

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 through your insurance in a timely manner and require urgent care services contact the following:

*For patients with Private Insurance or Cash Coverage:*

- **Arundel Lodge Behavioral Health Walk-in Clinic (443) 433-5900:**

Hospital Pavilion South 2001 Medical Parkway, Annapolis, Maryland 21401 It is located on the 4th floor of the Sajak Pavilion and can be accessed directly via the entrance on the 4th floor of garage D. **It is open Mon-Fri 9am-9pm and will accept both appointments and walk-ins.**

Walk in Hours: M-F 9:00am – 5:00 pm

- **Oasis Center for Mental Health (410) 571-0888:** Located in Annapolis, Glen Burnie, Odenton, and Timonium

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.

The Annapolis Location is open Monday - Thursday from 8:30am to 7:00pm, Friday from 8:30am to 4:30pm.

Walk in hours for Annapolis: Saturdays from 9:00 am – 1:00 pm

Walk in Hours for Glen Burnie: Mondays from 10:00 am – 12:00 pm

Carefirst, Aetna, and Cigna ONLY

*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.

**Sheppard Pratt Psychiatric Urgent Care (410) 938-5302:**

7220 Discovery Drive, Elkridge, MD 21075

Hours: Monday – Sunday, 10:00 a.m. – 9:00 p.m.

## PSYCHIATRIC OUTPATIENT PROVIDERS

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

6501 N. Charles Street, Baltimore, MD 21204

Hours: Monday – Friday, 9:00 a.m. – 9:00 p.m.; Saturdays 11:00 a.m. – 3:00 p.m.; Closed on Sundays.

Medicaid, Medicare, Carefirst, Cigna, Aetna, United Healthcare

### **Omni House (410) 768-2719:**

1421 Madison Park Drive, 2nd Floor, Glen Burnie, MD 21061

Walk in appointments M-F 9:00 am – 4:00 pm

Medicare, Medicaid, Private Insurance

### **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](http://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 P:410-573-9000 F:410-573-9001 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Parvis Sahandy MD 1831 Forest Drive, Ste. A Annapolis, MD 21401 410-268-9400 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Interventions 5 Oak court Annapolis, MD 21401 P:410-266-3040 F: 443-378-3540 <b>MEDICAID/PRIVATE INSURANCE</b></p>	<p>Committed to Change 420 Chinquapin Round Rd. Suite 2K Annapolis, MD 21401 P:410-990-1811 F: 443-949-7379 <b>MEDICAID/PRIVATE INSURANCE</b></p>
<p>Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110, Annapolis, MD21401 P:410-571-0888 F: 410-571-0889 <b>PRIVATE INSURANCE (CAREFIRST, AETNA, CIGNA)</b></p>	<p>Oasis Mental Health 30 Greenway St NW, Glen Burnie, MD 21061 P:410-571-0888 F: 410-571-0889 <b>PRIVATE INSURANCE (CAREFIRST, AETNA, CIGNA)</b></p>	<p>Bloom Health Centers 1831 Forest Drive, Ste. A Annapolis, MD 21401 P:410-268-9400 F:443-279-0537 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Lifestance Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 P:410-757-2077 F: 410-757-5184 <b>MEDICARE/PRIVATE INSURANCE (incl: BCBS)</b></p>
<p>Jack Vaeth MD 133 Defense Highway, Ste. 114 Annapolis, MD 21401 443-388-1411 <b>NO INSURANCES ACCEPTED</b></p>	<p>Lifestance Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 P:410-757-2077 F: 410-757-5184 <b>MEDICARE/PRIVATE INSURANCE (incl: BCBS)</b></p>	<p>Dida Ganjoo MD 14999 Health Center Drive, Ste. 202 Bowie, MD 20716 301-218-4220 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Be Well Behavioral Health 1916 Crain Hwy. South Suite 2 Glen Burnie, Md 21061 P:443-736-2193 F: 410-762-4551 <b>MEDICAID/PRIVATE INSURANCE/TELEMEDICINE</b></p>
<p>Lifestance Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 P:410-757-2077 F: 410-757-5184 <b>MEDICARE/PRIVATE INSURANCE (incl: BCBS)</b></p>	<p>Five Star Integrated Health 1125 West Street Suite 305 Annapolis, Md. 21401 P: 667-204-0614 <b>MEDICARE/MEDICAID/PRIVATE INSURANCE/Care 1st Also Sees Patients at Worklife Urgent Care</b></p>	<p>Arundel Lodge Edgewater, MD 21037 443-433-5903 AND Annapolis, MD 21403 P:410-280-2333 F: 410-841-6045 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Andrew Gergely MD 137 Mitchell's Chance Lane, Ste. 260 Edgewater, MD 21037 410-956-5300 <b>MEDICARE/MEDICAID PRIVATE INSURANCE</b></p>
<p>Lawrence Adler MD 1307 Crain Highway Glen Burnie, MD 21061 410-761-7042 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Chase Brexton 200 Hospital Drive, 3<sup>rd</sup> Floor Glen Burnie, MD 21061 P: 410-837-2050 F: 443-573-5010 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE/SLIDING SCALE</b></p>	<p>Child &amp; Adult Behavioral Health 7310 Ritchie Hwy Ste. 406 Glen Burnie, MD 21061 240-517-2650 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Holistic Approach 7452 Baltimore Annapolis Blvd, Ste. 107 Glen Burnie, MD 21061 P:410-766-1544 F: 410-766-1551 <b>MEDICARE/MEDICAID/ BCBS/CIGNA/Tricare</b></p>

