

Resource Guide

Hotlines	
MD Programs/Services Aid	211
Adult Protected Services	800-917-7383
AIDS Information	800-448-0440
Substance Use Helpline	800-562-1240
Centers for Disease Control & Prevention (CDC) Info Hotline	800-232-4636
Child Protective Services	410-767-7112
Maryland Crisis Hotline	211, then press 1
Family & Parenting Support	410-659-7701
NTL Suicide Prevention Lifeline	800-273-8255
Domestic Violence Hotline	800-799-7233
Family Law Hotline	800-845-8550
Dept. of Social Services (DSS)	
DSS (main line)	240-895-7000
Child Protective Services (CPS)	240-895-7016
Child Protective Services (after hours)	301-475-8016
Financial	
DSS: Medical Assistance & Temporary Cash	240-895-7000
Food Resources	
Maryland Emergency Food Program	800-332-6347
Our Daily Bread Food Pantry (Lexington Park)	301-863-4740
Loaves & Fishes Food Pantry (Leonardtown)	301-475-7200
Shelters	
Three Oaks (St. Mary's) for Women/Emergency	301-863-9535
Project Echo (Calvert Co.)	410-535-0044
Sonja's House (Charles Co.) for under 18 youth	301-375-9377

Medical Services	
Maryland Health Connections	855-642-8572
St. Mary's Co. Health Department	301-475-4297
Univ. of MD. Dental School	410-706-7063
Behavioral Health Services	
Cliffon T. Perkins Hospital	410-724-3080
Beacon Health Options Maryland	800-888-1965
On Our Own of Maryland, Inc.	301-997-1066
Outlook Recovery (St. Mary's Co.)	240-237-8325
Pathways	301-373-3065
Project Chesapeake (St. Mary's & Calvert Counties)	240-309-4015
QCI (Tri-County)	240-427-3554
Spring Grove	410-402-7398
Pyramid Walden Behavioral Health:	
The Cove	240-538-1679
Beacon of Hope	
Recovery	240-298-0212
Leonardtown	301-997-1300
The Jude House, Inc. (Charles Co.)	301-932-0700
Recovery Centers of America (Charles Co.)	202-849-5619
Avenues Recovery Drug Rehab (Calvert Co.)	410-793-1300
Support Centers/Programs	
Alcoholics Anonymous of St. Mary's Co.	800-492-0209
Narcotics Anonymous	800-317-3222
Child Care & Pregnancy	
Maryland Family Network	410-659-7701
CareNet	
Leonardtown	301-475-5333
Lexington Park	301-737-4604
Transportation	
Safe-Ride Express	301-863-1151
Courtesy Cab Service	301-866-9600
Friendly Taxi Service	301-863-8141
STS Public Transportation	301-475-5100

Clothing	
Hooks and Hangers II (Charlotte Hall)	301-274-3711
Vintage Values (Leonardtown)	301-475-8545
Vintage Values (Lexington Park)	240-237-8120
Go Green Thrift Store II	301-737-1234
Education	
College of Southern MD.	240-725-5300
St. Mary's Co. Board of Education	301-475-5511
Legal Aid	
Domestic Relations Office	301-475-4683
MD Volunteer Lawyers Service	410-547-6537
Office of the Public Defender	877-430-5187
St. Mary's Co. Circuit Court	301-475-7844
State's Attorney Office, Richard Fritz	301-475-7844 ext. 4600
So. MD. Center for Family Advocacy	301-373-4141
Legal Aid Bureau	877-310-1810
Housing	
Housing Authority (St. Mary's County)	301-866-6590
Housing Authority (Charles County)	301-870-3388
Transitional Housing/Sober Living	
Lifestyles, Inc. (Charles Co.)	301-609-9900
Stepping Stones	888-513-0222
Veterans	
Charlotte Hall VA Clinic	301-884-7102
U.S. VA Call Center	877-424-3838
Veterans Crisis Line	800-273-8255
Veterans Federal Benefits	877-222-8387
Emergency	
Emergency	911
Non-Emergency (Sheriff's Office)	301-475-8008