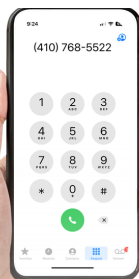


St. Mary's County Crisis Services Resources

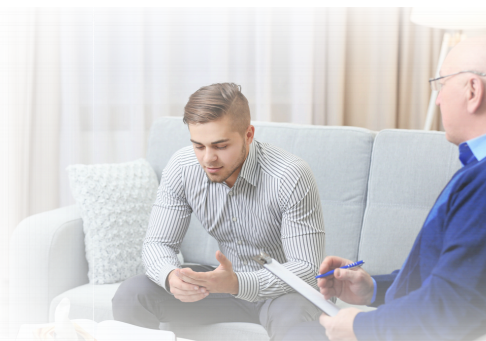


Crisis Warmline – Call 410-768-5522

The Warmline is a local hotline that offers callers emotional support and is staffed by trained phone counselors. The Warmline is available 24/7 to help with non-emergency calls with assistance for mental health, substance misuse, grief counseling and referral services, and linkages to resources within the community.

988 Suicide & Crisis Lifeline

Free and confidential 24/7 support for people in distress and prevention and crisis resources for you or your loved ones. Call or text 9-8-8.



Walk-In Crisis Services – Call 301-904-8949

Crisis support walk-in services are available at the St. Mary's County Health Hub, located at 21625 Great Mills Road Lexington Park, MD 20653. These services are available Monday – Friday from 8:00 a.m. – 4:30 p.m. Individuals who are in need of immediate counseling are able to walk in for assistance. There is no charge for these services.

Sante Southern Maryland - Call 877-618-0074

Mobile Crisis Teams Are Available 8 am to midnight/ 7 days a week. For help with: People in Crisis, Behavior Health Issues, Substance Use, Intellectual Disabilities and other Resources.