Thank you for participating in the ABCD study. Here is some information we give to everyone in our studies.
If you, your child, or someone you know is having a problem with life stress, health, education, alcohol, drugs, or emotional concerns, help is available...

**You Are Not Alone:**

- **For Life Threatening Emergencies**  
  DIAL 9-1-1

- **Maryland Crisis Hotline/**  
  DIAL 211 (and press option 1) or text 898211
  or visit 211md.org

- **Maryland Suicide Prevention Program**
  2-1-1 MARYLAND 24 hours a Day to connect Maryland residents to health and human service resources  
  DIAL 2-1-1 or visit online at https://211md.org

- **Baltimore Crisis Response**  
  24 Hour Mental Health & Substance Use Disorder Help Line - Information & Referral Line: (410) 433 5175  

- **Psychiatric Emergency Services**  
  Adult: 410-328-9400, Pediatric: 410-328-6335
  24-hour a day service provided for psychiatric emergencies for both voluntary and involuntary patients primarily for the residents of Baltimore City and surrounding counties. Services are provided on a walk-in basis and access to psychiatric and addiction resources are available.

- **Sheppard Pratt Crisis Walk-in Clinic**  
  6501 N. Charles Street, Towson, MD 21204  
  410-938-5302
  Scheduled Crisis Intervention Program (SCIP): face-to-face urgent assessment with the referral and case management.

- **USA NATIONAL SUICIDE HOTLINES**  
  [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  Hope Line 1-800-SUICIDE (784-2433)
  Suicide Prevention 1-800-273-TALK (8255)

- **THE NATIONAL CHILD TRAUMATIC STRESS NETWORK**  
  [https://www.nctsn.org](https://www.nctsn.org) (resources to support youth who have been exposed to trauma)  
  (new resource on helping families to cope with the [coronavirus](https://www.cdc.gov/coronavirus/2019-ncov/index.html))

- **University of Maryland Medical Center Emergency Services:**  
  [https://www.umms.org/ummc/health-services/emergency](https://www.umms.org/ummc/health-services/emergency)
  - **Psychiatric** Emergency Services: Same day visit for emergency evaluation for adults  
    410-328-1219
  - **Pediatric** Emergency Services: a multi-disciplinary team of pediatricians, nurses, child life specialists, social workers, and others who are specifically trained in treating ill and injured children.  
    410-328-6335

**SCHOOL & EDUCATION SUPPORT**

School Resources: Contact the School Counselor, Social Worker, Psychologist or Principal at your child’s school for additional support around mental health.

**Children with Special Health Care Needs Special Education Resource Center** Supports parents of children with disabilities, ages birth to 21. The mission is to promote positive, effective partnerships within the school community.

(410) 887-5443
White Oak School, 8401 Leefield Rd, Baltimore, MD 21234
STOPBULLYING.GOV provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying in schools and neighborhoods
www.stopbullying.gov

**PROTECTIVE SERVICES AND SUPPORT**

**Baltimore Child Abuse Center:** Supports children and families in intervention, responses to, and prevention of child sexual abuse, trauma, and Adverse Childhood Experiences. As part of the array of services, can help connect children and families with appropriate mental health treatment and other social services.

410-396-6147
2300 North Charles Street, 4th Floor, Baltimore, MD 21218

**Child Protective Services-**
**Maryland Department of Human Resources:** Provides services to protect children and assist parents or caretakers in providing proper care and attention to children, remedy and decrease the risk of continuing abuse or neglect, provide an alternate plan of care for children when parents or caretakers are unable to provide proper / safe care for them.

http://dhr.maryland.gov/child-protective-service

Baltimore City: (410) 361-2235
1525 N. Calvert Street, Baltimore, MD 21202

Maryland Counties: http://dhs.maryland.gov/child-protective-services/reporting-suspected-child-abuse-or-neglect/local-offices/

**Adult Protective Services-**
**Maryland Department of Human Resources:** Aims to prevent/remedy the abuse, neglect, self-neglect, or exploitation of adults who are unable to protect their own interests and are at risk of immediate harm to their self or others; services to protect the health, safety, and welfare of endangered, vulnerable adults.

http://dhr.maryland.gov/office-of-adult-services/
1-800-332-6347 Baltimore City: (443) 423-6612
311 West Saratoga Street, Baltimore, MD 21201


**House of Ruth**  Shelter and supportive services for women and children impacted by intimate partner violence.

410-889-7884

**Turn Around (Multiple Locations):**

*24-Hour Helpline: 443-279-0379*

Provides counseling and support services for adult and children victims of rape, incest and domestic violence.