# PSYCHIATRIC OUTPATIENT PROVIDERS

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<p>M&amp;M Behavioral Health Solutions 1406 Crain Hwy S Ste. 102 &amp; 104, Glen Burnie, MD 21061 P:410-766-6624 F: 410-766-0240 <b>MEDICAID/ PRIVATE INSURANCE</b> <b>No Tricare/UBH commercial</b></p>	<p>MRC Behavioral Health Care 1405 Madison Park Drive Suite 1B Glen Burnie, MD 21061 P: 410-487-6302 F: 301-576-7397 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>My Mental Health 1600 Crain Hwy S Ste. 503 Glen Burnie, MD 21061 P: 443-354-1200 F: 410-553-0019 <b>PRIVATE INSURANCE</b></p>	<p>Omni House 1421 Madison Park Drive Glen Burnie, MD 21061 P:410-768-2719 F: 410.768.4270 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b> <b>Walk in appointments M-F 9:00 am – 4:00 pm</b></p>
<p>Complete Healthcare Dr. Omolola Johnson 809 N. Hammonds Ferry Rd. Ste. C Linthicum, MD 21090 P: 410-789-2500 F: 410-789-2501 <b>MEDICAID/PRIVATE INSURANCE</b></p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H &amp; J Millersville, MD 21108 410-729-3633 Tues &amp; Thurs Only <b>NO INSURANCES ACCEPTED</b></p>	<p>Thrive Behavioral Health 1114 Benfield Blvd Millersville, MD 21108 P: 410-780-5203 F: 410-987-4301 <b>MEDICAID</b></p>	<p>Villa Maria of AA County 1111 Benfield Blvd, Ste. 104 Millersville, MD 21108 410-729-8494 <b>MEDICAID</b></p>
<p>Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 P: 410-672-2862 F: 410-672-2869 <b>MEDICARE/MEDICAID</b></p>	<p>Carol Counseling 650 Ritchie Highway, Ste.207, Severna Park, MD 21146 P: 410-315-9350 F: 410-421-9135 <b>PRIVATE INSURANCE, TRICARE</b></p>	<p>Kenneth Fligstein MD 507 West Drive Severna Park, MD 21146 P: 410-647-4403 <b>MEDICARE/MEDICAID PRIVATE INSURANCE</b> (Cigna, BCBS, Aetna, UHC)</p>	<p>Robert A. Pascal Youth And Family Services 1230 Annapolis Road Odenton, MD 21113 P: 410-975-0067 <b>MEDICAID/PRIVATE INSURANCE/SLIDING SCALE</b></p>
<p>TIME Organization 7310 Ritchie Highway Ste. 100 Glen Burnie, MD 21061 P: 443-704-1082 F: 866-623-6129 <b>MEDICAID ONLY</b></p>	<p>The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 <b>NO INSURANCES ACCEPTED</b></p>	<p>Total Health Care 1215 Annapolis Road Ste. 107 Odenton, MD 21113 410-383-8300 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>WorkLife Urgent Care 7310 Ritchie Highway Suite 307 Glen Burnie, Md. 21060 410-487-6052 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>
<p>Jill Joyce MD 2191 Defense Hwy. Crofton, MD 21114 410-721-5030 <b>MEDICARE/ CIGNA/ UHC</b></p>	<p>Greater Baltimore Counseling Center MULTIPLE LOCATIONS 410-760-9079 <b>PRIVATE INSURANCE (incl Care1st)</b></p>	<p>Hightower Behavioral Health 420 Crain Hwy Unit 3 Glen Burnie, MD 21061 P: 410-595-6199 F: 410-684-5334 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Family Intervention Partners 7207 Baltimore Annapolis Blvd, Glen Burnie, MD 21061 P: 410-766-7300 F: 410-766-0100 <b>MEDICAID/PRIVATE INSURANCE</b></p>
<p>Travis Baird, PMHNP, CRNP Innovative Treatment Centers 325 Hospital Drive #106 Glen Burnie, MD 21061 P: 443-430-2998 F: 443-431-8978 <b>**SPEAKS SPANISH**</b> <b>MEDICARE, MEDICAID, MOST INSURANCES</b></p>	<p>Adam M. Roth, MD 1410 Forest Drive Suite 24 Annapolis, MD 21403 443-949-9904 <b>NO INSURANCES ACCEPTED</b></p>	<p>Bloom Health Centers 1750 Forest Dr, #105 Annapolis, MD 21401 P: 667-408-1640 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE/ TRICARE</b></p>	<p>Arise and Shine Healthcare 7452 Baltimore Annapolis Blvd, Suite 200, Glen Burnie, MD 21061 P: 443-374-5044 F: 443-557-0810 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>

