

To Our Patients,

Thank you for being a patient at University of Maryland Baltimore Washington Medical Center. This handout will provide you with instructions for receiving behavioral health care once you leave UMBWMC.

*For patients who are seeking treatment for **anxiety, depression, bipolar disorder or psychosis**, we recommend the following:*

Contact the member services of your private insurance company for a referral to a treatment provider in your plan's network. Ask if they make urgent care appointments. If you are unable to be seen by a treatment provider through your insurance in a timely manner and require urgent care services contact the following:

Please call if you are experiencing a mental health crisis:

Contact the Anne Arundel County Warmline 410-768-5522

- This service is available 24 hours a day 7 days a week and provides crisis services, information & referral services and urgent care appointments.

Veterans Crisis Line Dial 988 then press 1 or text 838255. TTY dial 711 then dial 988

- If you are a Veteran in crisis please connect with the Veterans Crisis Line to reach caring, qualified responders with the U.S. Department of Veterans Affairs. Free support is confidential and available 24 hours a day 7 days a week and many responders are Veterans themselves. You may also go to www.maketheconnection.net/veterans for online resources.

Walk in Clinics:

- **Arundel Lodge Behavioral Health Walk-in Clinic (443) 590-3224:**
Hospital Pavilion South 2001 Medical Parkway, Annapolis, Maryland 21401 It is located on the 4th floor of the Sajak Pavilion and can be accessed directly via the entrance on the 4th floor of garage D. **It is open Mon-Fri 9am-9pm and will accept both appointments and walk-ins.**
Walk in Hours: M-F 9:00am – 5:00 pm
Medicare, Medicaid, Private Insurance
- **Oasis Center for Mental Health (410) 571-0888:** Located in Annapolis, Glen Burnie, Odenton, and Timonium
This center provides short-term urgent mental health care for adults, children, adolescents and families. Services are available much sooner than non-urgent care providers.

PSYCHIATRIC OUTPATIENT PROVIDERS

This is a general list of providers in the area. Please contact your insurance company for a more extensive list.

The Annapolis Location is open Monday - Thursday from 8:30am to 7:00pm, Friday from 8:30am to 4:30pm.

Walk in hours for Annapolis: Saturdays from 9:00 am – 1:00 pm

Walk in Hours for Glen Burnie: Mondays from 10:00 am – 12:00 pm

Private Insurance

- **Sheppard Pratt Psychiatric Urgent Care (410) 938-5302:**

7220 Discovery Drive, Elkridge, MD 21075

Hours: Monday – Sunday, 10:00 a.m. – 9:00 p.m.

6501 N. Charles Street, Baltimore, MD 21204

Hours: Monday – Friday, 9:00 a.m. – 9:00 p.m.; Saturdays 11:00 a.m. – 3:00 p.m.; Closed on Sundays.

Medicaid, Medicare, Carefirst, Cigna, Aetna, United Healthcare

- **Omni House (410) 768-2719:**

1421 Madison Park Drive, 2nd Floor, Glen Burnie, MD 21061

Walk in appointments M-F 9:00 am – 4:00 pm

Medicare, Medicaid, Private Insurance

Partial Hospitalization Program (PHP)

- ***Sheppard Pratt – Towson*** - 410-938-3800

6501 North Charles Street

Towson, MD 21204

Referrals must be made by a licensed mental health professional for PHP. Outpatient treatment is also available. Direct referrals are accepted. Medicare, Medicaid, and Private insurance all accepted.

- ***AAMC Psychiatric Day Hospital – Annapolis*** – 410-573-9000

175 Harry S. Truman Pkwy,

Annapolis, MD 21401

Our Psychiatric Day Hospital is an intensive daytime treatment program providing clinical, diagnostic and mental health treatment services for adults. The program is designed for patients who are either transitioning from inpatient care or need help stabilizing a condition in order to prevent hospitalization. Patients must be referred into the AAMC Psychiatric Day Hospital by a physician.

- ***Brook Lane Health Services – Hagerstown*** – 301-733-0331 (ext. 1703)

13121 Brook Lane

Hagerstown, MD 21742

Offers inpatient mental health services, PHP (Adults & Children), outpatient treatment, THRIVE program (autism friendly) & Laurel Hall (schooling designed to provide education to students with special needs/emotional disabilities/autism/multiple handicaps). Direct referrals are accepted. Medicare, Medicaid, and Private insurance all accepted. Medicare, Medicaid, and Private Insurance accepted.

