

Crisis Services:

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

Crisis Text Line Text HOME to 741741

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>

Resource and Linkage:

Behavioral Health Authority (Health Dept.) 301-475-4330 or 301-475-8190

Counseling Services

Name	Advanced Counseling Services
Phone	410- 326-2333
Address	14350 Solomons Island Road South, Suite 202A Solomons, MD
Services Provided	Psychiatry and therapy

Name	Kathleen Arban, LCSW-C
Phone	443-532-3015
Address	134 Main Street, Suite 202 Prince Frederick, MD 20678
Services Provided	Provides individual, couples, and group therapy. Specializes in working with children and adults dealing with transition, anxiety, grief and loss.

Name	Art Therapy Studio (Maria Haugaard, MA, ATR, LCP)
Phone	301-863-2888
Address	46922 South Shangri-La Dr., Lexington Park, MD
Services Provided	Art therapy for dissociative disorders; drug abuse; early trauma; self-mutilation

Name	Barstow Acres Children's Center
Phone	410-414-9901
Address	590 Main Street, Prince Frederick, MD
Services Provided	Psychotherapy/counseling, parent education and transportation
Hours	Monday-Friday 8 am-7 pm

Name	Donna Bennett, LCSW-C
Phone	240-309-4063
Address	22525 Washington Street Leonardtown, Maryland 20650
Services	Age 5 through adult, ADHD, military life, expressive arts, certified music practitioner

Name	Steven Berns, LCSW-C
Phone	410-394-0677
Address	14350 Solomons Island Rd, Suite 204, Solomons, MD
Services Provided	Psychotherapy, specializing in anxiety, depression and couples therapy

Name	Blue Sails Counseling and Consulting
Phone	410-231-0488
Address	225 Town Square Drive Ste 3 Lusby, MD 20657
Services Provided	Counseling services for children, teens, adults, families, couples
Hours	Call for hours

Name	Bowes & Associates Psychotherapy (Lori Bowes, MA, LCPC, Debbie Flerlage, LCPC, LCADC)
Phone	240-237-8405
Address	21789 N Coral Dr. Ste. 2A Lexington Park, MD 20653
Services Provided	Adults & Adolescents: Family, Individual, Couples

Name	Margrett Brooks, PhD
Phone	301- 475-7988
Address	23175 Kitty Ct, Leonardtown, MD 20650

Name	Calvert County Mental Health Clinic
Phone	410-535-5400 press 1 for mental health
Address	975 Solomons Island Road N, Prince Frederick, MD
Services Provided	Diagnostic evaluations, medication evaluations, medication management, individual/group/family therapy, domestic violence shelter, school based mental health programs, psycho-geriatric program, jail based mental health
Hours	Monday, Tuesday, Friday 8 am- 5 pm; Wednesday-Thursday 8 am-8 pm

Name	Center for Children
Phone	Leonardtown 301-475-8860 LaPlata 301-609-9887 Prince Frederick 410-535-3047
Address	41900 Fenwick St Ste 1, Leonardtown, MD 6100 Radio Station Rd, LaPlata, MD 486 Main St Ste 202 Prince Frederick, MD
Services Provided	Family therapy, sex offenders, abuse victims
Hours	Monday-Thursday 8:30 am-8 pm; Friday 8:30 am-5 pm; Saturday 9 am-3 pm

Name	Charles County Mental Health
Phone	301-609-6700
Address	4545 Crain Hwy, White Plains, MD
Services Provided	Psychiatric Services, testing and evaluations, psychological testing, psychotherapy/counseling
Hours	Monday –Thursday 8 am- 7 pm; Friday 8 am- 5 pm

Name	Chesapeake South Therapeutic Group Jessica Bowling, LCPC; Belinda Anderson, LCSW-C; Melanie Barry, LCPC, and others
Phone	240-237-8338
Address	23077 Three Notch Road, Suite 302 California, MD 20619
Services provided	Individual, marital, family counseling, children through adults

