

Resource List and Tip Sheet: Prepared for CCW-ADW, March 2021

Education and Connection:

National Alliance on Mental Illness (NAMI): An organization that focuses on advocacy, distributing information, providing education and support, in addition to raising awareness about mental health conditions. Resources include peer networking, family support programs, and public awareness campaigns.

Below are the links to the national and state chapters of NAMI. Maryland and Virginia have affiliate chapters in many areas and counties within the state, offering in-person and virtual support, education, and advocacy work in your area.

National:

<https://www.nami.org/Home>

Maryland:

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

Virginia:

<https://namivirginia.org/>

DC:

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

Depression and Bipolar Support Alliance: Get information on depression and bipolar disorder as well as locate support groups, in-person(in a non-COVID world) and virtual.
<https://www.dbsalliance.org/>

Anxiety and Depression Association of America: Information, provider locator, and peer community network.
<https://adaa.org/>

National Catholic Partnership on Disability: Information about mental illness, through the perspective of Catholic theology.
<https://ncpd.org/>

In Crisis? Finding Help:

Suicide Prevention Hotline

1-800-873-TALK (8255)

[What to do in Crisis in Virginia](#) - Links to a PDF compiled by NAMI Virginia.

[What to do in Crisis in Maryland](#) - Links to PDF compiled by NAMI MD

Maryland Mobile Crisis Teams, by County/region:

Anne Arundel: 410-768-5522

Baltimore City

Adult: 410-433-5255 and Child/Adolescent: 410-433-5175

Baltimore County: 410-931-2214

Frederick: 301-662-2255

Harford: 410-638-5248

Howard: 410-531-6677

Montgomery: 240-777-4000
Prince George's: 301-927-4500
Eastern Shore: 888-407-8018

***If the police are called - Ask the dispatcher for an officer who is a member of the crisis intervention team - or aCIT-officer.*

Locate a professional

Locating a therapist, psychiatrist, psychologist, or social worker: Often an overwhelming task that many who are experiencing a mental health condition need assistance in undertaking is finding a care provider. Here are a few places to start if you or your loved one is looking for a professional with whom to work.

Primary Care: One's primary care physician is a GREAT place to start in looking for assessment and referral services. The National Institute of Mental Health has a publication that gives tips to prepare you for the conversation with your provider. Find that here: <https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider/index.shtml>

On the federal level: **Substance Abuse and Mental Health Services Administration** has a treatment locator and behavioral health locator, by location: <https://www.samhsa.gov/>

Medicare has a provider locator that can locate mental health providers: <https://www.medicare.gov/care-compare/>

Medicaid through each state's website will also have provider locators, for example in Maryland: <https://mmcp.health.maryland.gov/Pages/home.aspx> has provider search capabilities for each managed care organization.

Individual insurance companies also have provider locators, just select psychiatry, or mental health specialization.

Often very helpful are online platforms that allow for online scheduling (no phone calls!) For example, **ZocDoc** (<https://www.zocdoc.com/>) where you input your insurance information and easily locate providers in your area and specialization. You can also schedule appointments and submit preliminary paperwork through this website.