# PSYCHIATRIC OUTPATIENT PROVIDERS

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

Outreach Mental Health & Psychiatry Services 1410 Crain Hwy N, 7B, Glen Burnie, MD 21061 P: 800-217-6407 <b>MEDICARE/MEDICAID/                  PRIVATE INSURANCE</b>	Bradford Counseling Services 877 Baltimore Annapolis Blvd, Ste 308, Severna Park, MD, 21146 P: 667-777-4935 F: 443-775-7733 <b>MEDICAID/PRIVATE                  INSURANCE</b>	Rogue River Counseling Services 2007 Tidewater Colony Dr, Ste. 1A, Annapolis, D 21401 P: 410-294-9300 <b>NO INSURANCES ACCEPTED</b>	Charlie Health Virtual IOP <a href="http://www.charliehealth.com/">www.charliehealth.com/</a> P: 1-866-508-7084 <b>MEDICAID/PRIVATE                  INSURANCE</b>
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## ***BALTIMORE AREA:***

Apex Counseling Center 3200 Eastern Avenue Baltimore, MD 21224 P: 410-522-1181 F: 410-522-1182 <b>MEDICARE/MEDICAID</b>	Baltimore Medical System 3700 Fleet Street Baltimore, MD 21224 P: 410-558-4900 F: 410-522-1475 <b>MEDICARE/MEDICAID/                  PRIVATE INSURANCE</b>	Chul S. Kwon MD 711 W. 40 <sup>th</sup> St. Baltimore, MD 21211 410-235-2880 <b>MEDICARE/MEDICAID/                  PRIVATE INSURANCE</b>  <b>KOREAN RESOURCE</b>	MetroFACTS 723 East Patapsco Ave Baltimore, MD 21225 410-355-1532 <b>MEDICAID</b>
Mosaic MULTIPLE LOCATIONS 1-855-URECOVER <b>MEDICAID/MEDICARE/                  PRIVATE INSURANCE</b>	Regenerations Counseling Services, Inc. 1421 S. Caton Ave Ste. 201 Baltimore, MD 21227 443-873-2520 <b>MEDICAID</b>	Total Health Care MULTIPLE LOCATIONS 410-383-8300 <b>MEDICARE/MEDICAID/                  PRIVATE INSURANCE</b>	New Vision Behavioral Health 4710 Pennington Ave. Curtis Bay, MD 21226 P: 410-355-3285 F: 410-355-1382 <b>MEDICAID/Care1st</b>
Bloom Health Centers 921 E Fort Ave, #100 Baltimore, MD 21230 P: 667-408-1640  <b>MEDICARE/MEDICAID/                  PRIVATE INSURANCE/                  TRICARE</b>			

