellness.com/</a>	19537 Doctors Drive, Building 3	Germantown, MD	20874	
Child and Adolescent Mental Health Program	240-777-1450		Provide proof of residency, proof of income and/or Medical Assistance card	County residents between the ages of 5 and 18 years of age who have Medical Assistance or no health insurance		<a href="https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSChildAdolMentalHealth-p471.html">https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSChildAdolMentalHealth-p471.html</a>				
Cornerstone Montgomery: Residential crisis	301-715-3673 Headquarters	From website-3/23, 12:53pm		Referral. Call service provider or visit website for more information.	Call or visit website	<a href="https://www.cornerstonemontgomery.org/residential-crisis-services">https://www.cornerstonemontgomery.org/residential-crisis-services</a>	1398 Lambertson Drive	Silver Spring, MD	20902	Cornerstone will maintain services as much as possible. Intake is open for most programs. Clinic open for business; clinic groups are suspended. Transportation services are limited to doctor appointments and essential needs only. Residential Crisis Services open: intakes are limited to Cornerstone Montgomery internal referrals and hospitals with certain restrictions.
EveryMind	301-424-0656	3/19, 7:10 pm, 3/20		see website	see website	<a href="https://www.everymind.org/">https://www.everymind.org/</a>	1000 Twinbrook Parkway	Rockville, MD	20851	This service is free and open to all members of our community. You do not have to be in crisis to connect with us. Reach out even if you are just looking for ways to support someone you are concerned about. Call text: 301-738-2255 chat: <a href="http://suicidepreventionlifeline.org/chat/">http://suicidepreventionlifeline.org/chat/</a> in addition we've compiled a list of resources from trusted organizations to help navigate these difficult times.

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Family Health Center Psychological Services	301-963-7222									
Family Services, Inc.	301-840-2000					<a href="https://www.sheppardpratt.org/family-services-">https://www.sheppardpratt.org/family-services-</a>				
Freedom Center	240-720-3103					<a href="https://www.thefreedomcenter.com/?utm_source=google&amp;utm_medium=organic&amp;utm_campaign=gmb">https://www.thefreedomcenter.com/?utm_source=google&amp;utm_medium=organic&amp;utm_campaign=gmb</a>	202 Perry Parkway, Suite 5	Gaithersburg, MD	20877	
Holy Cross Germantown Hospital	301-557-6860					<a href="https://www.holycrosshealth.org/location/holy-cross-germantown-">https://www.holycrosshealth.org/location/holy-cross-germantown-</a>	19801 Observation Drive	Germantown, MD	20876	
Institute for Family Centered Services	301-721-9324						18227 Flower Hill Way	Gaithersburg, MD	20879	
John L Gildner Regional Institute for Children and Adolescents	301-251-6800						15000 Broschart Road	Rockville, MD	20850	
Mar Lyn Housing Centers for Behavioral Health LLC	Main Tel: 301-251-4702 x3320 Intake: 301-251-						526 College Parkway	Rockville, MD	20850	
Maryland Crisis Hotline	800-422-0009									
Medpsych Health Services	240-464-8000	From Website-3/23, 7:02pm		contact facility	call or visit website	<a href="https://medpsychmd.com/">https://medpsychmd.com/</a>	6237 Executive Blvd.	Rockville, MD	20852	Medication management and therapy sessions through Telehealth only. Contact facility for more information at 240-464-800 or through email at customerservice@medpsychmd.com
MobileMed Gathiersburg										
MobileMed Germantown Clinic										
Proyecto Salud	Wheaton: 301-962-6173 Olney: 301-260-1073	4/2/20, 11am	Behavioral health services are only available via internal referral. If a patient is seen for a medical issue, and shares a need for mental health support, they will be screened for depression, and referred for behavioral health counseling.	Over 18 years of age only.	Mon-Thurs: 8:30am - 9pm; Fri: 8:30am - 5pm; Sat: 8:30am - 12:30pm; Lab Services- Mon to Wed, 7am - 9am	<a href="http://www.proyectosalud.org/index.php/locations/location_details/wheaton">http://www.proyectosalud.org/index.php/locations/location_details/wheaton</a>	11002 Veirs Mill Road, Suite 700 18111 Prince Philip Dr., Suite 312	Silver Spring/MD Olney, Maryland 20832		Olney office is now OPEN (4/2/20). Wheaton office is open only to patients who are already
Montgomery County Crisis Center	240-777-4000					<a href="https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html">https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html</a>				Dinner: 6:00 PM – 7:30 PM

Gilchrist Immigrant Resource Center does not endorse any of the providers listed.

