

Outpatient Individual and Family Counseling: Updated List 2018

211 Maryland at First Call for Help – United Way of Central Maryland

Dial 211; 1-800-49-0618 toll free throughout Maryland

TTY: dial Maryland Relay 711

Experienced staff members help callers explore their problems and connects them of the public, nonprofit and private community resources that can help with their situation. This service is free and confidential. Callers may remain anonymous. Available 24 hours a day, 7 days a week.

Baltimore County Department of Social Services – Services for Families with Children

6401 York Road Baltimore, Maryland 21212

410-853-3000

Service is targeted to low-income families under stress related to family or financial problems, parenting issues, or risk of homelessness; Also serves women over 18 with pregnancy related concerns and parents requesting the out of home placement or adoption of a child. Services include counseling, group work and case management.

Baltimore County Police Department – Youth and Community Resources Section – Counseling Team

700 East Joppa Road Towson, Maryland 21286

410-887-5823

Skilled counselors provide individual, group and crisis counseling and assessment intervention for returned runaway and ungovernable/incorrigible youth (up to age 18) and their families. Services available by referral from County police, the Maryland Department of Juvenile Services, or those who seek services on their own.

Black Mental Health Alliance for Education and Consultation, Inc.

200 East Lexington Street Baltimore, Maryland 21202

410-338-2642

Promotes a holistic, culturally relevant approach to developing and maintaining mental health programs and services for African Americans and other people of color. Links individuals to psychiatrists and therapists of color.

Dundalk Youth Service Center

2 North Dundalk Avenue, 2nd Floor Baltimore, Maryland 21222

Community-based individual and family counseling for youth ages 5 – 18 and their families in the Southeast Baltimore County area. Younger children seen on a case-by-case basis. Fees are based on a sliding scale.

Family and Children's Services of Central Maryland – Woodlawn Office

7000 Security Boulevard, Suite 302 Baltimore, Maryland 21244

410-281-1334

General counseling for families to help individuals and parents solve vexing problems or to prevent issues from becoming disabling. Domestic violence counseling for women and children in both individual and group sessions. Court accompaniment, case management, outreach and emergency shelter for victims of domestic violence. Outreach and case management for victims of crime.

First Step Youth Services Bureau

Individual, group and family mental health counseling and psychiatric evaluation. Also offers drug and alcohol information and counseling For youth age 6 up to 21 years of age and for youth whose family members are using drugs or alcohol.

- **Catonsville Youth Services Bureau**

3527 North Rolling Road, Suite 23

Baltimore, Maryland 21244

410-521-3800

For youth and adolescent counseling

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- **Owings Mills Center**
500 Redland Court, Suite 204
Owings Mills, Maryland 21117
410-581-7800
For adolescents and adults

Health Care Associates

1021 Ingleside Avenue Catonsville, Maryland 21228
410-455-0404

A Mental health clinic for children, adolescents and adults. Provides case management, family therapy, group therapy and individual therapy and intensive outpatient services.

Hope Health Systems, Inc.

6707 Whitestone Road, Suite 106 Baltimore, Maryland 21207
410-265-8737

Outpatient mental health clinic serving children, adolescents and adults. Provides geriatric services, family therapy, group and individual therapy, and psychiatric rehabilitation services.

Jewish Community Services

5750 Park Heights Avenue Baltimore, Maryland 21215
410-466-9200

Professional family, personal and group counseling for Jewish children, adolescents and families, serving a wide range of needs. Call for information and an appointment.

- **Owings Mills Office**
3506 Gwynnbrook Avenue
Owings Mills, Maryland 21117
410-466-9200

Kennedy Krieger Institute

707 North Broadway Baltimore, Maryland 21205-1890
443-923-9400 (Local Referral Line); TTY: 443-923-2645

A facility dedicated to children, adolescents and young adults with wide range of learning, emotional, physical, neurological, and developmental disabilities. Service includes over 40 outpatient clinics; neurobehavioral, rehabilitation, and inpatient units; plus, several home and community programs providing services to assist families. Take a look at [Resource Finder](#) for information on developmental disabilities and resources in Maryland or call 1-800-390-3372.

Key Point Health Services Inc.

Provides psychiatric evaluations, medication monitoring, and individual, family and group therapy to adults and children.