401 Washington Avenue, Suite 300, Towson, MD 21204 410-377-8111

2300 N. Charles Street, 2nd Floor, Baltimore, MD 21218 410-837-7000

9100 Franklin Square Drive, Room 317, Baltimore, MD 21237 410-391-2396

**MENTAL & BEHAVIORAL HEALTH**

**PSYCHOLOGY TODAY** Therapist Finder Tool www.therapists.psychologytoday.com

**Children & Families**

**Pro-Bono Counseling Project:**

Outpatient mental health services provided to uninsured or underinsured low-income children and families

110 West Road, Suite 202, Baltimore, MD 21204 410-825-1001

**CHADD** (Children and Adults with Attention-Deficit/Hyperactivity Disorder)- specific for families with a child with ADHD

http://www.chadd.org/ - national website www.chadd-mc.org/MD chapters
The Early Childhood/Preschool Clinic provides psychiatric and social assessment and treatment for children under five years of age. The Intensive Outpatient Program provides intensive intervention for children 3-5 on-site several mornings a week.

Child & Adolescent Clinic (Ages 6 – 18)  
4940 Eastern Avenue  Baltimore, MD 21224  
The Outpatient Clinic services include psychiatric and social evaluation for children and adolescents with individual, family, or group treatment sessions.

Johns Hopkins Children's Mental Health Center  
403 North Caroline Street  Baltimore, Maryland 21205  
Comprehensive diagnostic evaluations including psychiatric and psychological assessments for children. Ongoing outpatient services include individual, family, and group therapy, as well as medication treatment.

Johns Hopkins Community Psychiatry Program  
600 N. Wolfe Street  Baltimore, MD 21287  
Comprehensive outpatient psychiatric services for older adolescents and adults living in the Baltimore area. Services include individual, group, marital, and family therapy as well as medication management.

Kennedy Krieger Family Center  
2901 E. Biddle Street  Baltimore, MD 21213  
Outpatient services include: Birth to Five Clinic, Child Psychiatry, Evaluation Clinic (6-18-years-old), Family Clinic (3-18), Group Clinic, Individual Clinic (3-18), SMART Clinic (4-11), STAR Clinic.

The University of Maryland Community Psychiatry Program  
The Care Clinic  
520 W. Lombard Street  Baltimore, MD 21201  
Forensic assessment of trauma with short-term, structured, intensive individual, group, and family therapies for children who have been physically or sexually abused or exposed to domestic violence.

The Taghi Modaressi Center for Infant Study (Ages 0 –5)  
701 West Pratt St, 4th Floor  Baltimore, MD 21201  
Mental health services for children 0 – 5 including: diagnostic assessments, trauma-focused family therapy, individual and play therapy, multi-family groups and parent-child interactive treatment.

Child & Adolescent Clinic (Ages 6 – 18)  
410-328-1111  
Outpatient services include mental health treatment for children and adolescents ages 6 – 18, parenting group for caregivers of children diagnosed with ADHD, Mood Disorders Clinic, Trauma Clinic.

Clinical Services for Adults (18 and older)

Johns Hopkins Bayview Medical Center  
Community Psychiatry  
The Mason F. Lord Building, 4940 Eastern Avenue  Baltimore, MD 21224  
Services include treatment for chronic mental illness, substance use disorders, dementia, Alzheimer's disease, traumatic brain injury, sleep disorders, behavioral medicine, and the interface between psychiatry and other areas of medicine (e.g., burns, cardiovascular disease, chronic pain). Inpatient and outpatient programs treat adults, children, and adolescents in all these areas.

https://www.hopkinsmedicine.org/psychiatry/patient_information/bayview/
The North Baltimore Center
A Program of Mosaic Community Services, Inc.
2225 North Charles Street, Baltimore, MD 21218
Mariel Holt, Intake Coordinator
Adult outpatient clinic, Mobile treatment – Adult case management, Adult psychiatric rehabilitation, Individual, group and family therapy, Community support services, Intensive in-home services, Medical management, Substance Abuse Services

University of Maryland Medical Center, Psychiatric Assessment and Referral Center (PARC) 410-328-6231
22 South Greene Street Baltimore, MD 21201
https://www.umms.org/ummc/health-services/psychiatry/contact

