

## Crisis Services

### **The Southern Maryland Center for Family**

#### **Advocacy**

Free legal advocacy, case management, crisis management, and emergency shelter services for victims of domestic violence and sexual assault in St. Mary's County.

24/7 Crisis Hotline: (240)-925-0084

<https://www.smcfa.net/>

#### **Maryland's Helpline**

Available 24 hours/7 days a week to callers in need of crisis intervention, risk assessment for suicide, homicide or overdose prevention, support, guidance, and information or linkage to community behavioral health providers.

Call 2-1-1

<https://211md.org/>

#### **National Suicide Prevention Lifeline**

Available 24 hours/7 days a week and provides free and confidential support for people in distress and crisis. Online chat feature and language services available.

Call 1-800-273-8255

<https://suicidepreventionlifeline.org>

## Behavioral Health

### **Center for Children**

Mental health services for children and families including psychiatric assessment, medication management and family counseling.

301-475-8860

<https://center-for-children.org>

#### **Pathways**

Mental health services for children, adolescents and adults including psychiatric assessment, medication management, supportive employment and therapeutic counseling.

301-373-3065

<https://www.pathwaysinc.org>

#### **Community Counseling Center**

Provides Mental Health Counseling services for children, adults, families and older adults

Insurances: Medicare, Private Insurance, Private Pay, Sliding Fee Scale

301-934-3103

#### **Counseling Services of Hollywood**

Holistic Outpatient substance abuse treatment for adolescents, adults and families

Insurances accepted: Private Pay, Sliding Fee Scale

301-373-4215

<http://www.coachingforthevoyage.com/3322.html>

#### **Project Chesapeake**

Substance abuse treatment and recovery support services for adults.

240-309-4015

<https://www.projectchesapeake.com>

#### **The Jude House, Inc**

Substance abuse services for adults including residential, outpatient and DWI/DUI services.

301-932-0700

<http://thejudehouse.org/>

#### **Pyramid Walden**

Substance abuse treatment, mental health and recovery support services for adults.

301-997-1300

<https://www.pyramidwalden.com>

#### **Southern Maryland Community Network**

Mental health services for adults and children including psychiatric rehabilitation programs, case management, supportive employment and in-home intervention program.

301-475-9315

<http://www.somdnetwork.org>

#### **Vesta, Inc.**

Mental health services for adults including psychiatric assessment, therapy, counseling, and medication management.

301-863-4543

<http://www.vesta.org>

#### **QCI Behavioral Health**

Mental health services for adults, adolescents, and children including group therapy, mobile treatment services, outpatient mental health clinic, and telepsychiatry services.

240-427-3554

<http://www.qcihealth.com/>

**The Promise Resource Center**

Hours of Operations Monday-Friday 8:30am-5pm

Population Served: Children, Families

Services Provided: Academic Enrichment, Education/ Skill Development, Parenting/ Family Skill Training, Behavior Management/ Intensive In-Home Training

Provider Notes: Provides training, resources and certifications for those who care for children in the tri-county area. Provides a wide array of resources to support parents, grandparents and licensed family and center child care providers

(301) 290-0040

<http://thepromisecenter.org/>

**Tri-County Youth Services Bureau**

A community based non-profit delinquency prevention organization to provide counseling, youth development and family support services to children and youth up to age 18 and their families

301-866-5332

<http://tcysb.org/>

**Barstow Acres Children's Center**

Providing mental health services for children, adolescents, adults and families

410-414-9901

<https://childrencenter.net/>

**On our own**

A wellness and recovery center for adults who have lived experience with mental health and/or substance use issues.

301-997-1066

<https://onourownmd.org/>

**Maryland Coalition of Families**

Statewide nonprofit to provide free support, information and resources to Maryland families

410-730-8267

mdcoalition.org

**Fleet and Family Support Center**

Provides services to military affiliated individuals and their families

301-342-4911

[www.navywmwpaxriver.com](http://www.navywmwpaxriver.com)

**Outlook Recovery**

Outlook Recovery provides comprehensive outpatient addiction treatment services through medication, individualized treatment planning, health and addiction education classes, and individual and group counseling.

