



Mood/Thought/Anxiety Disorders
04/19/2021

To Our Patients,

Thank you for being a patient at University of Maryland Baltimore Washington Medical Center. This handout will provide you with instructions for receiving behavioral health care once you leave UMBWMC.

*For patients who are seeking treatment for **anxiety, depression, bipolar disorder or psychosis**, we recommend the following:*

Contact the member services of your private insurance company for a referral to a treatment provider in your plan's network. Ask if they make urgent care appointments.

If you are unable to be seen by a treatment provider thru your insurance in a timely manner and require urgent care services contact the following:

For patients with Private Insurance or Cash Coverage:

- **Oasis the Center for Mental Health 410-571-0888** Located in Annapolis. This center provides short-term urgent mental health care for adults, children, adolescents and families. Services are available much sooner than non-urgent care providers. They are open Monday - Friday from 8:00am to 10:00pm. Saturdays from 9:00am to 4:30pm. **Walk in hours available on Saturdays from 9:00am to noon. Therapists and psychiatrists are both available.

For patients with Medical Assistance or NO Insurance:

Contact the Anne Arundel County Warmline 410-768-5522

- This service is available 24 hours a day 7 days a week and provides crisis services, information & referral services and urgent care appointments.

Support Groups:

- Anne Arundel County Mental Health Support Group - 410-349-8453
- Baltimore Washington Medical Center, Department of Psychiatry - 410-553-8070
- NAMI Connection Peer Support every Sunday 6-7:30p.m. at 461 College Parkway Arnold, Md. 21012

Suicide Prevention Hotlines

National: 1-800-273-TALK (8255)
Local: GrassRoots: 1-800-422-0009

- ONLINE RESOURCE www.psychologytoday.com -Comprehensive List of Providers and Insurance

The above listed services do not provide referral to substance abuse counseling, if you are experiencing difficulty with drugs and/or alcohol, please request our referral packet for Finding Alcohol and Drug Treatment Services.

- Should your symptoms worsen and you begin to experience thoughts of suicide and/or homicide, go immediately to the nearest emergency room or call 911. University of Maryland Baltimore Washington Medical Center, Anne Arundel Medical Center, and Harbor Hospital can all evaluate psychiatric and behavioral health emergencies.

PSYCHIATRIC OUTPATIENT PROVIDERS

This is a general list of providers in the area. Please contact your insurance company for a more extensive list.

PSYCHIATRIC PROVIDERS

ANNE ARUNDEL COUNTY:

<p>AAMG Mental Health Specialists 2635 Riva Road, Ste. 108 Annapolis, MD 21401 410-573-9000 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Bayside Behavioral Health 134 Holiday Court, Ste. 302 Annapolis, MD 21401 410-266-1600 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Interventions 5 Oak court Annapolis, MD 21401 410-266-3040 MEDICAID/PRIVATE INSURANCE</p>	<p>Committed to Change 420 Chinquapin Round Rd. Suite 2K Annapolis, MD 21401 410-990-1811 MEDICAID/PRIVATE INSURANCE</p>
<p>Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 PRIVATE INSURANCE Short Term Only</p>	<p>Adam M. Roth, MD 1410 Forest Drive Suite 24 Annapolis, MD 21403 443-949-9904 NO INSURANCES ACCEPTED</p>	<p>Psych. Associates of Maryland 1831 Forest Drive, Ste. A Annapolis, MD 21401 410-268-9400 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Spectrum Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>
<p>Jack Vaeth MD 133 Defense Highway, Ste. 114 Annapolis, MD 21401 443-388-1411 NO INSURANCES ACCEPTED</p>	<p>Spectrum Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>	<p>Dida Ganjoo MD 14999 Health Center Drive, Ste. 202 Bowie, MD 20716 301-218-4220 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Be Well Behavioral Health 1916 Crain Hwy. South Suite 2 Glen Burnie, Md 21061 443-736-2193 MEDICAID/PRIVATE INSURANCE/TELEMEDICINE</p>
<p>Spectrum Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>	<p>Five Star Integrated Health Services 1125 West Street Suite 305 Annapolis, Md. 21401 667-204-0614 MEDICAID/PRIVATE INSURANCE Also Sees Patients at Worklife Urgent Care</p>	<p>Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 AND 1419 Forest Drive Annapolis, MD 21403 410-280-2333 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Andrew Gergely MD 137 Mitchell's Chance Lane, Ste. 260 Edgewater, MD 21037 410-956-5300 MEDICARE/MEDICAID PRIVATE INSURANCE</p>
<p>Lawrence Adler MD 1307 Crain Highway Glen Burnie, MD 21061 410-761-7042 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Chase Brexton 200 Hospital Drive, 3rd Floor Glen Burnie, MD 21061 410-837-2050 MEDICARE/MEDICAID/ PRIVATE INSURANCE/SLIDING SCALE</p>	<p>Child & Adult Behavioral Health 7310 Ritchie Hwy Ste. 406 Glen Burnie, MD 21061 240-517-2650 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Holistic Approach Mental Health 7452 Baltimore Annapolis Blvd, Ste. 107 Glen Burnie, MD 21061 410-766-1544 MEDICARE/MEDICAID/ BCBS/CIGNA</p>