## ***HOWARD COUNTY:***

Chase Brexton 5500 Knoll North Drive, Ste. 370 Columbia, MD 21045 410-884-7831 <b>MEDICARE/MEDICAID/                  PRIVATE INSURANCE/                  SLIDING SCALE</b>	Joshi & Merchant 5500 Knoll North Drive Ste. 290 Columbia, MD 21045 P: 301-317-6575 F: 301-317-9376 <b>MEDICARE/                  PRIVATE INSURANCE                  (Tricare, Care1st, UHC)</b>	Psych. Associates of MD 9520 Berger Road Suite 203 Columbia, MD 21046 P: 410-290-6940 <b>MEDICARE/                  PRIVATE INSURANCE</b>	Way Station Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 <b>MEDICARE/MEDICAID</b>
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<p>INNOVATIVE Psychiatry 9256 Bendix Road Ste. 200-B Columbia, MD 21045 443-542-0773 <b>NO INSURANCES ACCEPTED</b></p>	<p>The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 <b>NO INSURANCES ACCEPTED</b></p>	<p>The THRIVE Center™ Suite 100 6310 Stevens Forest Road Columbia, MD 21046 410-740-3240 <b>SELF PAY ONLY</b></p>	<p>Solutions for Mindfulness 10801 Hickory Ridge Rd Suite 210 Columbia, MD 21044 410-992-3796 <b>MEDICARE/PRIVATE INSURANCE/TMS Care1st, BCBS, Aetna</b></p>
<p>Collaborative Counseling Dr. Brett Greenberger 5560 Sterett Place Suite 201 Columbia, Md. 21044 P: 443-546-4000 <b>NO INSURANCES ACCEPTED</b></p>			

### ***THERAPISTS:***

#### ***ANNE ARUNDEL COUNTY***

<p>Anne Arundel Counseling 200 Forbes St, Ste. 303 Annapolis, MD 21401 410-768-5988 <b>PRIVATE INSURANCE ONLY</b>  <b>SPANISH SPEAKING SERVICES</b></p>	<p>Bay Shore Company 133 Old Solomons Island Rd Annapolis, MD 21401 410-266-9747 <b>MEDICARE</b></p>	<p>Bayside Behavioral Health 134 Holiday Court Ste. 302 Annapolis, MD 21401 410-266-1600 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Interventions 5 Oak court Annapolis, MD 21401 410-266-3040 <b>MEDICAID/PRIVATE INSURANCE</b></p>
<p>Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 <b>PRIVATE INSURANCE Short Term Only</b></p>	<p>Lifestance Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b></p>	<p>Dawn Morgan, LCSW-C 133 Defense Hwy, Ste. 114 Annapolis, MD 21401 410-573-5353 <b>NO INSURANCES ACCEPTED</b></p>	<p>Elaine Rubenstein LCSW-C 1331 Kinloch Circle Arnold, MD 21012 P: 410-647-8210 <b>PRIVATE INSURANCE</b></p>
<p>Lifestance Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b></p>	<p>Debra Zatkan LCSW-C 1507 Ritchie, Hwy, Ste. 102 Arnold, MD 21012 410-757-8137 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Francesca Brooks LCSW-C 2225E Defense Highway Crofton, MD 21144 410-360-7093 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Counseling Connections 2134 Espy Ct, Suite 3 Crofton, MD 21114 301- 261-6966 <b>MEDICARE/ PRIVATE INSURANCE</b></p>