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Support Groups:

- Anne Arundel County Mental Health Support Group - 410-349-8453
- Baltimore Washington Medical Center, Department of Psychiatry - 410-553-8070
- NAMI Connection Peer Support every Sunday 6-7:30p.m. at 461 College Parkway Arnold, Md. 21012

Suicide Prevention Hotlines

National: Call or Text 988

Or Call 1-800-273-TALK (8255)

Local: Anne Arundel County Warmline: 410-768-5522

MD Crisis Line: 1-800-422-0009

GrassRoots: 410-531-6677 for Howard County

- ONLINE RESOURCE www.psychologytoday.com - Comprehensive List of Providers and Insurance. The above listed services do not provide referral to substance abuse counseling, if you are experiencing difficulty with drugs and/or alcohol, please request our referral packet for Finding Alcohol and Drug Treatment Services.
- Should your symptoms worsen and you begin to experience thoughts of suicide and/or homicide, go immediately to the nearest emergency room or call 911. University of Maryland Baltimore Washington Medical Center, Anne Arundel Medical Center, and Harbor Hospital can all evaluate psychiatric and behavioral health emergencies.

PSYCHIATRIC OUTPATIENT PROVIDERS

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PSYCHIATRIC PROVIDERS

ANNE ARUNDEL COUNTY:

<p>Luminis Health Mental Health Specialists 175 Harry S Truman Pkwy Annapolis, MD 21401 P: 410-573-9000 F: 410-573-9001 MEDICARE/MEDICAID/ MOST PRIVATE INSURANCE/NO MEDSTAR</p>	<p>Interventions Behavioral Health 5 Oak court Annapolis, MD 21401 P: 410-266-3040 F: 443-378-3540 MEDICAID/MEDICARE/ MOST PRIVATE INSURANCE/AETNA AND CIGNA MC ADVANTAGE PLANS</p>	<p>Committed to Change 420 Chinquapin Round Rd. Suite 2K and 2L Annapolis, MD 21401 P: 410-990-1811 F: 443-949-7379 MEDICAID ONLY</p>	<p>Oasis Behavioral Health Urgent Care 175 Admiral Cochrane Drive Ste. 110 Annapolis, MD 21401 P: 410-571-0888 F: 410-760-1121 MEDICARE/MOST PRIVATE INSURANCE/AETNA AND CIGNA MEDICARE ADVANTAGE/NO MEDICAID</p>
<p>Travis Baird, PMHNP, CRNP Innovative Treatment Centers 325 Hospital Drive, #106 Glen Burnie, MD 21061 P: 443-430-2998 F: 443-431-8978 **SPEAKS SPANISH** MEDICARE/MEDICAID/MOS T INSURANCES/CAREFIRST AND UHC ADVANTAGE/NO HUMANA</p>	<p>Greater Baltimore Counseling Center 30 Greenway St NW Glen Burnie, MD 21061 P: 410-760-9079 F: 410-760-1121 MEDICARE/MOST PRIVATE INSURANCE/AETNA AND CIGNA MEDICARE ADVANTAGE/NO MEDICAID *MULTIPLE LOCATIONS*</p>	<p>Five Star Integrated Health Services 7310 Ritchie Hwy Suite 307 P: 667-204-0614 F: 443-957-9500 MEDICARE/MEDICAID/MOST PRIVATE INSURANCE/MC ADVANTAGE/NO AETNA Also Sees Patients at Worklife Urgent Care for therapy</p>	<p>Five Star Integrated Health Services 1125 West Street, Ste. 235 Annapolis, MD. 21401 P: 667-204-0614 F: 443-957-9500 MEDICARE/MEDICAID/MOST PRIVATE INSURANCE/MC ADVANTAGE/NO AETNA Also Sees Patients at Worklife Urgent Care for therapy</p>
<p>LifeStance Behavioral Health 1511 Ritchie Hwy, Ste. 202 Arnold, MD 21012 P: 410-757-2077 F: 410-757-5184 MEDICARE/AETNA/CIGNA/ UNITED HEALTH CARE/OTHER INSURANCES DEPEND ON PROVIDER/NO MEDICAID</p>	<p>LifeStance Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 P: 410-757-2077 F: 410-721-2357 MEDICARE/AETNA/CIGNA/ UNITED HEALTH CARE/OTHER INSURANCES DEPEND ON PROVIDER/NO MEDICAID</p>	<p>LifeStance Behavioral Health 810 Bestgate Rd, Ste 325 Annapolis, MD 21401 P: 410-757-2077 F: 443-782-2342 MEDICARE/AETNA/CIGNA / UNITED HEALTH CARE/OTHER INSURANCES DEPEND ON PROVIDER/NO MEDICAID</p>	<p>Family Intervention Partners 7207 Baltimore Annapolis Blvd Glen Burnie, MD 21061 P: 410-766-7300 F: 410-766-0100 MEDICAID/CIGNA/ CAREFIRST/JHEHP/US FAMILY/AETNA/NO OTHER INSURANCE ACCEPTED</p>
<p>M&M Behavioral Health Solutions 1406 Crain Hwy S Suites 102-106 Glen Burnie, MD 21061 P: 410-766-6624 F: 410-766-0240 MEDICARE/MEDICAID/ PRIVATE INSURANCE NO TRICARE/UBH COMMERCIAL/NO MC ADVANTAGE/NO EAP/NO CAREFIRST</p>	<p>Chase Brexton 200 Hospital Drive 5th Floor Glen Burnie, MD 21061 P: 410-837-2050 F: 866-629-0091 MEDICARE/MEDICAID/ MOST PRIVATE INSURANCE/NO KAISER/NO JAI</p>	<p>Arundel Lodge 2600 Solomon's Island Rd Edgewater, MD 21037 P: 443-433-5900 F: 410-841-6045 MEDICARE/MEDICAID/ PRIVATE INSURANCE/MC ADVANTAGE/TRICARE/N O JOHNS HOPKINS</p>	<p>Arise and Shine Health Center 7452 Baltimore Annapolis Blvd Suite 200 Glen Burnie, MD 21061 P: 443-374-5044 F: 443-557-0810 MEDICARE/MEDICAID/ PRIVATE INSURANCE/NO CIGNA</p>