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<p>M&M Behavioral Health Solutions 1406 S Crain Hwy Ste. 104 Glen Burnie, MD 21061 410-766-6624/ MEDICARE/MEDICAID/ PRIVATE INSURANCE Does not take Tricare or UBH commercial</p>	<p>MRC Behavioral Health Care Services 1405 Madison Park Drive Suite 1B Glen Burnie, MD 21061 410-487-6302 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>My Mental Health 1600 Crain Hwy S Ste. 503 Glen Burnie, MD 21061 443-354-1200 PRIVATE INSURANCE</p>	<p>Omni House 1419 Madison Park Drive Glen Burnie, MD 21061 410-768-2719 MEDICARE/MEDICAID/ PRIVATE INSURANCE Walk in appointments every Monday 8-11</p>
<p>Complete Healthcare Dr. Omolola Johnson 809 N. Hammonds Ferry Rd. Ste. C Linthicum, MD 21090 410-789-2500 MEDICAID/PRIVATE INSURANCE</p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H & J Millersville, MD 21108 410-729-3633 Tues & Thurs Only NO INSURANCES ACCEPTED</p>	<p>Thrive Behavioral Health 1114 Benfield Blvd Millersville, MD 21108 410-780-5203 MEDICAID</p>	<p>Villa Maria of AA County 1111 Benfield Blvd, Ste. 104 Millersville, MD 21108 410-729-8494 MEDICAID</p>
<p>Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 410-672-2862 MEDICARE/MEDICAID</p>	<p>Bay Area Behavioral Health 650 Ritchie Highway, Ste. 207 Severna Park, MD 21146 410-315-9350 PRIVATE INSURANCE</p>	<p>Kenneth Fligstein MD 507 West Drive Severna Park, MD 21146 410-647-4403 MEDICARE/MEDICAID</p>	<p>Robert A. Pascal Youth And Family Services 570 Ritchie Hwy Ste. H Severna Park, MD 21146 410-975-0067 MEDICAID/PRIVATE INSURANCE/SLIDING SCALE</p>
<p>TIME Organization 7310 Ritchie Highway Ste. 100 Glen Burnie, MD 21061 443-704-1082 MEDICAID ONLY</p>	<p>The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 NO INSURANCES ACCEPTED</p>	<p>Total Health Care 1215 Annapolis Road Ste. 107 Odenton, MD 21113 410-383-8300 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>WorkLife Urgent Care 7310 Ritchie Highway Suite 307 Glen Burnie, Md. 21060 410-487-6052 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>

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BALTIMORE AREA:

<p>Apex Counseling Center 3200 Eastern Avenue Baltimore, MD 21224 410-522-1181 MEDICARE/MEDICAID</p>	<p>Baltimore Medical System 3700 Fleet Street Baltimore, MD 21224 410-558-4900 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Chul S. Kwon MD 711 W. 40th St. Baltimore, MD 21211 410-235-2880 MEDICARE/MEDICAID/ PRIVATE INSURANCE KOREAN RESOURCE</p>	<p>MetroFACTS 723 East Patapsco Ave Baltimore, MD 21225 410-355-1532 MEDICAID</p>
<p>Mosaic MULTIPLE LOCATIONS 1-855-URECOVER MEDICAID/MEDICARE/ PRIVATE INSURANCE</p>	<p>Regenerations Counseling Services, Inc. 1421 S. Caton Ave Ste. 201 Baltimore, MD 21227 443-873-2520 MEDICAID</p>		<p>New Vision Behavioral Health 4710 Pennington Ave. Curtis Bay, MD 21226 410-355-3285 MEDICAID</p>
<p>Total Health Care MULTIPLE LOCATIONS 410-383-8300 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>			