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<p>Lifestance Behavioral Health 1662 Village Green, Ste 100 Crofton, MD 21114 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b></p>	<p>New Visions Behavioral Health 4710 Pennington Ave, Ste. 3 Curtis Bay, MD 21226 410-355-3285 <b>MEDICAID</b></p>	<p>Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Andrew T. Gergely &amp; Associates 137 Mitchell's Chance Lane Ste. 260 Edgewater, MD 21037 410-956-5300 <b>MEDICARE/MEDICAID PRIVATE INSURANCE</b></p>
<p>Anne Arundel Counseling 7310 Ritchie Hwy, Ste. 1009 Glen Burnie, MD 21061 410-768-5988 <b>PRIVATE INSURANCE</b>  <b>SPANISH SPEAKING SERVICES</b></p>	<p>Greater Baltimore Counseling Center <b>MULTIPLE LOCATIONS</b> 410-760-9079 <b>MEDICARE/ PRIVATE INSURANCE</b></p>	<p>M&amp;M Behavioral Health Solutions 1406 S. Crain Highway Suite 102 &amp; 104 P: 410-766-6624 F: 410-766-0240 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>MRC Behavioral Health Services 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 P: 410-487-6302 F: 301-576-7397 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>
<p>My Mental Health 1600 Crain Hwy S Ste. 106 Glen Burnie, MD 21061 443-354-1200 <b>PRIVATE INSURANCE</b></p>	<p>Omni House 1421 Madison Park Drive Glen Burnie, MD 21061 410-768-2719 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Inspirit Counseling Services of Maryland <b>MULTIPLE LOCATIONS</b> 410-433-8861 X131 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</b></p>	<p>Anne Arundel Counseling 153 Mayo Road, Ste. 201 Edgewater, MD 21037 410-768-5988 <b>PRIVATE INSURANCE ONLY</b>  <b>SPANISH SPEAKING SERVICES</b></p>
<p>Congruent Counseling Services <b>MULTIPLE LOCATIONS</b> 410-740-8066 <b>PRIVATE INSURANCE</b></p>	<p>Arundel Psychological Assoc. 1110 Benfield Blvd Ste. J Millersville, MD 21108 410-987-2031 <b>NO INSURANCES ACCEPTED</b></p>	<p>Baltimore Washington Counseling Center 8258 Veterans Hwy, Ste. 13 Millersville, MD 21108 410-768-6088 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H &amp; J Millersville, MD 21108 410-729-3633 Tues &amp; Thurs Only <b>NO INSURANCES ACCEPTED</b></p>
<p>Thrive Behavioral Health 1114 Benfield Blvd Millersville, MD 21108 410-780-5203 <b>MEDICAID ONLY</b></p>	<p>Page Downey, Psy.D 8288 Telegraph Rd. Ste. A Odenton, MD 21113 410-305-0158 <b>PRIVATE INSURANCE</b></p>	<p>Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 410-672-2862 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Francesca Brooks LCSW-C 8257 Old Mill Rd. Pasadena, MD 21122 410-360-7093 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>
<p>Pasadena Center for Counseling 8131 Ritchie Hwy, Suite G Pasadena, MD 21122 410-360-4774 <b>MEDICARE/PRIVATE INSURANCE</b></p>	<p>Shoreline Counseling Services 2446 Mountain Rd #200 Pasadena, MD 21122 410-255-9085 <b>PRIVATE INSURANCE</b></p>	<p>Carol Counseling 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 410-315-9350 <b>PRIVATE INSURANCE, TRICARE</b></p>	<p>Benna Sherman PhD 479 Jumpers Hole Road Suite 304B Severna Park, MD 21146 410-544-9564 <b>NO INSURANCES ACCEPTED</b></p>

# PSYCHIATRIC OUTPATIENT PROVIDERS

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<p>Impowerment Solutions, Inc. 699 Cottonwood Drive Severna Park, MD 21146 410-647-6745 <b>MEDICAID/PRIVATE INSURANCE</b></p>	<p>Lori Janssen, LCSW-C 8 Cypress Creek Road Severna Park, MD 21146 443-494-9119 <b>PRIVATE-BEACON/ CIGNA/MAGELLAN/ SLIDING SCALE</b></p>	<p>TIME Organization 7310 Ritchie Highway Ste. 100 Glen Burnie, MD 21061 443-704-1082 <b>MEDICAID ONLY</b></p>	<p>Pascal Youth &amp; Family Services 570 Ritchie Hwy Ste. H Severna Park, MD 21146 <b>MEDICAID/PRIVATE INSURANCE/SLIDING SCALE</b></p>
<p>Psychological Resource Associates 479 Jumpers Hole Rd Suite 106 Severna Park, MD 21146 410-647-8840 <b>PRIVATE INSURANCE-Out of Network Only</b></p>	<p>Remedy Counseling 819 Ritchie Hwy, Ste. 1020 Severna Park, MD 21146 410-431-5111 <b>MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</b></p>	<p>Safe Harbor Christian Counseling MULTIPLE LOCATIONS 800-305-2089 <b>MEDICAID/PRIVATE INSURANCES</b></p>	<p>The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 <b>NO INSURANCES ACCEPTED</b></p>
<p>Total Health Care 1215 Annapolis Road Ste. 107 Odenton, MD 21113 410-383-8300 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>WorkLife Urgent Care 7954 Baltimore Annapolis Blvd. Ste. 2C Glen Burnie, MD 21060 410-487-6052 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p><b>*SPANISH SPEAKING* PROVIDER</b> Manuel Morales, psychologist 133 Defense Hwy Annapolis, MD 21401 410-643-8077 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Jodi Dively, LCSW-C Alternative Counseling 2191 Defense Hwy. Crofton, MD 21114 410-828-0101 <b>MEDICAID/ MEDICARE PRIVATE INSURANCE (BCBS,Care1st, Aetna, UHC)</b></p>
<p>Chase Counseling 1110 Benfield BLVD Millersville, MD 21061 P: 443-610-2279 <b>Cigna Insurance</b></p>	<p>Brady Mental Health P: 410-303-3438 <b>CARE1st &amp; Cigna</b></p>		

