

Finding Medical and Mental Health Services in the Community

What is the goal of the tool/resource?

To have a list of steps and tips on how to find medical or mental health services in the community and have contact information for nearby clinics and services. The final page in this tool can be filled in with the appropriate services local to the school area.

Who is the audience?

Any student or parent/caregiver.

Who should facilitate this tool/resource?

Anyone interacting with students or parents/caregivers.

How should the staff team member facilitate this tool/resource?

Staff team members could share this resource with any student or parent/caregiver. It can also be reviewed when completing the “Post-Graduation Wellness Plan” and offer a hard and electronic copy of the resource for future reference.

Finding Medical and Mental Health Services in the Community

Now that you are leaving high school, you will no longer be working with your school therapist or counselor. If you would like to find new providers to keep you physically and mentally healthy, below are some tips and information to help you.

Steps you can take to find a new adult provider:

1. Ask your school therapist/counselor or school nurse/health suite for a list of medical and mental health providers in the community.
2. Ask your parents, family members, and friends about providers in the community.
3. If you have health insurance, look at their website for a list of adult medical providers (under primary care or specialty care) and mental or behavioral health or substance use providers (under psychiatry, social work, psychology, addiction counselor).
4. If you don't have health insurance, visit www.marylandhealthconnection.gov.

Before you choose a provider or clinic, here are some questions to think about:

1. What kind of provider do you need? A primary care provider, a specialist, a dentist, a mental/behavioral health/substance use provider?
2. Where is the provider's office or clinic located? Is it nearby public transportation? Do they offer tele-health services?
3. What are the office hours? Are there walk-in options? Are services available after-hours and on weekends?
4. What services are offered? Preventive check-ups and sick care, therapy or counseling, sexual health services, dental health services, medication?
5. Where are the nearest emergency psychiatric care options?
6. Does the provider's office or clinic accept your health insurance?
7. Not all providers accept insurance. Some require payment at the visit.
8. Not all providers accept all types of insurance. Call to be sure the clinic takes your insurance type.
9. Remember to always carry your health insurance information with you in your wallet or on your phone.

Finding Medical or Mental Health Services in the Community

Mental Health and Sexual Health Resources

Have mental health concerns?

Behavioral Health Treatment Locator

- findtreatment.samhsa.gov

National Helpline

- For treatment referral and information
- (800) 622-HELP (4357)

Have sexual or reproductive health concerns?

Planned Parenthood Maryland

- (410) 576-1414
- plannedparenthood.org/planned-parenthood-maryland

Need emergency psychiatric care?

988 Suicide & Crisis Lifeline

- Access 24/7 free support
- samhsa.gov/find-help/988
- Call 9-8-8

The Trevor Project

- 24/7 confidential free crisis support for LGBTQ youth in need
- (866) 488-7386

Maryland Youth Crisis Hotline

- 24/7 confidential free support
- (800) 422-0009

Need help with substance use?

Behavioral Health Locator

- findtreatment.samhsa.gov

Finding Medical or Mental Health Services in the Community

Local Mental Health and Sexual Health Resources

Elaine Ellis Center of Health

- **Location:** 10001 Rhode Island Avenue, College Park, MD 20740
- **Phone Number:** (301) 441-1605
- **Website:** eechealth.com
- **Services Provided:** Medical, dental, and mental health services. Accepts Medicaid, most insurances, and sliding fee scale for the uninsured.

Greater Baden Medical Services

- **Location:** Brandywine & Capitol Heights
- **Phone Number:** (301) 888-2233
- **Website:** gbms.org
- **Services Provided:** Medical, dental, and mental health services. Accepts Medicaid, most insurances, and sliding fee scale for the uninsured.

La Clínica del Pueblo

- **Location:** 2970 Belcrest Center Dr., Suite 301, Hyattsville, MD 20782
- **Phone Number:** (240) 714-5247
- **Website:** lcdp.org
- **Services Provided:** Medical and mental health services. Accepts Medicaid, most insurances, and sliding fee scale for the uninsured.

Mary's Center

- **Location:** 8908 Riggs Road, Adelphi, MD 20783
- **Phone Number:** (844) 796-2797
- **Website:** maryscenter.org
- **Services Provided:** Medical, dental, and mental health services. Accepts Medicaid, most insurances, and sliding fee scale for the uninsured.

Finding Medical or Mental Health Services in the Community

Mental Health and Sexual Health Resources

NAME:

- **Location:**
- **Phone Number:**
- **Website:**
- **Services**

NAME:

- **Location:**
- **Phone Number:**
- **Website:**
- **Services:**

NAME:

- **Location:**
- **Phone Number:**
- **Website:**
- **Services:**

NAME:

- **Location:**
- **Phone Number:**
- **Website:**
- **Services:**

NAME:

- **Location:**
- **Phone Number:**
- **Website:**
- **Services:**