Please call to confirm most updated info.

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SAMHSA's Disaster Distress Helpline	Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.	3/25, 1:43 pm	Call or text		Hotline is available 24 hours a day 7 days a week	<a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>	5600 Fishers Ln	Rockville, MD	20857	Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
NAMI	301-949-5852 (not a crisis line)	3/26, 7:39 pm		see website	see website	<a href="https://namimc.org/">Montgomery County-https://namimc.org/</a>	9210 Corporate Blvd. Suite 170	Rockville, MD	20950	NAMI Montgomery County Programs follow Montgomery County Public Schools closing decisions. NAMI MC Support Groups and Classes will meet online via Zoom until April 14th.
PLAN of Maryland-DC	301-740-8444	#####		see website	see website	<a href="http://www.planofmd-dc.org/">http://www.planofmd-dc.org/</a>	604 S Frederick Avenue, Suite 411	Gaithersburg, MD	20877	Provides private case management services to individuals with mental illnesses or other disabilities. Physical office location is currently closed. Staff operates normal business hours. Contact through email at breiche@planofmd.-de.org or telephone.
Give An Hour National Suicide Prevention Lifeline	1- 800-273-8255	3/26/2020; 4:00 pm		No Eligibility requirement; is an emergency line that is open 24/7	24 hours	<a href="http://giveanhour.org/">http://giveanhour.org/</a>	P.O Box 5918 Bethesda, MD	Bethesda, MD	20824	Give an hour is a national non-profit who provides no cost mental health services to at-risk population in need. Give an hour offering no cost care to a few other carefully selected populations including victims of natural an man-made disasters, survivors fo gun violence and their families, victims of crime, and survivors of abuse and assault.
On Our Own of Montgomery County	240-683-5555	3/26/2020; 4:50 pm			Sat.10 am to 7 pm. Mon, Wed, and Fridays 10 am to 7 pm Tues. Closed Thurs. 10am to 3 pm.	<a href="http://www.oomc.org">www.oomc.org</a>	434 East Diamond Avenue	Gaithersburg, MD	20877	Non- profit organization promoting mental health and wellness with emphasis on recovery through peer to peer support
Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.,	National Suicide Prevention Lifeline: 1-800-273-8255									

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Adventist Healthcare: Children's Mental Health Partial Hospitalization Program (PHP)	301-251-4500	3/26/2020; 7:48 pm	Patient have come to Emergency room or make a phone call 301-251-4500		24/7	<a href="https://www.adventisthealthcare.com/services/mental-health/treatment-programs/partial-hospitalization/">https://www.adventisthealthcare.com/services/mental-health/treatment-programs/partial-hospitalization/</a>	14901 Broschart Road	Rockville, MD	20850	The PHP Offers a wide range of skill building activities for children to develop better coping strategies for daily life.
Vesta Inc. Silver Spring	240-296-5860 Front desk 240-296-5858 Intake Line	From website-3/23, 1:20pm		See website	Call or visit website	<a href="http://www.vesta.org/index.php?section=42">http://www.vesta.org/index.php?section=42</a>	8737 Colesville Rd. Suite 700	Silver Spring, MD	20910	Silver Spring clinic currently open, limited personel and waiting area closed. Call or email staff at appointment-ss@vesta.org As of Monday, 3/23/2020, Thrive offices will be closed to clients and transportation services will be canceled. Please contact your therapist or local Thrive office to discuss options. We will do our best to find a way to get you the services you need!
Thrive Behavioral Health	410-780-5203	3/25, 7:13 pm		Need a referral, see website for more information.		<a href="https://thrivebh.com/">https://thrivebh.com/</a>	12501 Prosperity Dr #235	Silver Spring , MD	20894	
Montgomery County Youth Line	301-783- 9697	Website-3/27, 10:30 pm								
SMR Counseling Services	Main Office 240-389-1487	Website 3/28				<a href="http://www.smr-counseling-services.com/">http://www.smr-counseling-services.com/</a>	3909 National Drive	Burtonsville, MD	20866	
African Immigrant & Refugee Foundation: Mental Health Program	301-593-0241	Website-3/27				<a href="http://www.airfound.org/">http://www.airfound.org/</a>	11350 Baroque Road	Silver Spring, MD	20901	Contact or email at info@airfound.org for more details about the program
<b>Domestic Violence</b>										
The Family Justice (Center-Domestic Violence)	240-773-0444	3/25, 1:42 pm	The Family Justice Center and its network of advocates and service providers is available FREE OF CHARGE	Anyone who is experiencing or has experienced domestic violence is eligible to receive services. Children are welcome to use the child friendly environment while the parent is receiving services.	Monday-Friday, 8:30am - 5:00pm	<a href="https://www.montgomerycountymd.gov/fjc/">https://www.montgomerycountymd.gov/fjc/</a>	600 Jefferson Plaza, Suite 500	Rockville, MD	20852	Currently Opened and Operating. If possible CALL FIRST, will be screened for services. Currently not doing protective orders in office, will need to go to the Commisioners office in Rockville. Still seeing clients, can provide transportation for clients if needed but please call first.