HOWARD COUNTY:

<p>Chase Brexton 5500 Knoll North Drive, Ste. 370 Columbia, MD 21045 410-884-7831 MEDICARE/MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>	<p>Joshi & Merchant 5500 Knoll North Drive Ste. 290 Columbia, MD 21045 301-317-6575 MEDICARE/ PRIVATE INSURANCE</p>	<p>Psych. Associates of MD 9520 Berger Road Suite 203 Columbia, MD 21046 410-290-6940 MEDICARE/ PRIVATE INSURANCE</p>	<p>Way Station Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID</p>
<p>INNOVATIVE Psychiatry 9256 Bendix Road Ste. 200-B Columbia, MD 21045 443-542-0773 NO INSURANCES ACCEPTED</p>	<p>The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 NO INSURANCES ACCEPTED</p>	<p>The THRIVE Center™ Suite 100 6310 Stevens Forest Road Columbia, MD 21046 410-740-3240 SELF PAY ONLY</p>	<p>Solutions for Mindfulness 10801 Hickory Ridge Rd Suite 210 Columbia, MD 21044 410-992-3796 MEDICARE/PRIVATE INSURANCE/TMS</p>

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<p>Collaborative Counseling Dr. Brett Greenberger 5560 Sterett Place Suite 201 Columbia, Md. 21044 1-667-200-0835</p>			
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THERAPISTS:

ANNE ARUNDEL COUNTY

<p>Anne Arundel Counseling 200 Forbes St, Ste. 303 Annapolis, MD 21401 410-768-5988 PRIVATE INSURANCE ONLY</p> <p>SPANISH SPEAKING SERVICES</p>	<p>Bay Shore Company 133 Old Solomons Island Rd Annapolis, MD 21401 410-266-9747 MEDICARE</p>	<p>Bayside Behavioral Health 134 Holiday Court Ste. 302 Annapolis, MD 21401 410-266-1600 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Interventions 5 Oak court Annapolis, MD 21401 410-266-3040 MEDICAID/PRIVATE INSURANCE</p>
<p>Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 PRIVATE INSURANCE Short Term Only</p>	<p>Spectrum Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>	<p>Dawn Staniszewski, LCSW-C 133 Defense Hwy, Ste. 114 Annapolis, MD 21401 410-573-5353 NO INSURANCES ACCEPTED</p>	<p>Elaine Rubenstein LCSW-C 1331 Kinloch Circle Arnold, MD 21012 PRIVATE INSURANCE</p>
<p>Spectrum Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>	<p>Debra Zatzkin LCSW-C 1507 Ritchie, Hwy, Ste. 102 Arnold, MD 21012 410-757-8137 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Francesca Brooks LCSW-C 2225E Defense Highway Crofton, MD 21144 410-360-7093 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Counseling Connections 2134 Espey Ct, Suite 3 Crofton, MD 21114 301-261-6966 MEDICARE/ PRIVATE INSURANCE</p>
<p>Spectrum Behavioral Health 1662 Village Green, Ste 100 Crofton, MD 21114 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>	<p>New Visions Behavioral Health 4710 Pennington Ave, Ste. 3 Curtis Bay, MD 21226 410-355-3285 MEDICAID</p>	<p>Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Andrew T. Gergely & Associates 137 Mitchell's Chance Lane Ste. 260 Edgewater, MD 21037 410-956-5300 MEDICARE/MEDICAID PRIVATE INSURANCE</p>
<p>Anne Arundel Counseling 7310 Ritchie Hwy, Ste. 1009 Glen Burnie, MD 21061 410-768-5988 PRIVATE INSURANCE</p> <p>SPANISH SPEAKING SERVICES</p>	<p>Greater Baltimore Counseling Center MULTIPLE LOCATIONS 410-760-9079 MEDICARE/ PRIVATE INSURANCE</p>	<p>M&M Behavioral Health Solutions 1412 N Crain Hwy Ste. 1B Glen Burnie, MD 21061 410-766-6624 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>MRC Behavioral Health Services 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>
<p>My Mental Health 1600 Crain Hwy S Ste. 106 Glen Burnie, MD 21061 443-354-1200 PRIVATE INSURANCE</p>	<p>Omni House 1419 Madison Park Drive Glen Burnie, MD 21061 410-768-2719 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Inspirit Counseling Services of Maryland MULTIPLE LOCATIONS 410-433-8861 X131 MEDICARE/MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>	<p>Anne Arundel Counseling 153 Mayo Road, Ste. 201 Edgewater, MD 21037 410-768-5988 PRIVATE INSURANCE ONLY</p> <p>SPANISH SPEAKING SERVICES</p>