Alcohol & Drug Abuse Comprehensive substance abuse treatment: 410-328-6600
Acute Inpatient and Day Hospital Psychiatric Services Adult, child and geriatric: 410-328-6231

Outpatient Psychiatric Services
- Child Outpatient Clinic (to include school mental health and ages 0-5 services): 410-328-8552
- Geriatric Outreach and Clinic Services: 410-328-8415
- Adult Outpatient Clinic (to include trauma and mood disorders): 410-328-5881
- Community Psychiatry (for all ages with serious / persistent mental illness / behavioral disturbances): 410-328-6231

Consultation Liaison Psychiatry Comprehensive psychiatric consultations for the medically ill and Medical Crisis Counseling Center (care for patients and families dealing with medical illness): 410-328-6091

Harford Belair Community Mental Health Center, Inc.
4308 Harford Road Baltimore, MD 21214 410-426-5650
Adult Outpatient Services, Child & Adolescents Services, Case Management, Mobile Treatment Services Mental Illness & Substance Abuse

Apex Counseling Center
3200 Eastern Avenue Baltimore MD 21224 410-522-1181
Individual Therapy, Couples Therapy, Family Therapy, Group Psychotherapy, Medication Management Psychiatric Assessments, Substance Abuse Treatment Counseling

Behavioral Health System Baltimore: Prevention, early intervention, treatment and recovery to help build healthier individuals, stronger families and safer communities by managing the system of care that addresses emotional health and well-being and provides services for individuals with substance use and mental health disorders Information and/or assistance scheduling 410-637-1900, option #1. Visit: http://www.bhsbaltimore.org/ One N. Charles Street, Suite 1300, Baltimore, MD 21201

Kennedy Krieger Institute (Multiple Locations):
707 North Broadway Baltimore, MD 21205 443-423-9200
Outpatient services include: Neurobehavioral Clinic, Day Feeding Program, Down Syndrome Clinic, Nutrition Program, Occupational Therapy, Pediatric Rehab & Psychology Clinic.

Baltimore City Health Department: The Health Department is responsible for many health-related issues including acute communicable diseases, chronic disease prevention, school health and youth violence. 410-396-3835
100 N. Holliday St, Baltimore, MD 21201

Weightsmart: pediatric weight management program at Mt Washington Pediatric Hospital (referral required)
1708 West Rogers Ave., Baltimore, MD 21209 https://www.mwph.org/health-services/weigh-smart 410-578-5145

Youth Compendium of Physical Activities: 196 common activities in which youth participate and estimated energy cost associated with each https://www.nccor.org/nccor-tools/youthcompendium/
ABCD Study: Maryland (Baltimore and surrounding)

Healthy eating: Comprehensive guidelines to promote healthy eating habits in children and adults. [Visit here](https://health.gov/sites/default/files/2019-10/DGA_Healthy-Eating-Pattern.pdf)


Childhood asthma & allergy: [Visit here](https://www.umms.org/childrens/health-services/pediatric-pulmonology-allergy-sleep/breathmobile)

STAY HEALTHY TIPS (reduce spread of FLU, CORONAVIRUS, etc.) WAACCK!

- **Wash** your hands often with soap and water for at least 20 seconds under running water. Use an alcohol-based hand sanitizer if soap and water are not readily available.
- **Avoid** touching your eyes, nose, or mouth, and avoid unnecessary handshakes, hugs and overcrowded areas.
- **Clean** and disinfect frequently touched objects and surfaces.
- **Cover** your mouth and nose with a tissue when you cough, or sneeze then throw the tissue away.
- **Keep** a distance of at least 5 to 8 ft from people who are sick.

Stay informed on latest updates through official channels on TV and Radio or CDC [Visit here](https://www.cdc.gov/)

ALCOHOL & DRUG ISSUES

**SAMHSA’s National Helpline, 1-800-662-HELP (4357)**, (Treatment Referral Routing Service) or TTY: **1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. [Visit here](https://www.samhsa.gov/find-help/national-helpline)

**Baltimore County Department of Health: Substance Use–Resource, Education & Advocacy Help Line**
Provides treatment through community providers for substance users and their families, offers programs and services to prevent substance use, and develops, coordinates, and monitors a countywide network of substance use prevention and disorder treatment services. **(410) 88-REACH (410) 887-3224**
[www.baltimorecountymd.gov/Agencies/health/healthservices/substanceuse/#tx]

