

# PSA Pretrial Services Agency for the District of Columbia

Promoting pretrial justice and enhancing community safety

## COMMUNITY RESOURCE GUIDE FOR MENTAL HEALTH SERVICES

*Community resources for individuals living in the District of Columbia, Maryland or Virginia*

### DISTRICT OF COLUMBIA

If you live in the District of Columbia, contact the DC Department of Behavioral Health (DBH) Access Helpline to get connected to treatment services. You will speak to a behavioral health professional who will refer you to appropriate treatment services.



- Call the DBH Access Helpline 24/7 at 1-888-793-4357 or visit [www.dbh.dc.gov](http://www.dbh.dc.gov).

**If you need treatment services**, you may go to the DBH Same Day Urgent Care Clinic below without an appointment:

- 35 K Street Mental Health Clinic  
35 K Street, NE  
Washington, DC 20002  
202-442-4202 - Main  
202-442-4954 - Pharmacy  
<https://dbh.dc.gov/service/adult-services>

**If you need emergency psychiatric treatment**, call or go in-person to:

- Comprehensive Psychiatric Emergency Program  
DC General Hospital Compound  
1905 E Street, SE  
Building 14  
Washington, DC 20003  
202-673-9319 - Main  
202-673-6495 - Community Response Team/Crisis Team  
<https://dbh.dc.gov/service/emergency-psychiatric-services>

---

## MARYLAND

If you live in Maryland, contact the Maryland Department of Health Behavioral Health Administration to find out where you can get an assessment and referral for treatment services.

### For all Maryland residents:

- Visit [https://bha.health.maryland.gov/OVERD\\_OSE\\_PREVENTION/Pages/Get-Help-Now-2.aspx](https://bha.health.maryland.gov/OVERD_OSE_PREVENTION/Pages/Get-Help-Now-2.aspx)
- Dial 211 to reach the 24/7 Maryland Crisis Helpline or visit [www.MDDestinationRecovery.org](http://www.MDDestinationRecovery.org).  
<https://beforeitstoolate.maryland.gov/>.

### If you are a veteran:

Call Veterans Services at 877-770-4801 or visit <https://veterans.maryland.gov/wellness-and-behavioral-health-services/>

### You also may contact the local intake center in the county where you live:

- Anne Arundel County Mental Health Agency, Inc.  
1 Truman Parkway, Suite 101  
Annapolis, MD 21401  
410-222-7858 - Main  
410-768-5522 - 24/7 crisis response system  
warmline  
[www.aamentalhealth.org](http://www.aamentalhealth.org)
- Baltimore City Health Department  
1001 East Fayette Street  
Baltimore, MD 21202  
410-637-1900, Main, option #1  
410-433-5175 - 24/7 Here2Help Baltimore  
Crisis Response  
[www.bhsbaltimore.org](http://www.bhsbaltimore.org)
- Baltimore County Department of Health  
6401 York Road  
Baltimore, MD 21212  
410-887-3828 - Main  
410-931-2214 - 24/7 Baltimore County  
Crisis Response System  
<https://www.baltimorecountymd.gov/departments/health/healthservices/mental/mhsvc.html>
- Charles County Department of Health  
4545 Crain Highway  
White Plains, MD 20695  
301-609-6700 - Main  
301-609-6332 - After hours, non-emergency  
<https://charlescountyhealth.org/mental-health-services-2/>
- Howard County Department of Health  
8930 Stanford Blvd.  
Columbia, MD 21045  
410-313-6202 - Main  
410-531-6677 - 24/7 Grassroots crisis hotline  
[www.howardcountymd.gov/gethelp](http://www.howardcountymd.gov/gethelp)
- Montgomery County Crisis Center  
1302 Piccard Drive, 1st Floor  
South Entrance  
Rockville, MD 20850  
240-777-4000 - Main  
301-738-2255 - Mental Health Hotline  
<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>

- 
- Prince George's County Health  
Department  
3003 Hospital Drive  
Cheverly Health Center  
Ground Floor  
Cheverly, MD 20785  
301-583-5920 - Main  
301-429-2185 - Crisis Hotline System  
<https://www.princegeorgescountymd.gov/2836/Behavioral-Health-Outpatient-Services>

## VIRGINIA

If you live in Virginia, you can access treatment services through your local Community Services Board (CSB). Individual CSBs are listed below and you can access the full directory by calling 804-786-3921 or visiting <http://www.dbhds.virginia.gov/community-services-boards-csbs>.

- Alexandria CSB  
720 North St. Asaph Street  
2nd Floor  
Alexandria, VA 22314  
703-746-3400 - Main  
703-746-3401 - Crisis line  
<https://www.alexandriava.gov/dchs/adultservices/default.aspx?id=49240>
- Fairfax-Falls Church CSB  
8221 Willow Oaks Corporate Drive  
Merrifield Center  
Fairfax, VA 22031  
703-383-8500 - Main  
703-573-5679 - Emergency Services  
<https://www.fairfaxcounty.gov/community-services-board/mental-health>
- Arlington County CSB  
2120 Washington Boulevard  
Arlington, VA 22204  
703-228-5150 - Main  
703-228-5160 - Crisis/Emergency Helpline  
<https://health.arlingtonva.us/behavioral-healthcare/>
- Prince William County CSB  
8033 Ashton Avenue  
Suite 107  
Manassas, VA 20109  
703-792-7800 - Manassas (24/7)  
703-792-4900 - Woodbridge (24/7)  
<https://www.pwcgov.org/government/dept/cs/Pages/Adult-Mental-Health.aspx>

---

## NATIONWIDE

- **If you are having a psychiatric emergency**, call 911 or go to your nearest emergency room.
- The US Substance Abuse and Mental Health Services Administration (SAMHSA) offers the Behavioral Health Treatment Services Locator where you can search for SUD and mental health treatment facilities throughout the United States or US Territories. This is a confidential and anonymous resource.

Visit <https://findtreatment.samhsa.gov/locator?sAddr=&submit=Go>

- **National Suicide Prevention Hotlines**

Talk: 1-800-SUICIDE (784-2433)

Talk: 1-800-273-TALK (8255)

TEXT: Text HOME to 741741 or [www.crisistextline.org](http://www.crisistextline.org)

CHAT: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

- **National Veterans Crisis Lines**

TALK: 1-800-273-8255, Option #1

TEXT: 838255

Chat online: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)