

COMMUNITY BEHAVIORAL HEALTH RESOURCES



- **Here2Help Hotline: (410) 433 5175.** 24/7 access to confidential advice and emotional support.



- **Maryland's Crisis Stabilization Center,** 2700 Raynor Ave, Baltimore, MD 21216. Walk-in recovery support services offered 24/7. No insurance required.

- **NAMI Metro Family Education and Support:** Sign up for trainings for caregivers of people (adults and children) with mental illness and/or Family Support Groups to connect with other caregivers. <http://namibaltimore.org/find-support/family-support/>



- **Maryland Coalition of Families Peer Support Services:** One-on-one support for parents and caregivers of children with mental health challenges. To connect with a Family Peer Support Specialist call, 410-730-8267, press 1.



- <http://www.mdcoalition.org/get-help-now/help-for-parents-caregivers>



- To find a behavioral health specialist at your child's school, visit <https://www.bhsbaltimore.org/find-help/youth-and-families/> and scroll down to the **Expanded School Behavioral Health Directory.**



Behavioral Health System
Baltimore

<https://www.bhsbaltimore.org/>