**Baltimore County Department of Health: Substance Use–Adolescent Services**
Offers specialized services for adolescents, including assessment, referral and education. **(410) 887-6465**
Email: behavioralhealth@baltimorecountymd.gov
The Bureau of Health Eastern Family Resource Center
**(410) 730-8267**

FAMILY & LIFE SUPPORT

**Maryland Coalition of Families** Provides information and resources for families of children and adolescents with mental health, substance use and/or other behavioral needs. Offers family perspectives and support from families of children and adolescents with mental health concerns [www.mdcoalition.org](http://www.mdcoalition.org) **(410) 730-8267**
Email: info@mdcoalition.org
10632 Little Patuxent Pkwy, Suite234, Columbia, MD 21044

**The Parents’ Place of Maryland**
Helps families of children with disabilities and special health care needs throughout Maryland [Visit here](https://www.ppmd.org/)
**1-800-394-5694 or (410) 768-9100**
810 Cromsell Park Drive, Suite103, Glen Burnie, MD 21061

**The Family Tree**: Maryland child abuse and neglect prevention center; education and support for parents to raise healthy, productive children. Services: 24/7 Parenting HelpLine, parenting classes, family counseling, children & youth services, parent leadership and support groups. **24/7 Parenting HelpLine: 1-800-243-7337 (410) 889-2300**
[www.familytreemd.org](http://www.familytreemd.org)
2108 N. Charles St, Baltimore, MD 21218

The Salvation Army of Central Maryland
ABCD Study: Maryland (Baltimore and surrounding)
Provides shelter, food, and financial assistance for struggling families.

LMS Compassion Centers Bring comfort to those in need thanks to the good will of volunteers and donations from the community. Clothing, food, furniture and housewares are among the items available.
https://compassionplace.org/centers/
Multiple Locations: Annapolis, Cambridge, Essex, Fells Point, Havre de Grace, Hickory, Hyattsville, Loch Raven

Center for Family Services Provides treatment foster care services, pregnancy counseling, parenting and adoption planning services, and adoptive family services.
410-659-4050
2601 N. Howard Street, Suite 200, Baltimore, MD 21218

Roberta’s House Grief & Loss Center: A grief and loss center with services for families, children and adolescents grieving the loss of a loved one. Program services are provided at no cost to the families
1900 North Broadway, Baltimore,

My Sister’s Place Women’s Center
17 W. Franklin Street Baltimore, MD 21201
Resource center for homeless and impoverished women and children in Baltimore. Provides 3 meals a day and access to services such as case management, education, and job training for women in Baltimore City.
410-727-3523

Project FRESH Start
Provides homeless families with housing, counseling, case management, referrals to remedial education, life and job skills training, parenting workshops, financial literacy workshops, case management, and a host of community services.
410-261-6777

Baltimore Affordable Housing Office –apply for housing assistance or to email a question https://www.habc.org/habc-information/about-us/contact-us/

Baltimore City Schools Homeless Liaison:
Homeless families have rights that provide them with transportation to stay in the same school, so their kids do not have to keep moving schools so much. The Baltimore City Schools Homeless Liaison can help with transportation and school placement needs. They can also help with clothing vouchers.

Asylee Women Enterprise (AWE), works with asylum seekers and other forced migrants as they navigate the immigration legal process, begin to heal from past trauma and rebuild their lives in Baltimore. https://www.asyleewomen.org/general-info

We Are Casa work to organize, advocate for, and expand opportunities for Latino and immigrant people in Maryland. Support includes employment placement; workforce development and training; health education; citizenship and legal services; and financial, language, and literacy.
https://wearecasa.org/who-we-are/

Catholic Charities Esperanza Center: a comprehensive immigrant resource center that offers hope and essential services to people who are new to the United States including, ESL education, healthcare, and low-cost immigration legal services. Esperanza Center, 430 S Broadway, Baltimore, MD 21231 EMAIL: esperanzainfo@cc-md.org 667-600-2900

Pro Bono Resource Center (PBRC) of Maryland is a statewide non-profit group of legal professionals dedicated to offering free civil legal help to the most vulnerable and disenfranchised members of our community. https://probonomd.org/
520 West Fayette Street, Suite 300, Baltimore, MD 21201 410-837-9379

If there are other resources you would find helpful, or that have helped you and you want to share, please contact your ACBD Study team and let us know. 410-706-ABCD (2223) or ABCD@umm.edu or ABCD@som.umaryland.edu