PSYCHIATRIC OUTPATIENT PROVIDERS

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<p>MRC Behavioral Health Care of MD 1916 Crain Hwy, Ste 11 Glen Burnie, MD 21061 P: 410-487-6302 F: 301-576-7397 MEDICARE/MEDICAID/ PRIVATE INSURANCE/NO UNITED HC/NO MC ADVANTAGE</p>	<p>Bradford Counseling Services 877 Baltimore Annapolis Blvd, Ste 308 Severna Park, MD, 21146 P: 667-777-4935 F: 443-775-7733 CAREFIRST/BCBS/CIGNA/ MEDICAID ONLY</p>	<p>My Mental Health 1600 Crain Hwy S Ste. 608 Glen Burnie, MD 21061 P: 443-354-1200 F: 410-553-0019 MEDICARE/BCBS/TRICAR ECIGNA/MC ADVANTAGE/NO AETNA/NO MEDICAID/NO UHC</p>	<p>Holistic Approach 7452 Baltimore Annapolis Blvd Ste. 102 Glen Burnie, MD 21061 P: 410-766-1544 F: 410-766-1551 MEDICARE/MEDICAID/MOST PRIVATE INSURANCE/NO CF MEDICARE ADVANTAGE</p>
<p>Villa Maria of AA County 1111 Benfield Blvd Ste. 200 Millersville, MD 21108 P: 667-600-2494 F: 667-600-5061 MEDICAID ONLY</p>	<p>Robert A. Pascal Youth & Family Services 741 Annapolis Rd. Gambrills, MD 21054 P: 410-975-0067 F: 410-975-0204 MEDICAID/PRIVATE INSURANCE/BCBS/ CAREFIRST/AETNA/CIGNA/ UNITED HC WITH OUT-OF- NETWORK BENEFITS/TRICARE</p>	<p>Carroll & Columbia Counseling Center 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 P: 410-315-9350 F: 410-421-9135 ONLY ACCEPT BCBS/UNITED HC/SOME PROVIDERS ACCEPT AETNA</p>	<p>Charlie Health Virtual IOP www.charliehealth.com P: 1-866-540-1622 MEDICAID/MOST PRIVATE INSURANCE/UNITED HC/AETNA/CIGNA/ HUMANA/BCBS/ TRICARE/US FAMILY/NO MEDICARE</p>
<p>TIME Organization 7310 Ritchie Highway Ste. 100 Glen Burnie, MD 21061 P: 443-704-1082 F: 866-623-6129 MEDICAID/ Sliding Scale</p>	<p>Bloom Health Centers 1750 Forest Drive Ste. 105 Annapolis, MD 21401 P: 410-424-5898 F: 410-268-9401 MEDICARE/MEDICAID/ MOST PRIVATE INSURANCE/NO US FAMILY OR TRICARE</p>	<p>Work Life Behavioral Health 7310 Ritchie Hwy Suite 307 Glen Burnie, MD 21061 P: 410-487-6052 F: 443-960-4203 MEDICARE/MEDICAID/ BCBS/CIGNA/TRICARE</p>	<p>Congruent Counseling Services 1910 Towne Center Blvd. Annapolis, MD 21401 P: 410-740-8066 F: 410-740-8068 PRIVATE INSURANCE/MEDICARE/NO AETNA/NO MEDICAID</p>
<p>Congruent Counseling Services 8638 Veterans Highway Ste. 301 Millersville, MD 21108 P: 410-740-8066 F: 410-740-8068 PRIVATE INSURANCE/MEDICARE/NO AETNA/NO MEDICAID</p>	<p>Adam M. Roth, MD 1410 Forest Drive Suite 24 Annapolis, MD 21403 P: 443-949-9904 F: 443-949-9905 NO INSURANCE ACCEPTED</p>	<p>Hightower Behavioral Health 420 Crain Hwy Suite 3 Glen Burnie, MD 21061 P: 410-595-6199 F: 410-684-5334 F: 410-989-4010 MEDICARE/MEDICAID/ MOST PRIVATE INSURANCE/NO UNITED HC</p>	<p>Complete Healthcare Dr. Omolola Johnson 809 N. Hammonds Ferry Rd. Ste. C Linthicum, MD 21090 P: 410-789-2500 F: 410-789-2501 MEDICARE/ MEDICAID/PRIVATE INSURANCE/NO TRICARE</p>
<p>Thrive Behavioral Health 1114 Benfield Blvd Unit G Millersville, MD 21108 P: 410-780-5203 F: 410-780-5205 MEDICAID ONLY</p>	<p>Vesta 1202 Annapolis Road Ste. F Odenton, MD 21113 P: 410-672-2862 F: 410-672-2869 MEDICARE/MEDICAID ONLY/NO MEDICARE ADVANTAGE</p>	<p>Total Health Care 2288 Blue Water Blvd. Suite 440 Odenton, MD 21113 410-383-8300 MEDICARE B/MEDICAID/ NO CIGNA</p>	<p>Millersville Psych Services 1110 Benfield Blvd Ste. H & J Millersville, MD 21108 P: 443-562-1462 F: 410-987-4710 MOST INSURANCE ACCEPTED, DEPENDENT ON PROVIDER</p>

