



St. Mary's County Behavioral Health

Telehealth Resource Guide



ST. MARY'S COUNTY
HEALTH DEPARTMENT

Funded by SAMHSA and MDH

The pandemic of coronavirus disease 2019 (COVID-19) may be overwhelming for some and can cause strong feelings of fear, anxiety, sadness and uncertainty. Everyone reacts differently to stressful situations. Older people, people with chronic illnesses, children, teens, health care workers and first responders, and people with mental health conditions may be particularly vulnerable to stress due to the outbreak.

This resource guide was developed to provide information on local behavioral health resources (mental health, substance use, and crisis services) that are providing tele-health support through phone or video during this pandemic.

Crisis Services >

The Southern Maryland Center for Family Advocacy

Free legal advocacy, case management, crisis management, and emergency shelter services for victims of domestic violence and sexual assault in St. Mary's County.

24/7 Crisis Hotline: (240)-925-0084

<https://www.smcfa.net/>

Maryland's Helpline

Available 24 hours/7 days a week to callers in need of crisis intervention, risk assessment for suicide, homicide or overdose prevention, support, guidance, and information or linkage to community behavioral health providers.

Call 2-1-1

<https://211md.org/>

National Suicide Prevention Lifeline

Available 24 hours/7 days a week and provides free and confidential support for people in distress and crisis. Online chat feature and language services available.

Call 1-800-273-8255

<https://suicidepreventionlifeline.org>

For more information visit: www.smchd.org/coronavirus

**Behavioral
Health
Providers** >

Center for Children

Mental health services for children and families including psychiatric assessment, medication management and family counseling.

301-475-8860

<https://center-for-children.org>

Pathways

Mental health services for adults and adolescents including psychiatric assessment, medication management, supportive employment and therapeutic counseling.

301-373-3065

<https://www.pathwaysinc.org>

Project Chesapeake

Substance abuse treatment and recovery support services for adults.

240-309-4015

<https://www.projectchesapeake.com>

Pyramid Walden

Substance abuse treatment, mental health and recovery support services for adults.

301-997-1300

<https://www.pyramidwalden.com>

Southern Maryland Community Network

Mental health services for adults and children including psychiatric rehabilitation programs, case management, supportive employment and in-home intervention program.

301-475-9315

<http://www.somdnetwork.org>

Vesta, Inc.

Mental health services for adults including psychiatric assessment, therapy, counseling, and medication management.

301-863-4543

<http://www.vesta.org>

A New Hope Family Therapeutic Services, LLC

Insurance accepted: None
240-718-4823

Bowes & Associates Psychotherapy, LLC

Insurance accepted: BCBS, Carefirst
301-904-3757

Chesapeake South Therapeutic Group, LLC

Insurance accepted: BCBS, CareFirst, Tricare
240-237-8338

Inner Peace Therapeutic Services, LLC

Insurance accepted: Tricare, Triwest, Aetna, Cigna, BCBS, BCBS Fed, Compsych, Magellan, Medstar.
301-866-6333

Psychological Services Center, LLC

Insurance accepted: Medicare, Tricare, Carefirst and Federal BCBS, Cigna, Medicare, Tricare, Carefirst and Federal BCBS, Cigna
301-475-9660

Sabrina Sepulveda, CRNP-PMH

Insurance accepted: BCBS, Tricare, Aetna, Medicare
301-494-1009

Serenity Place, LLC

Insurance accepted: BCBS, Tricare East, Cigna, Medicaid
301-690-8008

Sherrye Urtz, LCPC

Insurance accepted: BCBS
240-587-3132

S.J. Woodward Psychotherapy, LLC

Insurance accepted: Carefirst, self pay, out of network
240-561-9559

Tides of Change Therapeutic Services, LLC

Insurance accepted: BCBS, UHC, Medicaid.
240-309-2351

Private Practices

Debbie Flerlage, LCPC, LCADC

Insurance accepted: BC/BS CareFirst
240-431-1151

Doris McDonald, LCPC, LCADC

BC/BS Carefirst, Triwest
301-750-2659

Empowered Connections, LLC

Insurance accepted: None
301-690-0779

Hope and Healing Psychotherapy, LLC

Insurance accepted: Tricare East, TriWest
301-690-8404