

Mental Wellness Resources in Central Maryland and Beyond

GENERAL RESOURCES

Resource	Phone number	Website	Ways to connect	Geographic Region	Languages
988 Suicide and Crisis Lifeline Call, text, or chat if you are in crisis because of substance use disorder, economic worries, relationships, culture and identity, illness, intimate partner violence, depression, mental and physical illness, loneliness, or if you or a loved one feel suicidal.	988	988lifeline.org	Call/text/chat 24/7	National	EN/SP
Crisis Text Line Anxiety, depression, eating disorders, emotional abuse, financial stress, grief, gun violence, loneliness, relationships, self-harm, suicide, bullying.	741741	crisistextline.org	Text/chat/WhatsApp 24/7	National	EN/SP
National Alliance for Mental Illness (NAMI) Peer-led programs providing education, skill training, and support.	800-950-6264 Text: 62640	www.nami.org	Call/text M-F 10AM-10PM EST	National	EN
Pro Bono Counseling, Mental Health Warmline If you're feeling anxious, depressed, or just need to talk to someone.	410-598-0234	probonocounseling.org	Call M-F 10am-6pm EST	Statewide	EN/SP

SPECIALIZED RESOURCES

Boys Town National Hotline All kids, teens and parents can find support and online resources from trained counselors and mental health experts. <u>Not only for boys.</u>	800-448-3000 Text VOICE to 20121	boystown.org	Call/text 24/7	National	EN/SP
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SPECIALIZED RESOURCES <i>(continued)</i>					
Resource	Phone number	Website	Ways to connect	Geographic Region	Languages
Islamic Leadership Institute of America, Youth Crisis Line Open to all youth and youth care takers, not only Muslims. Faith & Identity, mental wellness, homelessness, trauma recovery, addiction recovery, school issues, poverty.	443-429-0095	youthcrisisline.islamicleadership.org	Call/text/online 6am-11pm EST	National	EN
Naseeha This helpline is specifically designed to address the unique mental health challenges faced by Muslims, and it offers confidential and non-judgmental support to those in need.	866-627-3342	Naseehausa.org	Call/chat 24/7	National	EN
Gay, Lesbian, Bisexual & Transgender National Hotline Peer-support, information, and local resources for youth, seniors, trans, BIPOC, South Asians.	888-843-4564	lgbthotline.org	Call/chat M-F 2pm-1pm ET Sat Noon-5pm EST	National	EN
BlackLine A hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community.	800-604-5841	Callblackline.com	Call/web M-W 10am-11pm EST Th-F 10am-3pm;6pm-11pm EST S 9am-11pm EST	National	EN
Native American Crisis Hotline It provides culturally specific emergency services and support to all who have experienced trauma from domestic violence and sexual assault.	651-251-1609	women-of-nations.org	Call 24/7	National	EN
StrongHearts Native Helpline Domestic and sexual violence helpline for Native Americans and Alaska Natives	844-762-8483	Strongheartshelpline.org	Call/chat 24/7	National	EN

SPECIALIZED RESOURCES <i>(continued)</i>					
Resource	Phone number	Website	Ways to connect	Geographic Region	Languages
National Domestic Violence Hotline For all those impacted by relationship abuse.	800-799-7233 Text: 88788	Thehotline.org	Call/text/chat 24/7	National	EN/SP
Disaster Distress Helpline Call or text if you or loved ones are affected by disaster or you are a disaster recovery worker	800-985-5990	N/A	Call/text 24/7	National	100 languages
Asian/Pacific Islander Domestic Violence Resource Project Helpline It offers individualized therapy sessions in a culturally specific framework and free and confidential support groups.	202.833.2233	Dvrp.org	Phone	Washington, DC ; MD ; VA	EN, Arabic, Bahasa Indonesia, Bengali, Cambodian, Cantonese, Hindi, Japanese, Korean, Lao, Mandarin, Mongolian, Pampango, Punjabi, Shanghainese, Sinhala, Tagalog, Ilokano, Thai, Urdu, Vietnamese
TO FIND A PROVIDER					
Resource	Phone number	Website	Ways to connect	Geographic Region	Languages
Pro Bono Counseling, Mental Health Warmline If you're feeling anxious, depressed, or just need to talk to someone, this organization can connect to a provider.	410-598-0234	probonocounseling.org	Call M-F 10am-6pm EST	Statewide	EN/SP

TO FIND A PROVIDER <i>(continued)</i>					
Resource	Phone number	Website	Ways to connect	Geographic Region	Languages
Asian Mental Health Collective It fosters healing, resilience and connection in Asian communities in the US through culturally informed clinical services, virtual peer support spaces, and support for Asian mental health providers.		Asianmhc.org	Website	National	EN
Intercultural Counseling Connection is a referral network of mental health professionals committed to providing culturally responsive counseling and therapeutic services for asylum seekers, refugees, and other forced migrants.	410-632-6701	Interculturalcounseling.org	Website/Call	Greater Baltimore area	EN/SP
Johns Hopkins Psychiatric Hispanic Clinic It provides services for a range of mental health problems among children and adults of Hispanic origin in Maryland.	410-955-2365	n/a	Call	Statewide	EN/SP
Centro Sol It offers mental health support in the Southeast area of Baltimore.	410-550-4115	Jhcentrosol.org	Call M-F 9am-5pm	Baltimore City	EN/SP
Global Refuge Mental healthcare for refugees and immigrants, adults and children.	410-983-4000	http://www.globalrefuge.org/	Call	Greater Baltimore area	Multiple languages
Depression and Bipolar Support Alliance	Text DBSA to 741-741	Dbsalliance.org	Text	National	EN

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