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<p>Holistic Touch Healthcare 1412 Crain Highway Ste 3A Glen Burnie, MD 21061 410-595-5029 800-611-7439 info@holistictouchhealthcare.com ACCEPTS MOST INSURANCE-NO KAISER</p>			
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BALTIMORE AREA:

<p>Apex Counseling Center 3200 Eastern Avenue Baltimore, MD 21224 P: 410-522-1181 F: 410-522-1182 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Baltimore Medical System 3700 Fleet Street Baltimore, MD 21224 P: 443-703-3600 F: 410-522-1475 MEDICARE/MEDICAID/ PRIVATE INSURANCE/NO CIGNA HEALTHSPRING</p>	<p>Chul S. Kwon MD 711 W. 40th St. Baltimore, MD 21211 P: 410-235-2880 F: 757-760-7901 MEDICARE/MEDICAID/ PRIVATE INSURANCE KOREAN RESOURCE</p>	<p>Metro F.A.C.T.S. 723 East Patapsco Ave Baltimore, MD 21225 410-355-1532 MEDICAID</p>
<p>Mosaic Community Services Outpatient Mental Health Clinic 2225 N. Charles St Baltimore, MD 21204 1-855-URECOVER MEDICAID/MEDICARE/ PRIVATE INSURANCE</p>	<p>Regenerations Counseling Services, Inc. 1421 S. Caton Ave Ste. 201 Baltimore, MD 21227 443-873-2520 MEDICAID</p>	<p>Total Health Care MULTIPLE LOCATIONS 410-383-8300 MEDICARE B/MEDICAID/ PRIVATE INSURANCE</p>	<p>New Vision Behavioral Health 4710 Pennington Ave. 2nd Floor Ste. 3 Curtis Bay, MD 21226 P: 410-355-3285 F: 410-355-1382 MEDICARE B/MEDICAID</p>
<p>Bloom Health Centers 921 E Fort Ave Ste. 100 Baltimore, MD 21230 P: 667-668-2566 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Family Intervention Partners 1910 N. Broadway, Ste 101 Baltimore, MD 21213 P: 410-366-1893 F: 410-366-1973 MEDICAID/CIGNA/ CAREFIRST/JHEHP/US FAMILY/AETNA/NO OTHER INSURANCE ACCEPTED</p>	<p>Congruent Counseling Services 740 Light Street Baltimore, MD 21230 P: 410-740-8066 F: 410-740-8068 PRIVATE INSURANCE/MEDICARE/NO AETNA/NO MEDICAID</p>	

