**Local Resources**

**Crisis Information:**

**Grassroots:**

* **Crisis Hotline 410-531-6677**
* **Or Text HOME: 741741**
* <https://www.grassrootscrisis.org/>

Grassroots is a 24 hour resource to individuals and families in need of immediate assistance with a personal, mental health, family, or shelter crisis.

**General Information:**

**Find a Therapist, or Treatment Center, Near You/Verified by Psychology Today:**

* <https://www.psychologytoday.com/us/therapists/maryland>
* <https://www.psychologytoday.com/us/treatment-rehab/teens-adolescent-residential/maryland>

**Specifically for alcohol/drug treatment:**

* <https://findtreatment.gov/>

**National Alliance on Mental Illness:**

* <https://nami.org/>
* **In Maryland:** <http://www.namimd.org/>
* **In Howard County:** <https://namihowardcounty.org/>
  + Parent Support Groups available in Howard County

**Howard County Health Department:**

* <http://teenhealthmatters.org/>
* <https://howard.md.networkofcare.org/mh/services/index.aspx>
  + This “Network of Care” web site is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.

**Howard County Public School System – Supporting Mental Health**

* <https://www.hcpss.org/supports/mental-health-wellness/>

**The Horizon Foundation** (become an Emotional Support Human!)**:**

* <https://www.thehorizonfoundation.org/>

**Congruent Counseling:**

* <https://congruentcounseling.com/service/teen-counseling/>

**Tides of Change Wellness:**

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

**Howard County Drug Free:**

* <http://www.hcdrugfree.org>

**Anxiety Treatment Center of Maryland:**

* <https://www.anxietymaryland.com>

**Shepard Pratt:**

* <https://www.sheppardpratt.org/>

**Maryland Mental Health Facts:**

* <https://www.hhs.gov/ash/oah/facts-and-stats/national-and-state-data-sheets/adolescent-mental-health-fact-sheets/maryland/index.html>

**Howard County Local Children’s Board:**

* <https://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Boards-and-Commissions/Local-Childrens-Board>

**Howard County Office of Human Trafficking Prevention:**

* <https://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Human-Trafficking-Prevention>

**HopeWorks:**

* [www.wearehopeworks.org](http://www.wearehopeworks.org)
  + HopeWorks is a comprehensive private non-profit agency that provides services to individuals impacted by domestic violence, sexual assault, human trafficking, and child sexual abuse.

**Local Training Classes & Educational Information:**

* In addition to the resources listed above, **Howard County General Hospital, Howard County Community College, and Grassroots** offer various mental health courses! Many are offered for free or with a nominal charge.