

Children's Mental Health Matters!

a Maryland public education campaign

Facts For Families Crisis Services

When your child or teen is experiencing a mental health crisis, it is frightening for everyone in your family.

What is a mental health crisis? Crisis is defined as a time of intense difficulty, trouble, or danger. Mental health crises include one or more of the following:

- Severe disruptive behavior
- Aggressive or threatening behaviors
- Self-injurious behaviors
- Acute psychosis
- Suicidal thoughts
- Threats to harm self or others

Children and youth are going to emergency rooms more and more often to address mental health crises; sometimes, this is necessary. But emergency rooms are often not well equipped to deal with many mental health crises. There are downsides to using emergency rooms:

- Long waits (up to 24 hours) for an evaluation
- Long waits (up to three days) for an open bed if a hospital stay is recommended
- Unsympathetic hospital staff
- Inability to leave your child alone in the emergency room

Depending upon where you live, there may be alternatives to the emergency room, including:

- **Mobile Crisis Teams:** This is a team of trained mental health professionals that you can call to come to your home to help you manage the crisis while it's happening and to provide follow-up support.
- **Mental Health Urgent Care Centers:**

This is a walk-in clinic where you can take your child when he or she is in crisis to see licensed mental health professionals for support, evaluation, and referrals, in some cases without an appointment.

- In Baltimore City, there are a number of other crisis services available to families and youth. Contact Baltimore Child and Adolescent Response System (B-CARS) at (410) 752-2272.

To find out if alternative crisis services are available in your jurisdiction, look for your local crisis hotline number on the back of this factsheet.

Alternative crisis services may have the benefit of:

- Giving your child quick access to a licensed mental health professional
- Connecting your family to the least restrictive mental health services in your community
- Helping your family to identify alternatives to emergency room visits and hospital admissions

Crisis situations can be very draining on the entire family. Remember to take care of yourself and other family members too.

Children's
Mental
Health
Matters.org
A MARYLAND PUBLIC
EDUCATION CAMPAIGN

coordinated by

mhamd
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF
maryland coalition of families
for children's mental health

This document was developed under grant CFDA 93.767 from the U.S. Department of Health and Human Services, Centers for Medicare & Medicaid Services. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not assume endorsement by the Federal Government.

www.ChildrensMentalHealthMatters.org

MARYLAND MENTAL HEALTH CRISIS HOTLINES BY County
ALL HOTLINES BELOW ARE ANSWERED 24-HOURS A DAY/7 DAYS PER WEEK UNLESS OTHERWISE NOTED

| Jurisdiction | Mobile Crisis Team or Hotline | Contact Number |
|--|--|---|
| Statewide | Emergency number | 9-1-1 |
| | Statewide Maryland Crisis Hotline | 1-800-422-0009 |
| | National Suicide Prevention Hotlines: | 1-800-SUICIDE or 1-800-273-TALK (784-2433) (-8255) |
| | Veterans Crisis Line: | 1-800-273-8255, press 1 |
| | Maryland Crisis Online Chat | www.Help4MDYouth.org (available Mon.- Fri., 4pm - 9pm) |
| Allegany | Family Crisis Resource Center | 301-759-9244 211 |
| | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 |
| | Western Maryland Regional Mental Center Hotline | 240-964-1399 |
| Anne Arundel | Anne Arundel County Crisis Response | 410-768-5522 |
| | YWCA Sexual Assault Crisis Center | 410-222-7273 |
| | YWCA Domestic Violence Hotline | 410-222-6800 |
| Baltimore City | Baltimore Child & Adolescent Response Systems (B-CARS) | 410-443-5175 410-752-2272 |
| | Baltimore Crisis Response, Inc. | 410-752-2275 410-433-5175 |
| | Baltimore County Crisis Response System (Affiliated Sante) | 410-931-2214 |
| Calvert | Calvert County Health Department | 410-535-1121 301-855-1075 |
| | Walden Behavioral Health Hotline | Teen Line- 410-257-2216 301-863-6661 |
| | Maryland Crisis Hotline | 1-800-422-0009 |
| Cecil | Cecil County Domestic Violence and Rape Hotline | 410-996-0333 |
| | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |
| | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 1-888-407-8018 |
| Charles | Walden Behavioral Health Hotline | 301-863-6661 |
| | Center for Abused Persons (CAP) | 301-645-3336 |
| Frederick | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 211 |
| | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 211 |
| Garrett | Frederick County Crisis Hotline Services- Mental Health Association of Frederick County | 301-662-2255 211 |
| | Harford County Mobile Crisis (Sheppard Pratt) | 410-638-5248 (8am-12am) |
| Harford | Sexual Assault/ Spouse Abuse Resource Center, Inc. | 410-836-8430 |
| | Grassroots Crisis Intervention | 410-531-6677 (24/7 hotline & mobile crisis team) |
| Mid-Shore (Caroline, Dorchester, Kent, Queen Anne's and Talbot Cos.) | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 1-888-407-8018 |
| | For All Seasons, Inc. (Rape Crisis Center Life Crisis Center Hotline) | 1-800-310-7273 410-749-HELP (-4357) 211 |
| | Mid-Shore Council on Family Violence | 1-800-927-4673 |
| Montgomery | Montgomery County Crisis Center | 240-777-4000 |
| | Mental Health Association of Montgomery County Youth Suicide Hotline | 301-738-2255 |
| Prince George's | Prince George's County Crisis Response System | 301-429-2185 |
| | Prince George's County Suicide Hotline | Suicide Hotline 301-864-7130 1-800-784-2433 |
| | Family Crisis Center of Prince George's County (Domestic Violence) | 301-731-1203 |
| Saint Mary's | Walden Behavioral Health Hotline | 301-863-6661 |
| Somerset | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |
| | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 1-888-407-8018 |
| Washington | Frederick County Crisis Hotline Services- | 301-662-2255 211 |
| | Life Crisis Center Hotline | 2410-749-HELP (-4357) 211 |
| Wicomico | Life Crisis Center Hotline | 2410-749-HELP (-4357) 211 |
| | Eastern Shore Operations Center (ESOC) (Affiliated Sante) | 1-888-407-8018 |
| Worcester | Life Crisis Center Hotline | 410-749-HELP (-4357) 211 |

If you have insurance questions, please visit www.marylandparity.org or call 443-901-1550, ext. 206