HOWARD COUNTY:

<p>Chase Brexton 5500 Knoll North Drive, Ste. 235 Columbia, MD 21045 410-884-7831 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Joshi & Merchant 5500 Knoll North Drive Ste. 290 Columbia, MD 21045 P: 301-317-6575 F: 301-317-9376 MEDICARE/ PRIVATE INSURANCE (Tricare, Care1st, UHC)</p>	<p>Psych. Associates of MD 9520 Berger Road Suite 203 Columbia, MD 21046 P: 410-290-6940 MEDICARE/ PRIVATE INSURANCE</p>	<p>The THRIVE Center™ 10440 Little Patuxent Pkwy Columbia, MD 21045 410-740-3240 SELF PAY ONLY</p>
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<p>INNOVATIVE Psychiatry 9256 Bendix Road Ste. 200-B Columbia, MD 21045 443-648-9095 NO INSURANCES ACCEPTED</p>	<p>The Maryland Centers for Psychiatry, P.A. 3290 N. ridge Rd. Ste. 320 Ellicott City, MD 21043 P: 410-461-3760 F: 410-461-0526 NO INSURANCES ACCEPTED</p>	<p>Sheppard Pratt 9030 Route 108 Columbia, MD 21045 P: 410-740-1901 Call Centralized Intake at 410-938-5434 before calling number above NO MEDICARE ADVANTAGE MEDICARE/MEDICAID/ BCBS/CIGNA ONLY</p>	<p>Solutions for Mindfulness 6310 Stevens Forest Road Ste. 210 Columbia, MD 21046 410-992-3796 MEDICARE/PRIVATE INSURANCE/TMS Care1st, BCBS, Aetna</p>
<p>Collaborative Counseling Dr. Brett Greenberger 5560 Sterett Place Suite 201 Columbia, MD 21044 P: 443-546-4000 NO INSURANCES ACCEPTED</p>	<p>Congruent Counseling Services 10630 Little Patuxent Parkway, Suite 209 Columbia, Maryland 21044 Millersville, MD 21108 P: 410-740-8066 F: 410-740-8068 PRIVATE INSURANCE/MEDICARE/NO AETNA/NO MEDICAID</p>		

THERAPISTS

Anne Arundel County

<p>LifeStance Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 P: 410-757-2077 F: 410-721-2357 MEDICARE/AETNA/CIGNA/U NITED HEALTH CARE/OTHER INSURANCES DEPEND ON PROVIDER/NO MEDICAID</p>	<p>LifeStance Behavioral Health 810 Bestgate Rd, Ste 325 Annapolis, MD 21401 P: 410-757-2077 F: 443-782-2342 MEDICARE/AETNA/CIGNA/ UNITED HEALTH CARE/OTHER INSURANCES DEPEND ON PROVIDER/NO MEDICAID</p>	<p>LifeStance Behavioral Health 1511 Ritchie Hwy, Ste. 202 Arnold, MD 21012 P: 410-757-2077 F: 410-757-5184 MEDICARE/AETNA/CIGNA / UNITED HEALTH CARE/OTHER INSURANCES DEPEND ON PROVIDER/NO MEDICAID</p>	<p>Interventions Behavioral Health 5 Oak court Annapolis, MD 21401 P: 410-266-3040 F: 443-378-3540 MEDICAID/MEDICARE/ MOST PRIVATE INSURANCE/AETNA AND CIGNA MC ADVANTAGE PLANS</p>
<p>Oasis Behavioral Health Urgent Care 175 Admiral Cochrane Drive Ste. 110 Annapolis, MD 21401 P: 410-571-0888 F: 410-760-1121 MEDICARE/MOST PRIVATE INSURANCE/AETNA AND CIGNA MEDICARE ADVANTAGE/NO MEDICAID</p>	<p>Arundel Lodge 2600 Solomon's Island Rd Edgewater, MD 21037 P: 443-433-5900 F: 410-841-6045 MEDICARE/MEDICAID/ PRIVATE INSURANCE/MC ADVANTAGE/TRICARE/NO JOHNS HOPKINS</p>	<p>M&M Behavioral Health Solutions 1406 Crain Hwy S Suites 102-106 Glen Burnie, MD 21061 P: 410-766-6624 F: 410-766-0240 MEDICARE/MEDICAID/ PRIVATE INSURANCE NO TRICARE/UBH COMMERCIAL/NO MC ADVANTAGE/NO EAP/NO CAREFIRST</p>	<p>Carroll & Columbia Counseling Center 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 P: 410-315-9350 F: 410-421-9135 ONLY ACCEPT BCBS/UNITED HC/SOME PROVIDERS ACCEPT AETNA</p>