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<p style="text-align: center;">Congruent Counseling Services MULTIPLE LOCATIONS 410-740-8066 PRIVATE INSURANCE</p>	<p style="text-align: center;">Arundel Psychological Assoc. 1110 Benfield Blvd Ste. J Millersville, MD 21108 410-987-2031 NO INSURANCES ACCEPTED</p>	<p style="text-align: center;">Baltimore Washington Counseling Center 8258 Veterans Hwy, Ste. 13 Millersville, MD 21108 410-768-6088 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Millersville Psych Services 1110 Benfield Blvd. Ste. H & J Millersville, MD 21108 410-729-3633 Tues & Thurs Only NO INSURANCES ACCEPTED</p>
<p style="text-align: center;">Thrive Behavioral Health 1114 Benfield Blvd Millersville, MD 21108 410-780-5203 MEDICAID ONLY</p>	<p style="text-align: center;">Page Downey, Psy.D 8288 Telegraph Rd. Ste. A Odenton, MD 21113 410-305-0158 PRIVATE INSURANCE</p>	<p style="text-align: center;">Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 410-672-2862 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Francesca Brooks LCSW-C 8257 Old Mill Rd. Pasadena, MD 21122 410-360-7093 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>
<p style="text-align: center;">Pasadena Center for Counseling 8131 Ritchie Hwy, Suite G Pasadena, MD 21122 410-360-4774 MEDICARE/PRIVATE INSURANCE</p>	<p style="text-align: center;">Shoreline Counseling Services 2446 Mountain Rd #200 Pasadena, MD 21122 410-255-9085 PRIVATE INSURANCE</p>	<p style="text-align: center;">Bay Area Behavioral Health 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 410-315-9350 PRIVATE INSURANCE</p>	<p style="text-align: center;">Benna Sherman PhD 479 Jumpers Hole Road Suite 304B Severna Park, MD 21146 410-544-9564 NO INSURANCES ACCEPTED</p>
<p style="text-align: center;">Impowerment Solutions, Inc. 699 Cottonwood Drive Severna Park, MD 21146 410-647-6745 MEDICAID/PRIVATE INSURANCE</p>	<p style="text-align: center;">Lori Janssen, LCSW-C 8 Cypress Creek Road Severna Park, MD 21146 443-494-9119 PRIVATE-BEACON/ CIGNA/MAGELLAN/ SLIDING SCALE</p>	<p style="text-align: center;">TIME Organization 7310 Ritchie Highway Ste. 100 Glen Burnie, MD 21061 443-704-1082 MEDICAID ONLY</p>	<p style="text-align: center;">Pascal Youth & Family Services 570 Ritchie Hwy Ste. H Severna Park, MD 21146 MEDICAID/PRIVATE INSURANCE/SLIDING SCALE</p>
<p style="text-align: center;">Psychological Resource Associates 479 Jumpers Hole Rd Suite 106 Severna Park, MD 21146 410-647-8840 PRIVATE INSURANCE-Out of Network Only</p>	<p style="text-align: center;">Remedy Counseling 819 Ritchie Hwy, Ste. 1020 Severna Park, MD 21146 410-431-5111 MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>	<p style="text-align: center;">Safe Harbor Christian Counseling MULTIPLE LOCATIONS 410-263-0222 MEDICAID/PRIVATE INSURANCES</p>	<p style="text-align: center;">The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 NO INSURANCES ACCEPTED</p>
<p style="text-align: center;">Total Health Care 1215 Annapolis Road Ste. 107 Odenton, MD 21113 410-383-8300 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">WorkLife Urgent Care 7954 Baltimore Annapolis Blvd. Ste. 2C Glen Burnie, MD 21060 410-487-6052 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">*SPANISH SPEAKING* PROVIDER Manuel Morales, psychologist 133 Defense Hwy Annapolis, MD 21401 410-643-8077 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Jody Dively, LCSW-C Alternative Counseling 2191 Defense Hwy. Crofton, MD 21114 410-828-0101 MEDICAID/ MEDICARE PRIVATE INSURANCE</p>

