

# Children's Mental Health Matters!

a Maryland public education campaign

## Facts For Families Crisis Services

When your child or teen is experiencing a mental health crisis, it is frightening for everyone in your family.

What is a mental health crisis? Crisis is defined as a time of intense difficulty, trouble, or danger. Mental health crises include one or more of the following:

- Severe disruptive behavior
- Aggressive or threatening behaviors
- Self-injurious behaviors
- Acute psychosis
- Suicidal thoughts
- Threats to harm self or others

Children and youth are going to emergency rooms more and more often to address mental health crises; sometimes, this is necessary. But emergency rooms are often not well equipped to deal with many mental health crises. There are downsides to using emergency rooms:

- Long waits (up to 24 hours) for an evaluation
- Long waits (up to three days) for an open bed if a hospital stay is recommended
- Unsympathetic hospital staff
- Inability to leave your child alone in the emergency room

Depending upon where you live, there may be alternatives to the emergency room, including:

- **Mobile Crisis Teams:** This is a team of trained mental health professionals that you can call to come to your home to help you manage the crisis while it's happening and to provide follow-up support.
- **Mental Health Urgent Care Centers:**

This is a walk-in clinic where you can take your child when he or she is in crisis to see licensed mental health professionals for support, evaluation, and referrals, in some cases without an appointment.

- In Baltimore City, there are a number of other crisis services available to families and youth. Contact Baltimore Child and Adolescent Response System (B-CARS) at (410) 752-2272.

**To find out if alternative crisis services are available in your jurisdiction, look for your local crisis hotline number on the back of this factsheet.**

Alternative crisis services may have the benefit of:

- Giving your child quick access to a licensed mental health professional
- Connecting your family to the least restrictive mental health services in your community
- Helping your family to identify alternatives to emergency room visits and hospital admissions

Crisis situations can be very draining on the entire family. Remember to take care of yourself and other family members too.

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
EDUCATION CAMPAIGN

coordinated by

mhamd   
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families  
for children's mental health

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[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

**MARYLAND MENTAL HEALTH CRISIS HOTLINES BY County**  
**ALL HOTLINES BELOW ARE ANSWERED 24-HOURS A DAY/7 DAYS PER WEEK UNLESS OTHERWISE NOTED**

Jurisdiction	Mobile Crisis Team or Hotline	Contact Number
Statewide	Emergency number	9-1-1
	Statewide Maryland Crisis Hotline	1-800-422-0009
	National Suicide Prevention Hotlines:	1-800-SUICIDE or 1-800-273-TALK (784-2433) (-8255)
	Veterans Crisis Line:	1-800-273-8255, press 1
	Maryland Crisis Online Chat	<a href="http://www.Help4MDYouth.org">www.Help4MDYouth.org</a> (available Mon.- Fri., 4pm - 9pm)
Allegany	Family Crisis Resource Center	301-759-9244 211
	Frederick County Crisis Hotline Services- Mental Health Association of Frederick County Western Maryland Regional Mental Center Hotline	301-662-2255 240-964-1399
	Anne Arundel County Crisis Response	410-768-5522
Anne Arundel	YWCA Sexual Assault Crisis Center	410-222-7273
	YWCA Domestic Violence Hotline	410-222-6800
	Baltimore Child & Adolescent Response Systems (B-CARS)	410-443-5175 410-752-2272
Baltimore City	Baltimore Crisis Response, Inc.	410-752-2275 410-433-5175
	Baltimore County Crisis Response System (Affiliated Sante)	410-931-2214
	Calvert County Health Department	410-535-1121 301-855-1075 Teen Line- 410-257-2216
Calvert	Walden Behavioral Health Hotline	301-863-6661
	Maryland Crisis Hotline	1-800-422-0009
Cecil	Cecil County Domestic Violence and Rape Hotline Life Crisis Center Hotline	410-996-0333 410-749-HELP (-4357) 211
Charles	Eastern Shore Operations Center (ESOC) (Affiliated Sante)	1-888-407-8018
	Walden Behavioral Health Hotline	301-863-6661
	Center for Abused Persons (CAP)	301-645-3336
Frederick	Frederick County Crisis Hotline Services- Mental Health Association of Frederick County	301-662-2255 211
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	Frederick County Crisis Hotline Services- Mental Health Association of Frederick County	301-662-2255
Garrett	Frederick County Crisis Hotline Services- Mental Health Association of Frederick County	301-662-2255 211
	Harford County Mobile Crisis (Sheppard Pratt)	410-638-5248 (8am-12am)
	Sexual Assault/ Spouse Abuse Resource Center, Inc.	410-836-8430
Howard	Grassroots Crisis Intervention	410-531-6677 (24/7 hotline & mobile crisis team)
Mid-Shore (Caroline, Dorchester, Kent, Queen Anne's and Talbot Cos.)	Eastern Shore Operations Center (ESOC) (Affiliated Sante)	1-888-407-8018
	For All Seasons, Inc. (Rape Crisis Center Life Crisis Center Hotline)	1-800-310-7273 410-749-HELP (-4357) 211
	Mid-Shore Council on Family Violence	1-800-927-4673
Montgomery	Montgomery County Crisis Center	240-777-4000
	Mental Health Association of Montgomery County Youth Suicide Hotline	301-738-2255
Prince George's	Prince George's County Crisis Response System	301-429-2185
	Prince George's County Suicide Hotline	Suicide Hotline 301-864-7130 1-800-784-2433
	Family Crisis Center of Prince George's County (Domestic Violence)	301-731-1203
Saint Mary's	Walden Behavioral Health Hotline	301-863-6661
Somerset	Life Crisis Center Hotline	410-749-HELP (-4357) 211
	Eastern Shore Operations Center (ESOC) (Affiliated Sante)	1-888-407-8018
	Frederick County Crisis Hotline Services-	301-662-2255 211
Washington	Frederick County Crisis Hotline Services-	301-662-2255 211
	Life Crisis Center Hotline	2410-749-HELP (-4357) 211
	Eastern Shore Operations Center (ESOC) (Affiliated Sante)	1-888-407-8018
Wicomico	Life Crisis Center Hotline	410-749-HELP (-4357) 211
Worcester	Eastern Shore Operations Center (ESOC) (Affiliated Sante)	1-888-407-8018
	Life Crisis Center Hotline	410-749-HELP (-4357) 211

If you have insurance questions, please visit [www.marylandparity.org](http://www.marylandparity.org) or call 443-901-1550, ext. 206