

If you are worried about your child's emotions or behavior, you can start by talking to friends, family members, your spiritual counselor, your child's school counselor, or your child's pediatrician/family physician about your concerns. The primary sources of information about options for helping your child are listed below. Contact information for local resources is listed by county on the back of this sheet.

Seeking help

Your child's **pediatrician** can talk with you about your concerns, and can make referrals for treatment.

Your **insurance company** can provide you with a list of the mental health professionals within your healthcare network.

School Psychologists, trained in both psychology and education, can help children and youth academically, socially, behaviorally, and emotionally. They may be part of an IEP team and perform academic and psychological evaluations.

Core Service Agencies (CSAs) or **Local Behavioral Health Authorities (LBHAs)** are local agencies responsible for planning, managing and monitoring a specific region's public mental health services in Maryland. Many CSAs/LBHAs have specialists that coordinate services for children and adolescents that do not have health insurance.

Family or System Navigators provide one- to-one support to families. Each county in Maryland has Navigators that can help families access resources within Maryland's mental health system, understand their child's mental health concerns, find the right type of help, and provide support through the whole process. Family Navigators are parents who have cared for a child with special needs and have been trained to help other families. Any parent or caregiver can call a Navigator to request assistance for their child, aged 0 - 21 years, with special needs. There is no cost for navigation services.

County "warmlines" are community-based service referral call-lines staffed by trained people, often 24 hours a day. These phone numbers are designed to address certain non- life threatening concerns and questions.

Mental Health Education and Advocacy Organizations are dedicated to assisting family members with finding help for their child.

- **Mental Health Association of Maryland.** MHAMD is a statewide education and advocacy agency. Programs and services vary by chapter. www.mhamd.org

MHAMD offers information and resources on Health Insurance Protections, Parity Law, and the Affordable Care Act at www.mhamd.org/information-and-help/paying-for-care/maryland-insurance-protections/

- **Mental Health First Aid** trains parents and caregivers to recognize mental health problems, know how to access services and support youth struggling with mental health issues. www.mhfamaryland.org
- **Maryland Coalition of Families.** MCF has Family Navigators and offers advocacy training and support for families. www.mdcoalition.org
- **National Alliance on Mental Illness.** (NAMI) Maryland is dedicated to education, support and advocacy of persons with mental illnesses, their families and the wider community. www.namimd.org

It is important to remember that many children and families benefit from other services and supports in places other than traditional providers. Often, these services are provided along with other forms of services. It is well researched that many children benefit from after-school activities, athletics and community and faith-based organizations.

CMHM Family Resource Kit Contacts by County

These numbers should provide you with the help you seek. Even if it is not the current number, those responding should direct you to the correct number.

| Jurisdiction | CSA | Navigator | Mobile Crisis Team or Hotline |
|------------------|--|--|---|
| Statewide | Maryland Crisis Hotline Maryland State-Wide Info & Referral | NONE | Maryland Crisis Helpline 2-1-1, press 1 |
| Allegany | Allegany Behavioral Health Systems Office 301-759-5070 | Maryland Coalition of Families (MCF) 443-741-8329 | Maryland Crisis Helpline 2-1-1, press 1 |
| Anne Arundel | Anne Arundel Co. Mental Health Agency 410-222-7858 | Arundel Child Care Connections 443-782-5001 | Anne Arundel Co. Crisis 410-768-5522 |
| Baltimore City | Behavioral Health System Baltimore 410-637-1900 | MCF-Baltimore City 410-235-6344 | Baltimore's Crisis, Information & Referral (CI&R) Line 410-433-5175 |
| Baltimore County | Baltimore Co. Bureau of Behavioral Health 410-887-3828 | Catholic Charities 410-252-4700 | Baltimore Child and Adolescents Response System (Baltimore Co.) 410-443-5175 Baltimore Co. Crisis Team 410-931-2214 |
| Calvert | Calvert Co Core Service Agency 443-295-8584 | Center for Children 410-535-3047 | Maryland Crisis Helpline 2-1-1, press |
| Caroline | Caroline Co. Core Service Agency 888-407-8018 | MCF – Mid-Shore 410-479-1146 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Carroll | Carroll Co. Behavioral Health Authority 410-876-4823 | MCF – Carroll County 443-741-8255 | Maryland Crisis Helpline: 2-1-1, press 1 |
| Cecil | Cecil Co. Core Service Agency 410-996-5112 | MCF - Eastern Shore, Cecil Co 443-472-8836 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Charles | Charles Co. Behavioral Health Authority 301-609-5757 | Center for Children 301-374-6696 | Maryland Crisis Helpline: 2-1-1, press 1 |
| Dorchester | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF - Eastern Shore, Dorchester Co. 410-901-1007 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Frederick | Mental Health Management Agency of Frederick Co. 301-600-1755 | Mental Health Assoc., Systems Navigation 301-663-0011 | Maryland Crisis Helpline: 2-1-1, press 1 Frederick County 301-662-2255 |
| Garrett | Garrett Co. Behavioral Health Authority 301-334-7440 | Garrett Co. Partnership for Children and Families, Inc. 301-334-1189 | Maryland Crisis Helpline: 2-1-1, press 1 |
| Harford | Harford Co. Office on Mental Health 410-803-8726 | MCF - Harford Co. 410-420-9880 | Harford Co. Crisis Team 410-638-5248 |
| Howard | Howard Co. Mental Health Authority 410-313-7316 | MCF - Central Office 410-730-8267 | Howard Co. Crisis Team 410-531-6677 |
| Kent | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF Mid-Shore Kent/Queen Anne's 410-810-2673 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Montgomery | Montgomery Co. Dept. of Health & Human Services 240-777-1414 | Montgomery Co. Federation of Families for Children's Mental Health, Inc. 301-879-5200 x 27 | Montgomery Co. Crisis System 240-777-4000 |
| Prince George's | Prince George's Co. Behavioral Health Services 301-583-9520 | Children & Families Information Center (CFIC) 866-533-0680 | Prince George's Co. Crisis Response Team 301-429-2185 |
| Queen Anne's | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF - Eastern Shore, Kent/Queen Anne's Co. 410-810-2673 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Saint Mary's | St. Mary's Co. Health Dept. 301-475-4330 | The Family ACCESS Center St. Mary's Co. 301-866-5332 | St. Mary's County 301-863-6661 |
| Somerset | Somerset Co. Core Service Agency 443-523-1700 | Somerset Family Link 410-651-2824 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Talbot | Mid-Shore Behavioral Health Authority 410-770-4801 | MCF - Eastern Shore , Talbot Co. 410-901-1007 | Maryland Crisis Helpline: 2-1-1, press 1 Eastern Shore Mobile Crisis 888-407-8018 |
| Washington | Washington Co. Mental Health Authority 301-739-2490 | MCF - The Family Network, Wash. Co. 240-313-2086 | Maryland Crisis Helpline: 2-1-1, press 1 |
| Wicomico | Wicomico Behavioral Health Authority 410-543-6981 | Wicomico Partnership for Families & Children 410-546-8155 | Maryland Crisis Helpline: 2-1-1, press 1 |
| Worcester | Worcester Co. Core Service Agency 410-632-3366 | Worcester Youth & Family Counseling Services, Inc. 410-641-4598 | Maryland Crisis Helpline: 2-1-1, press 1 Worcester Co. Crisis Response Team 911 |

If you have insurance questions, please visit www.mhamd.org/information-and-help/paying-for-care/maryland-insurance-protections/ or call 443-901-1550.