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<p>Apex Counseling Center 3200 Eastern Avenue Baltimore, MD 21224 410-522-1181 MEDICARE/MEDICAID</p>	<p>Chul S. Kwon MD 711 W. 40th St. Baltimore, MD 21211 410-235-2880 KOREAN RESOURCE</p>	<p>Crossroads Counseling 6030 Black Firars Circle Baltimore, MD 21228 443-474-5001 MEDICAID/SELF-PAY Home Based Therapy</p>	<p>Baltimore Medical Systems 3700 Fleet Street Baltimore, MD 21224 410-558-4900 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>
<p>MetroFACTS 723 East Patapsco Ave Baltimore, MD 21225 410-355-1532 MEDICAID</p>	<p>Mosaic MULTIPLE LOCATIONS 1-855-URECOVER MEDICAID/MEDICARE/ PRIVATE INSURANCE</p>	<p>Regenerations Counseling Services, Inc. 1421 S. Caton Ave Ste. 201 Baltimore, MD 21227 443-873-2520 MEDICAID</p>	<p>Pastoral Counseling Services of Maryland Zip Codes: 21206, 21210 410-433-2241x501 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>
<p>Total Health Care MULTIPLE LOCATIONS 410-383-8300 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>			

HOWARD COUNTY:

<p>Chase Brexton 5500 Knoll North Drive, Ste. 370 Columbia, MD 21045 410-884-7831 MEDICARE/MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>	<p>Columbia Counseling Center 5525 Twin Knolls Rd Ste. 327 Columbia, MD 21045 410-992-9149 MEDICARE/PRIVATE INSURANCE</p>	<p>John Geremia, LCSW-C 8331 Lincoln Drive Jessup, MD 20794 410-799-5092 johngeremiatherapist.com MEDICARE/PRIVATE INSURANCE</p>	<p>Cara Jacobson, PsyD 7120 Minstrel Way, Ste. 203 Columbia, MD 21045 443-520-2036 Eating D/O, Couples Therapy MEDICARE/ PRIVATE INSURANCE/ SLIDING SCALE</p>
<p>Dr. Joshi, Merchant, Mookerjee 5500 Knoll North Drive Ste. 290 Columbia, MD 21045 301-317-6575 MEDICARE/ PRIVATE INSURANCE</p>	<p>Alicia Mason 5058 Dorsey Hall Road Ellicott City, MD 21042 443-300-7061 MEDICAID/SELF-PAY</p>	<p>National Family Resiliency Center 10632 Little Patuxent Pkwy, Ste. 121 Columbia, MD 21044 410-740-9553 SELF PAY ONLY</p>	<p>Pastoral Counseling Services of Maryland Columbia & Ellicott City 410-433-2241x501 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>

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Psych. Associates of MD 9520 Berger Road Suite 203 Columbia, MD 21046 410-290-6940 MEDICARE/ PRIVATE INSURANCE	Way Station Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID	INNOVATIVE Psychiatry 9256 Bendix Road Ste. 200-B Columbia, MD 21045 443-542-0773 NO INSURANCES ACCEPTED	The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 NO INSURANCES ACCEPTED
The THRIVE Center™ Suite 100 6310 Stevens Forest Road Columbia, MD 21046 410-740-3240 SELF PAY ONLY			

If you cannot wait until the first available appointment you can call the Anne Arundel County Warmline to see if interim urgent care appointments are available at **410-768-5522**.

- You can also call The Grass Roots Hotline at 1-800-422-0009 if you are in a non-life threatening crisis (**Howard County**).
- If your condition worsens and you enter into a life threatening crisis call 911 and/or go to your nearest Emergency Department.
- If you have private insurance; OR cash you can call Oasis for urgent care at 410-571-0888.
- For those where **NO INSURANCES ACCEPTED** is written, most are willing to fill out necessary forms so that you may submit to your own insurance company in order to try and obtain reimbursement.

If you think you would like to participate in research, you can contact the Patient Information Line at National Institute of Mental Health

At
 1-866-627-6464

Be advised that Baltimore Washington Medical Center, Anne Arundel Medical Center, Harbor Hospital, St. Agnes Hospital and Laurel Regional Hospital Emergency Departments can all evaluate persons with psychiatric/behavioral health conditions.