Name	Community Counseling Center-Hiland & Assoc.
Phone	301-753-8306
Address	616 East Charles St. #106, LaPlata, MD 20646
Services Provided	Psychotherapy/counseling, custody, separation, critical incident debriefing

Name	Discovery Harbor Counseling Center
Phone	301-862-9600
Address	22776 Three Notch Road Suite 202, Lexington Park, MD 20635
Services Provided	Adolescent, adult, PTSD, divorce, eating disorders, etc

Name	Kathy Donigan, LCSW-C
Phone	240-431-1151
Address	22655 Washington St. Leonardtown, MD 20650
Services Provided	Adolescents, adults, families, couples

Name	Empowered Connections, LLC Deborah Duley, MSW, LGSW
Phone	301-690-0779 www.empoweredconnections.net
Address	41650 Courthouse Drive, Suite 301 Leonardtown, MD 20650
Services Provided	Psychotherapy for anxiety, depression, trauma, crisis counseling, grief therapy, Certified Stepfamily Counselor, co-parenting and divorce counseling, children-adult, females only
Hours	Flexible morning and evening appts

Name	Fleet and Family Support Center
Phone	301-342-4911
Address	21993 Bundy Road, Patuxent River, MD
Services Provided	Psychotherapy/counseling, educational programs
Hours	Monday – Thursday 7:30 am- 5 pm; Friday 7:30 am- 4:30 pm

Name	Genesis Counseling
Phone	301-373-6314
Address	28105 Three Notch Road, Mechanicsville, MD 20659

Name	Greater Baden Medical Services
Phone	301-888-2233
Address	23140 Moakley St Ste 4 Leonardtown, MD 7450 Albert Rd, Brandywine, MD 6 Garrett Ave, LaPlata, MD
Services Provided	Psychotherapy/counseling, parent education, pharmacotherapy and local transportation

Name	Hope and Healing Psychotherapy—Jennifer Voorhaar, LCSW-C
Phone	301-690-8404
Address	41650 Courthouse Dr Ste 301, Leonardtown, MD 20650
Services Provided	Children, adolescents, adults, aging adults, veterans, military families, abuse, PTSD, trauma

Name	Hospice of St. Mary's
Phone	301-994-3023
Address	44724 Hospice Lane Callaway, MD 20620
Services Provided	Grief support and counseling

Name	Inner Peace Counseling, LLC April Kriz, LCPC
Phone	240-538-3544
Address	28105 Three Notch Road Mechanicsville, Maryland 20659

Name	InnerPeace Therapeutic Services—Jacqui Grantland, LCPC
Phone	301-866-6333
Address	23127 Three Notch Rd Ste 101 California, MD 20619
Services Provided	Individual, anger mgmt, parenting support
Hours	Mon, Wed, Friday 4:00-9:00 Sat and Sunday by appointment only

Name	Journeys Holistic Therapy Group
Phone	(301) 884-4225
Address	30537 Potomac Way, Suite 102, Charlotte Hall, Maryland 20622
Services Provided	individual, couples and family therapy, Hypnotherapy, EMDR, Reiki

Name	Mindy Krupp, LCSW-C
Phone	443-404-5320
Address	14350 Solomons Island Road, Avondale Building, #202B, Solomons, MD

Name	McDonald Clinical Services, LLC - Doris McDonald, MA, LCADC, LCPC
Phone	301-640-5648
Address	22776 Three Notch Road, Suite 200 Lexington Park, MD
Services Provided	Adult mental health, substance abuse and neuropsychology
Hours	Evening and weekend hours available by appointment

Name	Diane McKissick, LCSW-C
Phone	301-904-3720
Address	25482 Point Lookout Rd Ste 201A, Leonardtown, MD 20650
Services Provided	Psychotherapy/counseling, children, families, individual

