Mental Health Resources for Mothers

Providers specializing in Prenatal, Postpartum & Pregnancy*
*This list is not exhaustive. For tips on locating providers, see Additional Resources on page 2.

Clinicians Accepting Insurance
Karen Foxworth, LCPC
Your Gift of Therapy
https://www.yourgiftoftherapy.com
443-741-2494
Insurance: Aetna, BCBS, Carefirst, Cigna, sliding scale fees available

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Laurie Booth, LCSW-C
Integrative Health Practices
https://integrativehealthpractices.org/
844-243-9737
Insurance: BCBS, Johns Hopkins, Tricare, sliding scale fees available

Jessica Fener, LCSW-C
Discover Yourself Wellness
https://www.discoveryourselfwellness.com/
443-979-8310
Insurance: BCBS, Cigna, Carefirst, Johns Hopkins, Tricare

Dr. Cindy Dominique, LCPC
Lifechange Psychological Services
https://www.lifechangepsychservices.com/
240-702-2994
Insurance: Behavioral Health Systems, BCBS, Carefirst, Humana, Optum, Tricare, sliding scale fees available

Dalia Al-Mansy, LCPC
Lumos Counseling & Wellness
https://lumoscwc.com/
443-741-1198
Insurance: Medicaid, BCBS, Carefirst

Sarah Vayda, LCPC
Vayda Therapy
410-216-5949
Insurance: BCBS, Johns Hopkins

Out-of-network/Private Pay Clinicians
(Out-of-network providers do not participate in insurance plans, but sometimes are able to create a “super bill” that patients can submit to their insurance for reimbursement)

Anne M. Waller, LCSW-C
Postpartum Family Services
410-718-BABY (2229)

Valerie R. McManus, LCSW-C
Healing Therapies
https://healingtherapiesonline.com/
410-465-8687

Risa Ganel, LCMFT
Together Couples Counseling
https://togethercouplescounseling.com/
410-440-1413

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Visit hchealth.org or call 410.313.6300 for more information.
Additional Resources

Provider Directories

Howard County Network of Care
https://howard.md.networkofcare.org/mh/
Tool to locate local mental health providers maintained by the Bureau of Behavioral Health.

Bureau of Behavioral Health at Howard County Health Department
Access the Behavioral Health Directory, Behavioral Health Navigation Services, and more. 410-313-6202

Psychology Today
https://www.psychologytoday.com/
Public website updated by clinicians – search by zip code, age group, insurance provider, and health needs.

Resources for Families

Howard County CARE Line
Resource and referral service for child care, parenting and mental health support, and more. 410-313-CARE (2273)

Healthy Families Howard County
Free, voluntary program that provides family-centered home visiting services. 410-313-1940

Parents as Teachers
Home visiting program that provides families with information about child development & school readiness. Group connections (available in Spanish) provide parents with peer support.

Insurance Assistance

Bureau of Access to Care at Howard County Health Department
Apply for health insurance (Maryland Children’s Health Program, Medical Assistance), medical transportation, and more. 410-313-5845

Maryland Health Connection
https://www.marylandhealthconnection.gov/
Apply for plans through Maryland Health Connection or Medicaid.

Visit hchealth.org or call 410.313.6300 for more information.