

## Anne Arundel County Mental Health Resources

### The following are 24/7 hotlines/services:

#### If there is a danger of suicide, violence or self-harm:

- Call 911 and be VERY clear about the nature of the emergency – state the word SUICIDAL
- National Hotlines – 1-800-suicide (784-2433) OR 1-800-273-talk (8255)

#### If someone is in an emotional crisis which is escalating and could reach levels of violence or self-harm:

- Maryland Crisis Hotline – 1-800-422-0009
- Call AA County Crisis Response Hotline – 410-768-5522. If necessary, both the police and a trained mental health professional will be dispatched

#### If someone is in danger of suicide or self-harm, yet is cooperative and communicative

- Drive to the Emergency Department of the nearest hospital and be very clear about the nature of the emergency – state the word SUICIDAL
- Persons **already receiving regular mental health services** 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:

- Veterans Crisis Hotline (VCH) - Call 800-273-8255 and press 1 OR send a text message to 838255

#### If there is concern for the safety of a student attending AA County Schools:

- Call 877-676-9854

### 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 low income or on Medical Assistance seeking a NON-EMERGENCY mental health evaluation

- Call Arundel Lodge at 443-433-5900

#### For a student at Anne Arundel Community College needing mental health support

- Call AACC personal counseling services at 410-777-7111

**For individuals seeking substance abuse evaluation and treatment**

- Call Pathways (affiliated with AAMC) at 443-481-5400

**For women or families needing sliding scale (low income) counseling services**

- Call YWCA of Anne Arundel County at 410-626-7800

**For Veteran readjustment counseling and services (including family services)**

- Call Annapolis VET Center at 410-605-7826

**To access private insurance mental health services**

- Call your insurance company or seek a referral from your primary care physician

**To access psychotherapy offered from a Catholic perspective:**

- View a list of therapists at [www.catholictherapists.com/maryland](http://www.catholictherapists.com/maryland)
- Call Alpha and Omega at 301-767-1733

**The following are community-based mental health support programs:**

- National Alliance on Mental Illness (NAMI) – Anne Arundel County – provides community-based support groups and educational programs free of charge. Go to [www.namiaeac.org](http://www.namiaeac.org) or call the 'help-line' at 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](http://www.mdcoalition.org) or call 410-730-8267
- Anne Arundel County Mental Health Agency - For general information on county services, go to [www.aamentalhealth.org](http://www.aamentalhealth.org) or call 410-222-7858
- Anne Arundel Network of Care - For a directory of local resources, information and services to cope with mental health issues, go to [www.annearundel.md.networkofcare.org](http://www.annearundel.md.networkofcare.org)