

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 410-876-4449	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.