



9318 Gaither Road, Ste 220 Gaithersburg, MD 20877

Phone: (301) 251-4702

Community Support Resources

AFSP Maryland

Kat Olbrich, Area Director Maryland and Delaware

Contact: (202) 770-8973

kolbrich@afsp.org

The grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

B'More Clubhouse

831 North Calvert Street
Baltimore, MD 21202

Contact: (410) 727-2030

members@bmoreclubhouse.org

Website: <https://www.bmoreclubhouse.org>

B'More Clubhouse is a Baltimore-based nonprofit organization, which empowers adults living with mental illness to lead meaningful and productive lives of their choice in the community.

Founded in 2009, B'More Clubhouse is the first and only Clubhouse in the state of Maryland, that is recognized and accredited by Clubhouse International.

Our mission: B'More Clubhouse empowers adults living with mental illness to lead meaningful and productive lives of their choice in the community.

Care and Connections for Families

15825 Shady Grove Road, Suite 25
Rockville, MD 20850

Contact: andrea.rifkind@sheppardpratt.org

Care and Connections for Families provides in-home counseling and support services to families whose children are experiencing a mental health crisis. Sheppard Pratt provides crisis intervention services that address the family's immediate needs. We also help pave the way toward a long-term, stable family environment with support services.

CCACC Health Center

9318 Gaither Road, Suite 205
Gaithersburg, MD 20877

Contact: (240) 393-5950

CCACC Health Center provides a medical home for your health care needs. We collaborate with experienced primary care providers, specialists, mental health and other healthcare professionals to provide one-stop services to ensure the best care and



Website: <https://www.ccacchealth.org>

experience for patients and their families.

Doctor visits by appointment only.
Patient eligibility screenings by appointment.

CCACC Health Center accepts insured and uninsured patients. For more details, please call us to verify your benefit.

CCI Health Services

220 Girard Street
Gaithersburg, MD 20877

Contact: (866) 877-7258
Website: <https://cciweb.org/contact-us/>

CCI Health Services, a group practice, empowers patients to partner with staff for an unparalleled healthcare experience. Through integrated teams in a learning environment, we deliver high-quality, affordable care to every patient during all stages of life.

Please call to see services included.

Chesapeake Connections

2225 N Charles Street
Baltimore, MD 21218

Contact: (443) 573-6096

Chesapeake Connections delivers a wide range of treatment options and support services for people who experience severe and persistent mental illness (SPMI) and developmental disabilities, including:

- Schizophrenia
- Bipolar disorder
- Major depression that significantly interferes with thoughts, mood, and actions

CommonGround

200 Girard Street, Suite 203
Gaithersburg, MD 20877

Contact: (301) 605-1561
Ashley.Void@sheppardpratt.org
Cynthia.Elliott@sheppardpratt.org

CommonGround is a peer wellness and recovery center – meaning that staff and members alike have, or have had, lived experience with a mental health condition.

CommonGround serves adults 18 and older with any mental health concerns. We often work with adults with conditions such as schizophrenia, bipolar disorder, and depression. All services are provided free of charge.

We offer one-on-one peer support and informative and engaging groups. Groups vary based on our clients' needs, but often include:

- Self-exploration
- How not to go into relapse
- How to deal with anger
- Coping skills
- Goal setting
- Building relationships
- Instruments of healing, an interactive musical experience group
- Mental health medication education
- Educational groups on mental health conditions such as depression, schizophrenia, bipolar disorder, substance use disorder, borderline personality disorder, and others

To access services, call 301-605-1561. We also accept walk-ins during open hours on Tuesdays, Thursdays, and Fridays from 1:00 p.m. – 5:00 p.m.

Dare to be You

610 East Diamond Avenue, Suite 100
Gaithersburg, MD 20877

Contact: (301) 605-1555

Dare to be You is a free 10-week substance use prevention education and support program for families with children ages three to five.

DBSA National Capital Area

Rockville, MD

Contact: (301) 299-4255

hello@dbsanca.org

Website: www.dbsanca-family.org

Depression and Bipolar Support Alliance (DBSA) changes lives, saves lives and impacts lives, through education, peer support groups and advocacy for those diagnosed with a mental health illnesses and empowers their family and friends to embrace their independence, advocate for improved services, and to love them for who they are. Members and family of DBSA National Capital Area come together to form our regional chapter, focusing on support from family members of people with mood disorders and offering a support group, which meets twice a month (see the calendar for the times and location), as well as a website, educational programs, and other services..

Ed Bohrer Parent Resource Center

35 North Summit Avenue
Gaithersburg, MD 20877

Contact: (240) 778-9879
lucia.torres@sheppardpratt.org

The PRC helps residents of Gaithersburg pursue their educational goals and access needed resources by providing adult educational classes and providing information about services available in the community. We help remove barriers by offering these programs and services in both English and Spanish. We believe that by helping parents succeed, we improve the lives of the children for whom they are caring.