Name	Daniel J. Meckel, Ph.D., LCSW-C
Phone	410-231-2041
Address	22530 Washington St. Leonardtown, MD 20650
Services Provided	18 years and over, anxiety, relational issues, depression, trauma, indiv, couples

Name	Yvonne Micheli, LCSW-C
Phone	410-257-5750
Address	65 Duke street, Prince Frederick, MD
Services Provided	Psychotherapy/counseling

Name	Deborah Nelson, LCPC
Phone	410-414-5953
Address	65 Duke Street #212, Prince Frederick, MD
Services Provided	Psychotherapy/counseling

Name	Holly Norris, LCPC
Phone	443-632-8749
Address	23127 Three Notch Rd #101, California, MD
Services Provided	Children through young adults, family

Name	Deborah O'Donnell, PhD
Phone	240- 587-0457
Address	41660 Courthouse Drive, 201C Leonardtown, MD 20650
Services Provided	Children through adults

Name	Outreach Mental Health & Psychiatric Services
Phone	800-217-6407
Address	22330 Chancellor's Run Road Unit A Great Mills, MD or 3649 Leonardtown Road Waldorf
Services Provided	medication mgmt, MAT, counseling services, 18 yo and over
Hours	Leonardtown M, T, Th 2 pm - 6 pm Waldorf M-F Noon - 8 pm

Name	Pastoral Counseling Center of St. Mary's County
Phone	301-863-9333
Address	Church of the Ascension, 21641 Great Mills Road, Lexington Park, MD
Services Provided	Psychotherapy/counseling individual, couples, families Mon-Thurs 10 am -8 pm Fri 10 am – 5 pm

Name	Pathways, Inc.
Phone	301-373-3065 x 241
Address	44101 Airport View Drive, Hollywood, MD
Services Provided	Psychotherapy/counseling and psychiatry
Hours	Monday-Thursday 8:30 am- 6 pm; Friday 8:30 am-4:30 pm

Name	The Pinnacle Center
Phone	301-705-7593
Address	603 Post Office Rd, Suite 210, Waldorf, MD
Services Provided	Psychological testing, psychotherapy/counseling, education, court ordered forensic services
Hours	Monday-Thursday 8:30 am -7 pm; Friday 8:30am-5 pm

Name	Project Chesapeake
Phone	240-309-4015
Address	26845 Point Lookout Road, Suite 1 Leonardtown, MD 20650
Services Provided	Mental Health, substance abuse, PRP
Hours	Monday-Thursday 9 am -5 pm, Friday 9 am-3 pm

Name	Psychological Service Center
Name	Jennifer Willoughby, Ph.D, Jennifer Carroll, LCSW-C, Melanie Ledig, LCSW-C and others
Phone	301-475-9660
Address	25484 Pt Lookout Rd, Suite 303C, Leonardtown, MD
Services Provided	Psychological testing, psychotherapy/counseling, children through adults
Hours	Monday – Thursday 9 am-7 pm; Friday and Saturday by appointment

Name	QCI Behavioral Health
Phone	240-427-3554
Address	5010 Regency Pl, Suite 203 White Plains, MD 20695
Services Provided	Psychiatry, mobile treatment, outpatient mental health clinic

Name	Personalized Therapy, LLC
Name	Erica Aispuro Regan, LGPC, William P Keeton, Psy.D., Sherrye Urtz, LCPG, CBCP
Phone	301-862-2505
Address	22593 Three Notch Road California, MD 20619
Services Provided	Children through adults, eating disorders, grief and loss, ADHD
Hours	Call for hours

Name	Melinda Ruppert, LCPC
Phone	240-298-2442
Address	28095 Three Notch Road, Suite 2C, Mechanicsville, MD 20659
Services Provided	Individuals, couples, families, grief and transition,

Name	Serenity Place, LLC
Phone	301-690-8008
Address	22655 Washington St Leonardtown or 23076 Three Notch Rd Ste 304 California
Services Provided	Individuals, couples, families.
Hours	call for appts

