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.

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:


- Dial 211 to reach the 24/7 Maryland Crisis Helpline or visit [www.MDDestinationRecovery.org](http://www.MDDestinationRecovery.org), [https://beforeitstoolate.maryland.gov/](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/](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

- 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/](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
▪ 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  

▪ 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.pwcgova.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
  CHAT: www.suicidepreventionlifeline.org

- National Veterans Crisis Lines
  TALK: 1-800-273-8255, Option #1
  TEXT: 838255
  Chat online: www.veteranscrisisline.net