

Want Help with Depression or Mental Health?

Call 211, press 1



Grassroots Crisis Intervention

(24/7 crisis hotline, 24/7 walk-in services,
9am-11pm Mobile Crisis Team)

410-531-6677

Behavioral Health Navigator

(resources, information & referrals)

410-313-6202

National Suicide Prevention Hotline

1-800-273-8255

Resources

Howard County Health Department

hchealth.org/gethelp

Howard County Network of Care

howard.md.networkofcare/mh/

Teen Health Matters

teenhealthmatters.org