The following are NON-EMERGENCY community mental health services:

For someone with private insurance seeking a NON-EMERGENCY mental health evaluation within 24 hours
• Call Oasis Mental Health 410-571-0888

For someone with low income or on Medical Assistance seeking a NON-EMERGENCY mental health evaluation
• Call Arundel Lodge 443-433-5900

For an Anne Arundel Community College student needing mental health support
• Call AACC personal counseling services 410-777-7111

For individuals seeking substance abuse evaluation and treatment
• Call Pathways (affiliated with AAMC) 443-481-5400

For women or families needing sliding scale (low income) counseling services
• Call YWCA of Anne Arundel County 410-626-7800

For Veteran readjustment counseling and services (including family services)
• Call Annapolis VET Center 410-605-7826

To access private insurance on-going mental health services
• Call your insurance company or seek a referral from your primary care physician

To access psychotherapy with a Catholic perspective:
• View a list of therapists at www.catholictherapists.com/maryland
• Call Alpha and Omega 301-767-1733

The following are 24/7 operations:

If someone is in ...
• danger of suicide, violence or self-harm: Call 911. Be VERY clear about nature of emergency – state SUICIDAL.

• an escalating emotional crisis and could reach levels of violence or self-harm: Call AA County Crisis Response Hotline – 410-768-5522. If necessary, both the police and a trained mental health manager will be dispatched

• in danger of suicide or self-harm, yet is cooperative and communicative
  ➢ Drive to Emergency Department of the nearest hospital and be very clear with the intake specialist about nature of emergency – state the word SUICIDAL
  ➢ Persons already in regular mental health programming who experience life-threatening relapse likely needing hospitalization may access the Sheppard Pratt (Towson) Crisis Walk-in Clinic. Call 410-938-5302 to confirm operating hours and bed availability.

For veterans needing emergency support:
• Call 800-273-8255 and press 1.

If there is concern for the safety of a student attending AA County Schools:
• Call 877-676-9854

Provided by: St. John Evangelist
Mental Health Companions
mhcsjsp@gmail.com
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The following are community-based mental health support programs:

- **National Alliance on Mental Illness (NAMI)** in Anne Arundel County provides community-based support groups and educational programs free of charge. Go to: www.namiaac.org or call the 'help-line' 443-569-3498

- **Maryland Coalition of Families for Children's Mental Health** offers navigation support for families with school aged children with mental illness. Go to: www.mdcoalition.org or call 410-730-8267

- **Anne Arundel County Mental Health Agency** provides general information on county services. Go to: www.aamentalhealth.org or call 410-222-7858

- **Anne Arundel Network of Care** provides a directory of local resources, information and services to cope with mental health issues. Go to:

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**The Cracked Pot**

**Anonymous**

A water bearer had two large pots each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot always arrived only half full.

For a full two years this went on daily with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, for it was perfect and always arrived full and brimming with fresh water. But the poor cracked pot was ashamed of its own imperfection and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, the cracked pot spoke to the water bearer one day by the stream. “I am ashamed of myself,” said the cracked pot. “I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have to do all of this work, and you don’t get full value from your efforts.”

The bearer said to the pot, “Did you notice that there were flowers only on your side of the path, but not on the other pot’s side? That’s because I have always known about your perfect flaw, so I planted flower seeds on your side of the path. And every day, while we walk back, you’ve watered them for two years and I have been able to pick these beautiful flowers to decorate my table. Without you being just the way you are there would not be this beauty to grace my house.”

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But we hold this treasure in earthen vessels, that the surpassing power may be of God and not from us. We are afflicted in every way, but not constrained; perplexed, but not driven to despair; persecuted, but not abandoned; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus may also be manifested in our body.

2 Corinthians 4:7-10