- **Catonsville Clinic**
500 North Rolling Road
Catonsville, Maryland 21228
410-788-0300
- **Dundalk Clinic**
1012 North Point Road
Baltimore, Maryland 21224
443-216-4800

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Lighthouse, Inc. – Youth Services Bureau

60 Mellor Avenue Baltimore, Maryland 21228
410-788-5483

Counseling for children, youth and their families for various emotional and social issues. Information and referral to other agencies as needed. Special programs for families dealing with divorce/separation anger management, violence prevention, ADHD and substance abuse.

Main Street Community Mental Health Center

37 Main Street Reisterstown, Maryland 21136
410-526-7882

Mental health clinic for children, adolescents, and adults. Provides geriatric services. Offers case management, family therapy, group and individual therapy. Intensive outpatient services available, including a mobile treatment program.

Mental Health Association of Maryland

Heaver Plaza 1301 York Road, Suite 505 Lutherville, Maryland 21093
443-901-1550

An advocacy group that provides information and referral services on mental illness, finding a support group or a mental health provider.

Mosaic Community Services

Three behavioral health centers provide a broad range of services for children, adolescents, adults experiencing mental illness and/or other behavioral impairments. Focuses on the development or restoration of age appropriate independent living and social skills.

- **Catonsville**
27 Meller Avenue
Catonsville, Maryland 21228
443-612-1402
- **Randallstown**
Liberty Family Resource Center
3525 Resource Drive
Randallstown, Maryland 21133
410-922-1900
- **Timonium**
1931 Greenspring Drive
Timonium, Maryland 21093
410-453-9553

Nami (National Alliance for the Mentally Ill) – Metropolitan Baltimore

6600 York Road, Suite 204 Baltimore, Maryland 21212
410-435-2600

Provides information and referrals, and information on peer support groups and on education for persons with mental illness and their families.

National Rehabilitation Information Center

Contact information specialist [through their webform](#), (opens in new window) for quick information and referral to agencies and organizations with services and support for people with disabilities. The information specialist has gathered a collection of Web, print, and phone resources for a wide array of topics.

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Pathfinders for Autism Resource Center

303 International Circle, Suite 110 Hunt Valley, Maryland 21030

44-330-541; toll-free: 1-866-806-8400

E-mail: info@pathfindersforautism.org (opens in new window)

Provides accurate and current information to individuals with autism, their families and professionals. Contact a caring, knowledgeable staff member by phone, **directly through their webform** (opens in new window), or e-mail. Learn about early intervention, reaction, education, and medical options. Their website includes online resources that enable families and individuals to locate a wide range of health and human service information as it relates to autism spectrum disorders, information on services and programs throughout Maryland as well as articles, recommended reading, professional training, a calendar of autism-related events, and more. In addition, their Walk-in Center, offering hand-on tools and resource exchange.

Pro Bono Counseling Project

110 West Road, Suite 202 Baltimore, Maryland 21204

410-825-1001 or 877-325-5800

Assures that Maryland uninsured or under-insured, low-income families and individuals in need of mental health care are linked with licensed mental health professionals who provide care on a volunteer basis at no cost. This non-profit mental health referral network includes licensed and insured clinical social workers, psychologists, professional counselors, psychiatrists and nurse psychotherapists who have agreed to take at least one voluntary case each year. For most cases, there is no limit to the number of sessions. Call to request a confidential consultation. Referrals accepted. **(do not see clients in office, only phone interviews and referrals)**

Sheppard Pratt Health System – Therapy Referral Service

6501 North Charles Street Baltimore, Maryland 21285-6815

410-938-5000

A referral service for the public providing information about services for mental health and substance abuse and services. This is not a counseling hotline. Provides referral information for programs and locations within Sheppard Pratt Health System in addition to community resources.

Villa Maria Behavioral Health Clinics

Saint Clements Church 2700 Washington Boulevard Baltimore, Maryland 21227

410-368-3984

Provides community-based outpatient therapy to children, ages 4 years and up, and their families. Offers psychiatric evaluations and consultations; psychological assessments; individual family and group therapy; case management; parent effectiveness training, including behavior management; after care services for children leaving residential treatment and general information and referral. Most insurances accepted, Maryland Children's Health Program, Medical Assistance and sliding fee available.