

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

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.discoveryyourselfwellness.com/>

443-979-8310

Insurance: BCBS, Cigna, Carefirst, Johns Hopkins, Tricare

Dr. Cindy Dominique, LCPC

Lifecchange Psychological Services

<https://www.lifecchangepsychservices.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

<http://postpartumfamilyservices.com/HomePage.php>

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



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.