Frederick County Children's Mobile Crisis

Contact: 211

When a Frederick County child or teen is experiencing a mental health crisis, simply call the **211 hotline** to be connected to help. After 211 assesses the situation, a mental health professional will come provide help on site.

Gaithersburg HELP

301 MUDDY BRANCH ROAD
GAITHERSBURG, MD 20878

Contact: 301-216-2510 #1

Gaithersburg HELP provides food services to Gaithersburg area residents by appointment-only.

Currently guests can pick up food 9 times in a 6 month period.

We strive to provide a nutritious selection of food to our recipients. Here is a list of items that are typically included in food packages:

- Cereal
- Milk
- Canned or jar goods (vegetables, jelly, fruit, chicken, peanut butter, soup, spaghetti sauce, tuna)
- Rice, pasta, and dried beans
- Bread
- Eggs and Cheese
- Frozen meats

Holy Cross Health Partners at Asbury Methodist Village

201 Russell Ave
Gaithersburg, Maryland 20877

Contact: (301) 557-2110

Website:

<https://www.holycrosshealth.org/location/holy-cross-health-partners-at-asbury-methodist-village>

Holy Cross Health has been a steward of our diverse community's health for more than 55 years, earning the trust of area residents. Our team of more than 3,000 employees, 2,069 community-based physicians, and 167 volunteers works proactively each day to meet the needs of every individual we touch. And our mission and values mean that we uphold this commitment for every person, without regard for the ability to pay.

Holy Cross Health Partners at Asbury Methodist Village in Gaithersburg provides easily accessible, high-quality primary care services to independent-living residents at Asbury Methodist Village and community members age 50 and older. The 2,739-square-foot primary care site features the latest technology, state-of-the-art examination rooms and a staff of experts in senior care.

Mercy Health Clinic

7 Metropolitan Court, Suite 1
Gaithersburg, MD 20878

Contact: (240) 773-0300

INFO@MERCYHEALTHCLINIC.ORG

Website: <https://www.mercyhealthclinic.org>

At Mercy, we serve low-income uninsured residents of Montgomery County. We are committed to providing high-quality medical care, health education and pharmaceuticals to eligible patients free of charge. We are a non-sectarian, nonprofit patient-centered medical home.

MHA of Frederick County

226 South Jefferson St.,
Frederick, MD 21701

Contact: (301) 663-0011

Website: <https://fcmha.org/>

MHA is a powerful voice for healthy communities throughout the nation and offers information, referrals, and resources for individuals living with any type of mental illness. One of MHA's services includes online screening, which is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

MHA of Frederick County builds a strong foundation of emotional wellness for the whole community by preparing resilient children, securing vulnerable families and standing with people to face crises together. Through education, advocacy, empowerment, and treatment, MHA helps everyone face their challenges and make lasting positive changes.

Montgomery County Federation of Families

13321 New Hampshire Avenue Terrace B
Silver Spring, MD 20904

Contact: (301) 879-5200

Website: <https://www.mcfof.org>

We provide families with accurate assessments, evidence-based interventions, culturally and linguistically competent services, and a variety of other resources to help their children become self-respecting, independent, hopeful and productive adults. We help our families learn to cope with the difficult and demanding behaviors of their children while trying to maintain their employment and financial survival.

NAMI Montgomery County

9210 Corporate Blvd Ste 170
Rockville, MD 20850-6225

Contact: (301) 949-5852

info@namimc.org

Website: www.namimc.org

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Your local NAMI Affiliates and volunteer leaders work in communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.

NAMI Montgomery County, MD serves residents across our county with free mental health support groups, classes, presentations, and resources. Please reach out for support, educational materials, advocacy questions and concerns, to share your story, or with any other general question or concern.

The Landing

640 East Diamond Avenue, Suite B
Gaithersburg, MD20877

Contact: 301-461-3477

At The Landing, we are committed to providing a safe and sober environment for youth recovering from substance use.

The Landing provides a non-judgmental, inclusive, and supportive environment where Montgomery County youth who are recovering from a substance use problem receive a comprehensive array of recovery and support services. Our compassionate and dedicated staff encourage and assist our youth in meeting their goals. We offer dynamic, engaging support throughout the recovery process while promoting positive relationships, leadership skills, team building opportunities, problem solving skills, responsibility, and confidence.

Monday - Friday, 3pm. – 8pm; Saturdays, 12- 6pm

Youth Mental Health Assistance

620 East Diamond Avenue, Suite H
Gaithersburg, MD 20877

Contact: (240) 683-6580 ext. 213

Providing mental health services to Gaithersburg youth and families who are experiencing problem behaviors affecting their home and school life.

At Youth Mental Health Assistance, we offer bilingual home-based and school-based mental health assistance for individuals who:

- Need support for problems adjusting to life transitions
 - Are experiencing issues stemming from long term separation from a family member
 - Are having trouble dealing with trauma and loss
 - Have experienced physical and/or sexual abuse
 - Have depression
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