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<p>My Mental Health 1600 Crain Hwy S Ste. 608 Glen Burnie, MD 21061 P: 443-354-1200 F: 410-553-0019 MEDICARE/BCBS/TRICARE/CIGNA/MC ADVANTAGE/NO AETNA/NO MEDICAID/NO UHC</p>	<p>Work Life Behavioral Health 7310 Ritchie Hwy Suite 307 Glen Burnie, MD 21061 P: 410-487-6052 F: 443-960-4203 MEDICARE/MEDICAID/BCBS/CIGNA/TRICARE</p>	<p>Congruent Counseling Services 8638 Veterans Highway Ste. 301 Millersville, MD 21108 P: 410-740-8066 F: 410-740-8068 PRIVATE INSURANCE/MEDICARE/NO AETNA/NO MEDICAID</p>	<p>Millersville Psych Services 1110 Benfield Blvd Ste. H & J Millersville, MD 21108 P: 443-562-1462 F: 410-987-4710 MOST INSURANCE ACCEPTED, DEPENDENT ON PROVIDER</p>
<p>Thrive Behavioral Health 1114 Benfield Blvd Unit G Millersville, MD 21108 P: 410-780-5203 F: 410-780-5205 MEDICARE/MEDICAID/BCBS/AETNA/CIGNA/ UNITED HEALTHCARE</p>	<p>Vesta 1202 Annapolis Road Ste. F Odenton, MD 21113 P: 410-672-2862 F: 410-672-2869 MEDICARE/MEDICAID ONLY/NO MEDICARE ADVANTAGE</p>	<p>Behavioral Health Care of MD 1916 Crain Hwy, Ste 12 Glen Burnie, MD 21061 P: 410-487-6302 F: 301-576-7397 MEDICARE/MEDICAID/PRIVATE INSURANCE/NO UNITED HC/NO MC ADVANTAGE</p>	<p>TIME Organization 7310 Ritchie Highway Ste. 100 Glen Burnie, MD 21061 P: 443-704-1082 F: 866-623-6129 MEDICAID/ Sliding Scale</p>
<p>Counseling Connections 2134 Espey Ct Suite 3 Crofton, MD 21114 301-261-6966 MEDICARE/PRIVATE INSURANCE</p>	<p>Chase Brexton 200 Hospital Drive 5th Floor Glen Burnie, MD 21061 P: 410-837-2050 F: 866-629-0091 MEDICARE/MEDICAID/MOST PRIVATE INSURANCE/NO KAISER/NO JAI</p>	<p>Total Health Care 2288 Blue Water Blvd. Suite 440 Odenton, MD 21113 410-383-8300 MEDICARE B/MEDICAID/NO CIGNA</p>	<p>Robert A. Pascal Youth & Family Services 741 Annapolis Rd. Gambrills, MD 21054 P: 410-975-0067 F: 410-975-0204 MEDICAID/PRIVATE INSURANCE/BCBS/CAREFIRST/AETNA/CIGNA/UNITED HC WITH OUT-OF-NETWORK BENEFITS/TRICARE</p>
<p>Anne Arundel Counseling 49 Old Solomons Island Rd Ste. 204 Annapolis, MD 21401 410-768-5988 PRIVATE INSURANCE ONLY SPANISH SPEAKING SERVICES</p>	<p>Bayshore Counseling 133 Old Solomons Island Rd Annapolis, MD 21401 410-266-9747 MEDICARE</p>	<p>Dawn Morgan, LCSW-C 2530 Riva Road Ste. 312 Annapolis, MD 21401 410-573-5353 NO INSURANCES ACCEPTED</p>	<p>Remedy Counseling 819 Ritchie Hwy Ste. 1020 Severna Park, MD 21146 410-431-5111 MEDICAID/PRIVATE INSURANCE</p>
<p>Debra Zatkin LCSW-C 1507 Ritchie Hwy Ste. 102 Arnold, MD 21012 410-757-8137 MEDICARE/MEDICAID/PRIVATE INSURANCE</p>	<p>Brady Mental Health 1298 Bay Dale Drive Ste. 211 Arnold, MD 21012 P: 410-303-3438 NO INSURANCE ACCEPTED</p>	<p>Chase Counseling 1110 Benfield Blvd Ste H Millersville, MD 21108 P: 443-610-2279 NO INSURANCE ACCEPTED</p>	<p>New Visions Behavioral Health 4710 Pennington Ave Ste. 3 Curtis Bay, MD 21226 410-355-3285 MEDICAID</p>