240-237-8325

<http://www.outlookrecoveryllc.com/about-us.html>

**Private Practice**

**A New Hope Family Therapeutic Services, LLC**

Insurance accepted: None

240-718-4823

**BeLite Horizon Medical Center**

Provides psychiatric services to children, adolescents and adults

Insurances accepted: Private Insurance, Medicare, Private Pay, Sliding Fee Scale, Medicaid

(301) 997-0125

<https://anewhopefamilytherapy.com/>

**Bowes & Associates Psychotherapy, LLC**

Provides services to adolescents and adults experiencing mental illness or substance abuse issues.

Insurance accepted: Private Insurance, Medicaid, Private Pay

301-904-3757

**Chesapeake South Therapeutic Group, LLC**

Insurance accepted: BCBS, CareFirst, Tricare

240-237-8338

<http://www.chesapeakesouththerapeuticgroupllc.com/>

**Coaching the Voyage**

Provides Life Coaching and ADHD coaching for children and adults. Psychotherapy for children and adults.

Insurances accepted: Some Private, Private Pay

240-538-2577

<http://www.coachingforthevoyage.com/3322.html>

**Empowered Connections, LLC**

Insurance accepted: None

301-690-0779

<https://empoweredconnections.net/>

**Hope and Healing Psychotherapy, LLC**

Insurance accepted: Tricare East, TriWest

301-690-8404

<https://www.hopehealingtherapy.com/>

**Inner Peace Therapeutic Services, LLC**

Insurance accepted: Tricare, Triwest, Aetna, Cigna, BCBS, BCBS Fed, Compsych, Magellan, Medstar.

301-866-6333

<https://innerpeacets.org/>

**Pastoral Counseling**

Provides marriage, individual and family counseling services utilizing family systems approach

Private Pay, Sliding Fee Scale, Uninsured

301-863-9333

<https://www.pfccsmd.org/>

**Psychological Services Center, LLC**

Insurance accepted: Medicare, Tricare, Carefirst and Federal BCBS, Cigna, 301-475-9660

<https://www.psycsvcs.com/424347143>

**Serenity Place, LLC**

Insurance accepted: BCBS, Tricare East, Cigna, Medicaid

301-690-8008

<https://serenityplacellc.com/>

**S.J. Woodward Psychotherapy, LLC**

Insurance accepted: Carefirst, self pay, out of network

240-561-9559

<https://siwpsychotherapy.com/>

**Tides of Change Therapeutic**

**Services, LLC**

Insurance accepted: BCBS, UHC, Medicaid.

240-309-2351

<https://www.tidesofchangewellness.com/>

## **Support Groups**

**Marajuana Anonymous**

<https://marijuana-anonymous.org/find-a-meeting/>

**Al-Anon and Alateen**

Fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

1-800-4AL-ANON (1-800-425-2666) or 301-934-4086

<https://www.somdintergroup.org/alanon.html>

**Alcoholics Anonymous**

Internal fellowship of individuals who have had a drinking problem. Membership is open to anyone who want to do something about their drinking problem.

1-800-492-0209

<http://www.somdintergroup.org/>

**Narcotics Anonymous**

Fellowship or society of individuals for whom drugs had become a major problem. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

<http://www.cprna.org/our-areas/meetings/tri-county-of-southern-maryland-area/>

**Good Grief Support Group** (Hospice of St.Mary's)

Provides persons who have lost a loved one with a support system and an opportunity to share in life experiences with those who have faced similar circumstances

301-994-3078

[www.hospiceofstmarvs.org](http://www.hospiceofstmarvs.org)

**Celebrate Recovery**

301-862-9200

<https://www.celebraterecovery.com/>

**Smart Recovery**

Lexington Park: 240-298-0212

Leonardtwn: 301-997-1066

<https://www.smartrecovery.org/>

## **Financial**

**Community Mediation Center**

Provides free, confidential and neutral mediation

301-475-9118

<http://www.smcmediation.org/>

**The Parents' Place of Maryland**

Programs for parents and families of children and youth with disabilities

301-884-4662

[www.ppmd.or](http://www.ppmd.or)