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Abused Persons Program	APP Intake line: 240-777-4195/ Business Line: 240-777-4210 / Hotline: 240-777-4673	3/27	A staff member will let clients know the necessary documents to bring.	Must be a victim of domestic violence who lives in Montgomery County or an offender who lives in Montgomery County. Services for offenders are available by calling 240-777-4858. Walk in services for offenders are located at 981 Rollins Avenue, Rockville		<a href="https://www.montgomerycountymd.gov/hhs-program/bhcs/bhcsabuse-dperson-p207.html">https://www.montgomerycountymd.gov/hhs-program/bhcs/bhcsabuse-dperson-p207.html</a>	1301 Piccard Drive, 1 st floor	Rockville, MD	20850	Clients must call the Crisis Center first for immediate assistance, screening and referral. Please call before coming in for further instructions.
Montgomery Department of Health and Human Services: Victim Assistant and Sexual Assault Program (VASAP)	240-777-1355 240-777-4357 24/7 Crisis Line	Website-3/27, 9:50 pm				<a href="http://www.montgomerycountymd.gov/hhs-program/bhcs/vasap/vasapindex.html">http://www.montgomerycountymd.gov/hhs-program/bhcs/vasap/vasapindex.html</a>	1301 Piccard Drive	Rockville, MD	20850	VASAP can help victims of crimes, including rape or sexual assault. Contact facility for more information, or email at <a href="mailto:hhsmail@montgomerycountymd.gov">hhsmail@montgomerycountymd.gov</a>
National Domestic Violence Help Line	1-800-799-7233 (and through chat)				24/7	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>				Confidential and free; Interpreters for 170 languages and links to local DV hotline
House of Ruth Maryland	information and resources for patients 410-889-7884 (hotline), 410-889-0840 (administrative office),		In order to best serve our clients, our staff and our community, we have made the following adjustments to our locations: 24 hr Hotline Open 410-889-7884							
Maryland Coalition Against Sexual Assault (MCASA)	Please call 301-565-2277 or toll-free at 877-496-SALI.		MCASA's Sexual Assault Legal Institute (SALI) continues to provide legal services to survivors of sexual violence statewide. SALI attorneys and staff are working remotely, and are available to answer legal questions and conduct intakes for first-time callers in need of legal representation.			<a href="https://mcasa.org/updates-information-on-covid-19">https://mcasa.org/updates-information-on-covid-19</a>				

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Women's Law Center of Maryland, Inc	Information about protective orders and other legal matters, 410-321-8761, 410-321-8761		We remain open. Our main Administrative Office (no walk-ins or in-person appointments) phone line and email remain open: 410-321-8761; admin@wlcmd.org. Family Law Hotline (1-800-845-8550) and Employment Law Hotline (1-877-422-9500) remain open (see those sections of our website for hours of operation).			<a href="http://www.wlcmd.org/">http://www.wlcmd.org/</a>				The Maryland Judiciary has closed some court services, but others remain available. Read their latest information here: <a href="https://www.courts.state.md.us/media/news/2020/pr20200316">https://www.courts.state.md.us/media/news/2020/pr20200316</a> . It is important that you contact the court before trying to access services, as individual jurisdictions are handling matters differently.
National Rape, Abuse, Incest, Sexual Assault Hotline	1-800-656-HOPE (4673)		Hotline							
Maryland 1-800-MD-HELPS	1-800-634-3577		Hotline							
ASIAN/SPANISH RESOURCES Asian/Pacific Islander Domestic Violence Resource Project	202-464-4477		Hotline							
Adelante Familia	410-732-2176		Hotline							