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<p>Empowerment Solutions, Inc. 41 Balsam Drive Severna Park, MD 21146 410-647-6745 MEDICAID/PRIVATE INSURANCE</p>	<p>Anne Arundel Counseling 7310 Ritchie Hwy Ste. 1009 Glen Burnie, MD 21061 410-768-5988 PRIVATE INSURANCE SPANISH SPEAKING SERVICES</p>	<p>Greater Baltimore Counseling Center 30 Greenway Ave Ste. 5 410-768-2719 MEDICARE/PRIVATE INSURANCE</p>	<p>Safe Harbor Christian Counseling 20 Gambrills Road Severna, MD 21144 800-305-2089 MEDICAID/PRIVATE INSURANCES</p>
<p>Francesca Brooks LCSW-C 8257 Old Mill Rd. Pasadena, MD 21122 410-360-7093 MEDICAID/PRIVATE INSURANCE</p>	<p>Omni House 1421 Madison Park Drive 2nd Floor Glen Burnie, MD 21061 410-768-2719 MEDICARE/MEDICAID/PRIVATE INSURANCE</p>	<p>Inspirit Counseling Services of Maryland Harundale Presbyterian 1020 Eastway Glen Burnie, MD 21060 410-433-8861 MEDICARE/MEDICARE ADVANTAGE/MEDICAID/PRIVATE INSURANCE</p>	<p>Benna Sherman PhD 479 Jumpers Hole Road Suite 304B Severna Park, MD 21146 410-544-9564 PRIVATE PAY ONLY</p>
<p>Arundel Psychological Assoc. 1110 Benfield Blvd Ste. J Millersville, MD 21108 410-987-2031 NO INSURANCES ACCEPTED</p>	<p>Baltimore Washington Counseling Center 8258 Veterans Hwy Ste. 13 Millersville, MD 21108 410-768-6088 MEDICARE/MEDICAID/PRIVATE INSURANCE</p>	<p>The Maryland Centers for Psychiatry, P.A. 3454 Ellicott Center Dr Ste. 106 Ellicott City, MD 21043 410-461-3760 NO INSURANCES ACCEPTED</p>	<p>Page Downey, Psy.D 1413 Annapolis Rd Ste 207 Odenton, MD 21113 410-305-0158 PRIVATE INSURANCE</p>
<p>Elaine Rubenstein LCSW-C 1331 Kinloch Circle Arnold, MD 21012 P: 410-647-8210 PRIVATE INSURANCE</p>	<p>Pasadena Center for Counseling 8131 Ritchie Hwy Suite G Pasadena, MD 21122 410-360-4774 MEDICARE/PRIVATE INSURANCE</p>	<p>Shoreline Counseling Services 2446 Mountain Rd #200 Pasadena, MD 21122 410-255-9085 PRIVATE INSURANCE</p>	<p>Bay Area Counseling and Consultation 1410 Crain Highway N Suite 2-B Glen Burnie, MD 21061 410-553-4450 admin@ bayareacounseling.consulting NO HUMANA/TRICARE NEEDS AUTHORIZATION AND MEDICAL LETTER OF NECESSITY</p>

BALTIMORE AREA:

<p>Apex Counseling Center 3200 Eastern Avenue Baltimore, MD 21224 410-522-1181 MEDICARE/MEDICAID/PRIVATE INSURANCE</p>	<p>Chul S. Kwon MD 711 W. 40th St. Baltimore, MD 21211 410-235-2880 MEDICARE/MEDICAID/PRIVATE INSURANCE KOREAN RESOURCE</p>	<p>Total Health Care 1501 S. Division St. Baltimore, MD 21217 410-383-8300 MEDICARE/MEDICAID/PRIVATE INSURANCE</p>	<p>Baltimore Medical Systems 3700 Fleet Street Baltimore, MD 21224 410-558-4900 MEDICARE/ MEDICAID/ PRIVATE INSURANCE/SLIDING SCALE</p>
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PSYCHIATRIC OUTPATIENT PROVIDERS

This is a general list of providers in the area. Please contact your insurance company for a more extensive list.