Name	Chris Shea, MA, CRAT, CAC-AD, LCC Life's Journey Life Coaching
Phone	301-850-2177
Address	22530 Washington St. Leonardtown, MD 20650
Services Provided	Adolescents, adults, self-pay

Name	Southern MD Associates
Phone	301-863-5797
Address	22330-E Chancellors Run Rd, Great Mills, MD
Services Provided	Psychotherapy/counseling for all ages

Name	Southern Maryland Counseling, Diana Kraft, LCPC
Phone	240-472-3522
Address	43288 Joy Lane, Hollywood, MD 20636
Services Provided	Children, Adolescents, Young Adults

Name	Summit Clinical Services, LLC Sarah Mead, LCSW-C
Phone	301-481-8749
Address	25484 Point Lookout Road, Suite 302B Leonardtown, MD 20650

Name	Barbara Taylor, LCSW-C
Phone	301-475-7894
Address	25482 Point Lookout Road #201A, Leonardtown, MD
Services Provided	Psychotherapy/counseling adults and couples

Name	Therapy Cafe
Phone	443-295-8955
Address	65 Duke St, Prince Frederick, MD 20678
Services Provided	Children, adolescents, adults, accepts BC/BS, Aetna

Name	Tides of Change Therapeutic Services, Gersende Schleicher, LCPC
Phone	240-309-2351
Address	41660 Courthouse Dr, Suite #200 Leonardtown, MD 20650
Services Provided	Adolescents, adults, families, Medicaid

Name	Sherrye Urtz, MPH, LCPC, CBC
Phone	240-434-0589
Address	Leonardtown, MD 20650
Services Provided	Grief, trauma, women's issues

Name	Glori Van Brunt, LCPC
Phone	240-538-8152
Address	22776 Three Notch Rd, Suite 200 Lexington Park, MD 20653
Services Provided	Adolescents, adults, Tricare, Carefirst, Medicaid, Aetna, Cigna

Name	Vance Mental Health Services
Phone	301-848-0461
Address	601 Post Office Road, Ste. 2D Waldorf, MD 20602
Services Provided	Psychotherapy for Adults, Couples, Children; Acupuncture

Name	Vesta
Phone	301-863-4543 Lexington Park 301- 638-7543 Waldorf
Address	46940 S. Shangri La Drive Suite 100 Lexington Park MD 20653 22 Industrial Park Drive, Suite A Waldorf, MD
Services Provided	Therapists and psychiatrist

Name	Walden Sierra, Inc.
Phone	301-719-5743
Address	Offices in St. Mary's county
Services Provided	Counseling, domestic abuse, substance abuse programs and sexual assault, psychiatry

Name	Washington Waldorf Pastoral Counseling
Phone	240-210- 6073 or 301-681-3201
Address	LaPlata United Methodist Church, 3 Port Tobacco Road, LaPlata, MD Good Shepherd United Methodist Church 305 East Smallwood Dr, Waldorf, MD
Services Provided	Psychotherapy/counseling

Name	Sarah Woodward, LCSW-C
Phone	240-561-9559
Address	22655 Washington St # 4, Leonardtown, MD 20650
Services Provided	Children 6+ through Young Adult, Tricare, Carefirst

Psychiatrists

Name	Advanced Counseling Services
Phone	410- 326-2333
Address	14350 Solomons Island Road South, Suite 202A Solomons, MD
Services Provided	Psychiatry and therapy

Name	Axios Behavioral Health-Umaru Labay-Kamara, MD
Phone	301-934-3415
Address	1 St. Mary's Avenue STE 101 La Plata, MD 20646
Services Provided	Psychiatry, office and telemedicine visits
Hours	Daily regular hours, evening hours, weekend hours

Name	Axis Health Care
Phone	240-237-8544 301-363-2575
Address	20945 Great Mills Road Ste 203 Lexington Park, MD
Services Provided	Psychiatry