***BALTIMORE AREA:***

<p>Apex Counseling Center 3200 Eastern Avenue Baltimore, MD 21224 410-522-1181 <b>MEDICARE/MEDICAID</b></p>	<p>Chul S. Kwon MD 711 W. 40<sup>th</sup> St. Baltimore, MD 21211 410-235-2880 <b>KOREAN RESOURCE</b></p>	<p>Crossroads Counseling 6030 Black Firars Circle Baltimore, MD 21228 443-474-5001 <b>MEDICAID/SELF-PAY Home Based Therapy</b></p>	<p>Baltimore Medical Systems 3700 Fleet Street Baltimore, MD 21224 410-558-4900 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>
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## PSYCHIATRIC OUTPATIENT PROVIDERS

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

<p>MetroFACTS 723 East Patapsco Ave Baltimore, MD 21225 410-355-1532 <b>MEDICAID</b></p>	<p>Mosaic MULTIPLE LOCATIONS 1-855-URECOVER <b>MEDICAID/MEDICARE/ PRIVATE INSURANCE</b></p>	<p>Regenerations Counseling Services, Inc. 1421 S. Caton Ave Ste. 201 Baltimore, MD 21227 443-873-2520 <b>MEDICAID</b></p>	<p>Pastoral Counseling Services of Maryland Zip Codes: 21206, 21210 410-433-2241x501 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>
<p>Total Health Care MULTIPLE LOCATIONS 410-383-8300 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>			

### **HOWARD COUNTY:**

<p>Chase Brexton 5500 Knoll North Drive, Ste. 370 Columbia, MD 21045 410-884-7831 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</b></p>	<p>Columbia Counseling Center 5525 Twin Knolls Rd Ste. 327 Columbia, MD 21045 410-992-9149 <b>MEDICARE/PRIVATE INSURANCE</b></p>	<p>John Geremia, LCSW-C 8331 Lincoln Drive Jessup, MD 20794 410-799-5092 johngeremiatherapist.com <b>MEDICARE/PRIVATE INSURANCE</b></p>	<p>Cara Jacobson, PsyD 7120 Minstrel Way, Ste. 203 Columbia, MD 21045 443-520-2036 Eating D/O, Couples Therapy <b>MEDICARE/ PRIVATE INSURANCE/ SLIDING SCALE</b></p>
<p>Dr. Joshi, Merchant, Mookerjee 5500 Knoll North Drive Ste. 290 Columbia, MD 21045 301- 317-6575 <b>MEDICARE/ PRIVATE INSURANCE</b></p>	<p>Alicia Mason 5058 Dorsey Hall Road Ellicott City, MD 21042 443-300-7061 <b>MEDICAID/SELF-PAY</b></p>	<p>National Family Resiliency Center 10632 Little Patuxent Pkwy, Ste. 121 Columbia, MD 21044 410-740-9553 <b>SELF PAY ONLY</b></p>	<p>Pastoral Counseling Services of Maryland Columbia &amp; Ellicott City 410-433-2241x501 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>
<p>Psych. Associates of MD 9520 Berger Road Suite 203 Columbia, MD 21046 410- 290-6940 <b>MEDICARE/ PRIVATE INSURANCE</b></p>	<p>Way Station Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 <b>MEDICARE/MEDICAID</b></p>	<p>INNOVATIVE Psychiatry 9256 Bendix Road Ste. 200-B Columbia, MD 21045 443-542-0773 <b>NO INSURANCES ACCEPTED</b></p>	<p>The Maryland Centers for Psychiatry, P.A. Annapolis 410-266-9230 Ellicott City 410-461-3760 <b>NO INSURANCES ACCEPTED</b></p>

## PSYCHIATRIC OUTPATIENT PROVIDERS

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

<p>The THRIVE Center™ Suite 100 6310 Stevens Forest Road Columbia, MD 21046 410-740-3240 <b>SELF PAY ONLY</b></p>			
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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.