



Mental Health and Substance Use

Support Resources



Get Help Now

CALL 988 Helpline

Need immediate emotional support for yourself or someone else? Call 988 to connect to a counselor who can help. Our specialists provide confidential care 24/7. **Because we all need help sometimes.**



Walk-In Support
FOR SUBSTANCE USE

WE'RE HERE TO HELP
CALL 988

Maryland's Crisis Stabilization Center

Walk-in recovery support services offered 24/7. No insurance required. Call (443) 438-3509 to learn more, or visit us at 2700 Raynor Ave, Baltimore, MD 21216.



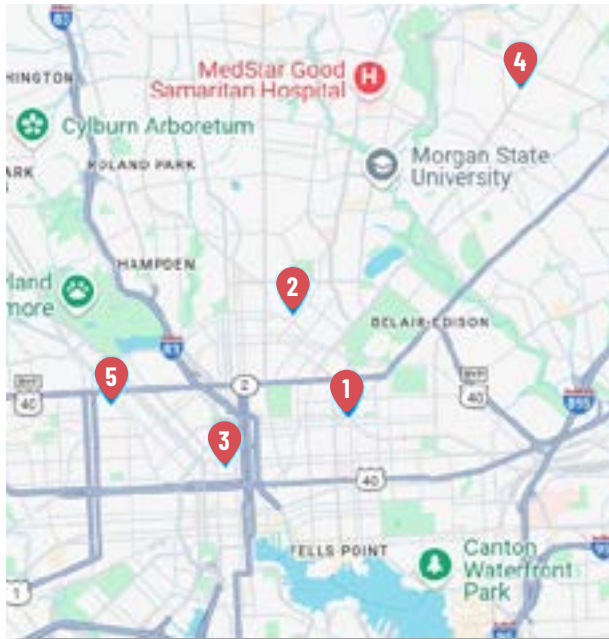
www.bhsbaltimore.org



Behavioral Health System
Baltimore



BALTIMORE'S WELLNESS & RECOVERY CENTERS OFFER A SAFE PLACE TO BE, HARM REDUCTION SERVICES, PEER SUPPORT AND CONNECTION TO TREATMENT, EMPLOYMENT RESOURCES AND OTHER SOCIAL SERVICES.



Recovery Centers DIRECTORY

1. Charm City Care Connection

Address: 1214 N. Wolfe St.
Phone: (443) 478-3015
Hours: M-Th • 9am- 4pm

2. Hearts and Ears

Address: 611 Park Ave., Suite A
Phone: (410) 523-1694
Hours: M-F • 10am-4pm

3. Helping Other People Through Empowerment (HOPE)

Address: 2828 Loch Raven Rd.
Phone: (410) 327-5830
Hours: Everyday • 8am-4:30pm

4. On Our Own, Inc

HARFORD ROAD LOCATION

Address: 6301 Harford Rd.
Phone: (410) 444 4500

Hours: M & Sat: 2-7pm • W & F: 3-8pm • Th: 11am-4pm

CHARLES VILLAGE CENTER LOCATION

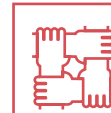
Address: 2225 N Charles St.
Phone: (443) 610 5956

Hours: T, Th • 12pm-4 pm

5. Penn North

Address: 2410 Pennsylvania Ave., Suite 200
Phone: (410) 728-2080

Hours: M-F: 8am-8pm • Sat/Sun: Call for schedule



Family & Peer Support

NAMI Metro Baltimore

Support for individuals living with mental illness and their loved ones. www.namibaltimore.org • (410) 435.2600

Maryland Coalition of Families Peer Support Services:

To connect with a Family Peer Support Specialist call, (410) 730-8267, press 1 • www.mdcoalition.org

Mental Health Support in Schools:

All Baltimore Public Schools offer free mental health support for students. Ask your school administrator or visit: www.bhsbaltimore.org/find-help/youth-and-families/ (scroll down to Expanded School Behavioral Health).