Name	Be-lite Horizon Medical Center
Phone	301-997-0125
Address	26825 Point Lookout Rd, Suite E, Leonardtown, MD
Services Provided	Therapists and psychiatrist, Saturdays only

Name	Calvert County Mental Health Clinic
Phone	410-535-5400 press 1 for mental health
Address	975 Solomons Island Road N, Prince Frederick, MD
Services Provided	Diagnostic evaluations, medication evaluations, medication management, individual/group/family therapy, domestic violence shelter, school based mental health programs, psycho-geriatric program, jail based mental health
Hours	Monday, Tuesday, Friday 8 am- 5 pm; Wednesday-Thursday 8 am-8 pm

Name	Charles County Mental Health
Phone	301-609-6700
Address	4545 Crain Hwy, White Plains, MD
Services Provided	Psychiatric Services, testing and evaluations, psychological testing, psychotherapy/counseling
Hours	Monday –Thursday 8 am- 7 pm; Friday 8 am- 5 pm

Name	Center for Children
Phone	Leonardtown 301-475-8860 and LaPlata 301-609-9887
Address	23507 Hollywood Rd, Suite 2, Leonardtown, MD 6100 Radio Station Rd, LaPlata, MD
Services Provided	Therapists and Psychiatrists
Hours	Monday-Thursday 8:30 am-8 pm; Friday 8:30 am-5 pm; Saturday 9 am-3 pm

Name	Di-Pak Shah, MD
Phone	301-475-5577
Address	26840 Point Lookout Rd, # 101, Leonardtown, MD
Services Provided	Psychiatry

Name	Tammara Davis, MD Regenerations Counseling Services
Phone	301-259-5782
Address	401 Post Office Road Ste. 101 Waldorf, MD 20601
Services Provided	Psychiatry
Hours	

Name	Inner Sourced Solutions
Phone	240-207-4513
Address	11705 Berry Rd Ste 104, Waldorf, MD 20603
Services Provided	psychiatry
Hours	

Name	Venera Miller, MD
Phone	410-535-6520
Address	2425 Solomon's Island Rd Unit 1B, Huntingtown, MD 20639
Services Provided	Psychiatric evaluations, psychopharmacology, psychotherapy, group therapy
Hours	Monday - Thursday

Name	Outreach Mental Health & Psychiatric Services
Phone	800-217-6407
Address	22330 Chancellor's Run Road Unit A Great Mills, MD or 3649 Leonardtown Road Waldorf
Services Provided	medication mgmt, counseling services
Hours	Leonardtown M, T, Th 2 pm - 6 pm Waldorf M-F Noon - 8 pm

Name	Pathways, Inc.
Phone	301-373-3065 x 241 Fax 301-373-6143
Address	44101 Airport View Drive, Hollywood, MD
Services Provided	Psychiatry and psychotherapy/counseling
Hours	Monday-Thursday 8:30 am- 6 pm; Friday 8:30 am-4:30 pm

Name	QCI Behavioral Health
Phone	240-427-3554
Address	5010 Regency Pl, Suite 203 White Plains, MD 20695
Services Provided	Psychiatry, mobile treatment, outpatient mental health clinic

Name	Saleh, MD and Associates
Phone	410-535-5602
Address	301 Steeple Chase Dr, Prince Frederick, MD 20678
Services Provided	Psychiatry and therapists

Name	Andrew T Gergely, MD & Associates
Phone	410-286-0664
Address	3175 West Ward Road, Dunkirk, MD (second floor)
Services Provided	Psychiatry

Name	Vesta
Phone	301-863-4543 Lexington Park 301- 638-7543 Waldorf
Address	46940 S. Shangri La Drive Suite 100 Lexington Park MD 20653 22 Industrial Park Drive, Suite A Waldorf, MD
Services Provided	Therapists and psychiatrist