**Cash Assistance**

1-800-997-2222

<https://dhs.maryland.gov/local-offices/st-marys-county/>

**Unemployment**

667-207-6520

<https://www.dllr.state.md.us/employment/unemployment.shtml>

**Employment and Job Coaching**

**Division of Rehabilitation Services (DORS)**

Provides vocational and independent living services to individuals with disabilities. To be eligible – individuals must be 16 years of age with physical, mental or emotional disability.

301-475-9612

<https://dors.maryland.gov/Pages/default.aspx>

**Literacy Council of St. Mary's County**

Provides basic education tutoring, including reading, English as a new language and math for adults

301-863-4847

<https://literacysmc.org/>

**Southern Maryland Workforce Services**

301-880-2800

[www.dllr.state.md.us/county/stmarys](http://www.dllr.state.md.us/county/stmarys)

**College of Southern Maryland- Leonardtown**

240-725-5300

<https://www.csmd.edu/>

**CSM GED Adult Learning Center**

301-475-0242 X28132

<https://www.csmd.edu/programs-courses/non-credit/adult-basic-education/index.html>

**Job Source**

240-725-5785

<https://www.dllr.state.md.us/county/smd/>

**Housing:**

**Angel's watch regional shelter – Catholic Charities ( NEED DSS Referral)**

Provides emergency shelter and transitional housing services to women and women with children.

(301) 274-0680

<https://www.catholiccharitiesdc.org/housinghelp/angelswatch/>

**Three Oaks Center**

Populations Served: All

Services Provided: Veteran's Resources, Housing, Emergency Shelter

Provider Notes: Provides supportive emergency and transitional housing. Also, offers permanent housing for individual's with a disability.

Shelter: 301-863-9535, Admin: 301-863-7361

<http://threеоakscenter.org/>

**Housing Authority**

301-866-6590

<https://www.stmaryshousing.org/>

**Leah's House**

301-994-9580

<https://www.leahshouse.com/>

**WARM Shelter Program**

Contact Department of Social Services

240-895-7000

**Pregnancy and Parenting**

**Care Net Pregnancy Center of Southern Maryland**

Provides free education and supportive services for women and families during and after their pregnancy. Offers free pregnancy testing, free limited ultrasounds, abortion recovery counseling, parenting classes, education, testing for STDs and infant care items.

301-737-4604

<https://carenetsomd.org/>

**St.Mary's County Health Department**

Administrative Care Coordination Unit and WIC

301-475-4330

smchd.org

**Healthy Families**

301-609-9887

<https://www.center-for-children.org/healthy-families-southern-maryland>

**Child Development Services:**

**Judy Center**

Provides early learning services for children birth thru kindergarten and their families living in Green Holly and George Washington Carver school zones.

301-863-4068

<https://www.smcps.org/ssp/judy-center>

### **Infants and Toddlers**

An early intervention program for children birth to age three who are experiencing developmental delays that are at least 25% below their chronological age in the areas of cognitive development, physical development, speech/language, social skills and/or self-help skills.

301-475-5511 ext 32223

<https://www.smcps.org/se/infants-toddlers>

### **Head Start**

The SMCPS Head Start program provides services for children ages three through five and their families. Mrs. Andrea Owens is the coordinator for the St. Mary's County Schools Head Start Program. Mrs. Kelly Hall oversees this program in addition to our other early childhood development programs. We work together with our community partners to ensure that children are socially, emotionally, and physically ready to transition to Kindergarten.

