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/](http://namibaltimore.org/find-support/family-support/)


- To find a behavioral health specialist at your child's school, visit [https://www.bhsbaltimore.org/find-help/youth-and-families/](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/)