

When your child or teen is experiencing a mental health crisis, it is frightening for everyone in your family.

## What is a mental health crisis?

Crisis is defined as a time of intense difficulty, trouble, or danger. Mental health crises include one or more of the following:

- Severe disruptive behavior
- Aggressive or threatening behaviors
- Self-injurious behaviors
- Acute psychosis
- Suicidal thoughts
- Threats to harm self or others

Children and youth are going to emergency rooms more and more often to address mental health crises; sometimes, this is necessary. But emergency rooms are often not well equipped to deal with many mental health crises. There are downsides to using emergency rooms:

- Long waits (up to 24 hours) for an evaluation
- Long waits (up to three days) for an open bed if a hospital stay is recommended
- Unsympathetic hospital staff
- Inability to leave your child alone in the emergency room

## Depending upon where you live, there may be alternatives to the emergency room, including:

- **Mobile Crisis Teams:** This is a team of trained mental health professionals that you can call to come to

your home to help you manage the crisis while it's happening and to provide follow-up support.

- **Mental Health Urgent Care Centers:** This is a walk-in clinic where you can take your child when he or she is in crisis to see licensed mental health professionals for support, evaluation, and referrals, in some cases without an appointment.
- In Baltimore City, there are a number of other crisis services available to families and youth. Contact Baltimore Crisis, Information, and Referral (CI&R) Line at (410) 433-5175.

**To find out if alternative crisis services are available in your jurisdiction, look for your local crisis hotline number on the back of this factsheet.**

## Alternative crisis services may have the benefit of:

- Giving your child quick access to a licensed mental health professional
- Connecting your family to the least restrictive mental health services in your community
- Helping your family to identify alternatives to emergency room visits and hospital admissions

Crisis situations can be very draining on the entire family. Remember to take care of yourself and other family members too.

# Maryland Mental Health Crisis Hotlines by County

All hotlines below are answered 24-hours a day/7 days per week unless otherwise noted.

Jurisdiction	Mobile Crisis Team or Hotline	Contact Number
Statewide	Emergency number Statewide Maryland Helpline National Suicide Prevention Hotlines:  Veterans Crisis Line:	9-1-1 2-1-1, Press 1 1-800-SUICIDE (784-2433) or 1-800-273-TALK (-8255)  1-800-273-8255, press 1
Allegany	Family Crisis Resource Center  Frederick County Crisis Hotline Services Mental Health Association of Frederick County Western Maryland Regional Mental Center Hotline	301-759-9244 211, Press 1 301-662-2255  240-964-1399
Anne Arundel	Anne Arundel County Crisis Response YWCA Sexual Assault Crisis Center YWCA Domestic Violence Hotline	410-768-5522 410-222-7273 410-222-6800
Baltimore City	Baltimore's Crisis, Information and Referral (CI&R) Line	410-433-5175
Baltimore County	Baltimore County Crisis Response System (Affiliated Sante)	410-931-2214
Calvert	Calvert County Health Department  Walden Behavioral Health Hotline	410-535-1121 301-855-1075 Teen Line- 410-257-2216 301-863-6661
Cecil	Cecil County Domestic Violence and Rape Hotline  Life Crisis Center Hotline  Eastern Shore Operations Center (ESOC) (Affiliated Sante)	410-996-0333  410-749-HELP (-4357) 211  888-407-8018
Charles	Walden Behavioral Health Hotline Center for Abused Persons (CAP)	301-863-6661 301-645-3336
Frederick	Frederick County Crisis Hotline Services Mental Health Association of Frederick County	301-662-2255 2-1-1, press 1
Garrett	Frederick County Crisis Hotline Services Mental Health Association of Frederick County	301-662-2255 2-1-1, press 1
Harford	Harford County Mobile Crisis (Sheppard Pratt) Sexual Assault/ Spouse Abuse Resource Center, Inc.	410-638-5248 (8am-12am) 410-836-8430
Howard	Grassroots Crisis Intervention	410-531-6677 (24/7 hotline & mobile crisis team)
Mid-Shore (Caroline, Dorchester, Kent, Queen Anne's and Talbot Cos.)	Eastern Shore Operations Center (ESOC) (Affiliated Sante) For All Seasons, Inc. (Rape Crisis Center) Life Crisis Center Hotline  Mid-Shore Council on Family Violence	888-407-8018 1-800-310-7273 410-749-HELP (-4357) 2-1-1, press 1 1-800-927-HOPE (-4673)
Montgomery	Montgomery County Crisis Center EveryMind. - Montgomery Country Hotline	240-777-4000 301-738-2255
Prince George's	Community Crisis Services, Inc. Prince George's County Crisis Response System (Affiliated Sante) Family Crisis Center of Prince George's County (Domestic Violence)	301-864-7130 301-429-2185 301-731-1203
Saint Mary's	Walden Behavioral Health Hotline	301-863-6661
Somerset	Life Crisis Center Hotline  Eastern Shore Operations Center (ESOC) (Affiliated Sante)	410-749-HELP (-4357) 2-1-1, press 1 888-407-8018
Washington	Frederick County Crisis Hotline Services	301-662-2255 2-1-1, press 1
Wicomico	Life Crisis Center Hotline Eastern Shore Operations Center (ESOC) (Affiliated Sante)	410-749-HELP (-4357) 2-1-1, press 1 888-407-8018
Worcester	Life Crisis Center Hotline	410-749-HELP (-4357) 2-1-1, press 1

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