Two Sites:

- Northern: [Benjamin Banneker Elementary School](#)
- Southern: [Greenview Knolls Elementary School](#)

[301-690-2441 Option 1](#)

<https://www.smcps.org/ssp/head-start>

## **Food**

### **Partners for Success Green Holly School**

301-863-4069

[schools.smcps.org/ghs/partners-success/](https://schools.smcps.org/ghs/partners-success/)

### **St. Andrews Episcopal Church**

301-862-2247

[www.saeccp.org/](http://www.saeccp.org/)

### **SNAP**

800-221-5689

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

### **Church of the Ascension – HOPE**

Financial Assistance, Medication Resources, Food Pantry

Offers a food pantry available for individuals in need. (HOPE can offer one-time only funding for utility assistance, eviction avoidance and medication assistance.)

301-863-8551

<https://ascensionlexingtonpark.org/serving-our-community/>

### **First Saint's Community Church**

Provides food pantry and soup kitchen

301-475-7200

<https://www.firstsaints.org/food-crisis>

### **Good Samaritan Lutheran Church - Our daily bread**

Provides food pantry and soup kitchen

301-863-4740

<http://www.goodsam.community/our-daily-bread-food-pantry/>

### **Immaculate Heart of Mary Catholic Church**

Provides food pantry. Limited funds to assist with evictions and cut-off notices

301-863-8193

<http://www.ihmrec.org/>

### **Lexington Park United Methodist Church**

Provides prescription medication assistance and clothing

301-863-8500

[www.lpumchurch.org](http://www.lpumchurch.org)

### **Mt. Zion United Methodist Church**

Provides a food pantry

301-884-4132

[www.mtzionmech.org](http://www.mtzionmech.org)

### **Feed St. Mary's Food Pantry Celebration**

Food Pantry

240-237-8197

46041 Signature Ln, Lexington Park, MD 20653, USA

<https://feedstmarys.org/>

## **Transportation**

### **Access Health Shuttle (Lexington Park)**

240-237-8272

<https://www.medstarstmarys.org/our-hospital/community-involvement/accesshealth/>

### **SMCHD Medicaid Transportation**

301-475-4296

<https://smchd.org/medical-transportation/>

**St. Mary's Transit System (STS)**

301-863-8400 X1120

<https://www.stmarysmd.com/dpw/stsfares.asp>

**Insurance**

**HealthChoice Enrollment**

1855-642-8572

<https://health.maryland.gov/mmcp/healthchoice/Pages/HealthChoice-Enrollment.aspx>

**Maryland Health Connection**

1-855-642-8572

<https://www.marylandhealthconnection.gov/>

**SOMD Seedco Navigator**

1-855-339-3007

<https://www.seedco.org/>

**Medical Assistance Help Line**

1-800-284-4510

**Maryland Children's Health Program (MCHP)**

301-475-4330

<https://smchd.org/healthinsurance/>

**Clothing**

**Clothes Closet**

301-863-8500

<http://shepherdstable.org/services/clothescloset/>

**St. Mary's Department of Social Services**

240-895-7000

<http://www.dhr.state.md.us/blog/?p=243>

**Legal**

**MD Legal Aid Bureau**

1-877-310-1810

<https://www.mdlab.org/>

**MD Volunteer Lawyer Service**

1-800-510-0050

<https://mvlslaw.org/>

**SoMD Center for Family Advocacy**

301-737-4141

<https://www.smcfa.net/>

**Child Care**

**Locate Child Care**

1-877-261-0060

<https://www.marylandfamilynetwork.org/for-parents/locate-child-care>

**Promise Resource Center**

1-866-290-0040

<http://thepromisecenter.org/>

**Youth Resources:  
Education/tutoring**

**Willow's Rec Center**

Ages 4-18 available evenings

(240) 237-8016

<https://www.gowrc.com/>

**The COVE**

Ages 12-17

(301) 719-5743

<https://pyramidwalden.com/community-support/cove/>

**Prevention and Wellness**

**MD Tobacco Quit Line**

1-800-QUIT-NOW

<https://smokingstopshere.com/services-2/1-800-quit-now/>

**St. Mary's County Health Department Smoking Cessation Classes**

301-475-4330

[smchd.org/tobacco/](http://smchd.org/tobacco/)

*For more information, please visit [smchd.org](http://smchd.org) or call 301-475-4330*

*Visit our [Facebook](#) and [Twitter](#) for local updates!*