<p>Metro F.A.C.T.S. 723 East Patapsco Ave Baltimore, MD 21225 410-355-1532 MEDICARE/MEDICAID</p>	<p>Mosaic Community Services Outpatient Mental Health Clinic 2225 N. Charles St Baltimore, MD 21204 1-855-URECOVER MEDICAID/MEDICARE/ PRIVATE INSURANCE</p>	<p>Regenerations Counseling Services, Inc. 1421 S. Caton Ave Ste. 201 Baltimore, MD 21227 443-873-2520 MEDICAID</p>	<p>Inspirit Counseling Services of Maryland Grace United Methodist Church 5407 N. Charles St Baltimore, MD 21210 410-433-2241 MEDICARE/MEDICARE ADVANTAGE/MEDICAID/ PRIVATE INSURANCE</p>
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HOWARD COUNTY:

<p>Chase Brexton 5500 Knoll North Drive, Ste. 235 Columbia, MD 21045 410-837-2050 MEDICARE/MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>	<p>Columbia Counseling Center 5525 Twin Knolls Rd Ste. 327 Columbia, MD 21045 410-992-9149 MEDICARE/PRIVATE INSURANCE</p>	<p>John Geremia, LCSW-C 8331 Lincoln Drive Jessup, MD 20794 410-799-5092 johngeremiatherapist.com MEDICARE/PRIVATE INSURANCE</p>	<p>Cara Jacobson, PsyD 7120 Minstrel Way Ste. 203 Columbia, MD 21045 443-520-2036 Eating Disorders, Couples Therapy MEDICARE/ PRIVATE INSURANCE/ SLIDING SCALE</p>
<p>Dr. Joshi, Merchant, Mookerjee 5500 Knoll North Drive Ste. 290 Columbia, MD 21045 P: 301-317-6575 MEDICARE/ PRIVATE INSURANCE</p>	<p>The THRIVE Center™ 10440 Little Patuxent Pkwy Columbia, MD 21045 410-740-3240 SELF PAY ONLY</p>	<p>National Family Resiliency Center 10632 Little Patuxent Pkwy, Ste. 325 Columbia, MD 21044 410-740-9553 SELF PAY ONLY</p>	<p>Inspirit Counseling Services of Maryland St. Paul's Roman Catholic Church 3755 St. Paul St Ellicott City, MD 21043 410-433-2241 MEDICARE/MEDICARE ADVANTAGE/MEDICAID/ PRIVATE INSURANCE</p>
<p>Psych. Associates of MD 9520 Berger Road Suite 203 Columbia, MD 21046 410-290-6940 MEDICARE/ PRIVATE INSURANCE</p>	<p>Way Station Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID</p>	<p>INNOVATIVE Psychiatry 9256 Bendix Road Ste. 200-B Columbia, MD 21045 443-648-9095 PRIVATE INSURANCE</p>	<p>The Maryland Centers for Psychiatry, P.A. 3290 N. Ridge Rd. Ste. 320 Ellicott City, MD 21043 410-461-3760 NO INSURANCES ACCEPTED</p>

If you cannot wait until the first available appointment you can call the Anne Arundel County Warmline to see if interim urgent care appointments are available at **410-768-5522**.

- You can also call The Grass Roots Hotline at 410-531-6677 if you are in a non-life-threatening crisis (**Howard County**).
- If your condition worsens and you enter into a life-threatening crisis call 911 and/or go to your nearest Emergency Department.
- If you have private insurance; OR cash you can call Oasis for urgent care at 410-571-0888.

PSYCHIATRIC OUTPATIENT PROVIDERS

11

This is a general list of providers in the area. Please contact your insurance company for a more extensive list.

- For those where **NO INSURANCES ACCEPTED** is written, most are willing to fill out necessary forms so that you may submit to your own insurance company in order to try and obtain reimbursement.

**If you think you would like to participate in research, you can contact the Patient Information Line at
National Institute of Mental Health At
1-866-627-6464**

Be advised that Baltimore Washington Medical Center, Anne Arundel Medical Center, Harbor Hospital, St. Agnes Hospital and Laurel Regional Hospital Emergency Departments can all evaluate persons with psychiatric/behavioral health conditions.