



MENTAL HEALTH AND RESILIENCE RESOURCES
Compiled April 2022

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“Some of the most comforting words in the universe are “me too.” That moment when you find out that your struggle is also someone else’s struggle, that you’re not alone, and that others have been down the same road.”

~ Unknown

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

~ Fred Rogers (Mr. Rogers)

“Emotional pain is not something that should be hidden away and never spoken about. There is truth in your pain, there is growth in your pain, but only if it’s first brought out into the open.”

~ Steven Aitchison



GENERAL MENTAL HEALTH, EMOTIONAL WELL-BEING, AND RESILIENCY RESOURCES

Local Resources

Behavioral Health Providers in Prince George's County

The Prince George's County Health Department maintains an updated list of behavioral health providers on its [PG Health Zone website](#). The site provides a description of each provider that includes services provided, clients served (e.g., youth, adults), and types of insurance accepted.

iMIND Behavioral Health (IMBH)

An accredited behavioral health provider specializing in accessible, caring, and culturally competent outpatient services to the armed forces, working class, and underserved communities in Prince George's and surrounding counties. For information, visit www.imindhealth.net or call 240-249-0989.

Mental Health Association of Maryland (MHAMD)

Provides community outreach and education to Marylanders of all ages to create awareness about behavioral health, increase knowledge of effective interventions, reduce stigma, and strengthen pathways to care. Visit <https://www.mhamd.org>, call 443-901-1550, or email info@mhamd.org.

- MHAMD offers free fact sheets and guides for parents, caregivers, educators, and providers on children's (including teens and young adults) mental health issues, including information for connecting families with resources for prevention and support.
- MHAMD also offers free guides and programs for older adults to create awareness about mental wellness and the aging process; see www.mhamd.org/what-we-do/outreach-and-education/vibrant-minds.
- For a list of all available publications, visit [Read Our Publications | MHAMD](#); online publications can be downloaded or requested to be received by mail by calling 443-901-1550.

National Alliance on Mental Illness (NAMI) Prince George's County

Grassroots alliance of local organizations offering free information, resource referrals and peer-to-peer support for people living with mental illness, their loved ones, and caregivers. For more information, call NAMI Prince George's County at (240) 467-5948 or visit www.namipgc.org.

Ontrack Maryland Prince George's County

Offers specialized programs for the early identification, evaluation, and treatment of adolescents and young adults who have started to have troubling thoughts and/or experiences. Support is offered to family members, friends, and educators interested in better understanding early psychosis in young people. For more information, call 240-708-0621 or visit <https://www.sheppardpratt.org/care-finder/ontrack-maryland/>.

Maryland Early Intervention Program (a related resource)

Provides resources for schools and parents about psychosis and additional supports for Marylanders experiencing psychosis and their families. To schedule a consultation or make a referral for an individual experiencing early signs or symptoms of psychosis, call the MEIP centralized contact line at 877-277-MEIP (6347). For more information, visit <https://marylandeip.com/>.



Sante' Group

The Affiliated Sante' Group (Sante') provides experienced, compassionate support to individuals experiencing mental health and substance use challenges. Sante' supports loved ones, first responders, and communities overwhelmed by a crisis, and provides crisis intervention trainings for first responders, schools, and community members. Programs include:

- Crisis Call Center offers immediate aid for individuals experiencing a mental health emergency.
- Crisis Intervention Training: educational and training services for first responders including law enforcement, education systems, and other organizations.
- In-Home Intervention Team: collaborates with individuals and families to develop intervention strategies in hopes of avoiding future crises.
- Mobile Crisis Team: provides de-escalation and crisis intervention in the areas of mental health, substance use, and situational crises.
- School Intervention: a clinician works within the school system to offer care to students in need of immediate care and support in the school environment.
- Transitional Age Youth Program (TAY): responds to any challenge youth ages 16-21 encounter, from homelessness to mental health instability. Licensed staff, specially trained clinicians and peer support specialists assist youth in crisis.
- Urgent Care Clinic: offers diagnostic evaluations and assessments residents in need of immediate care and support. Open seven days a week, Prince George's County can receive care within 48 hours.

For more information about Sante' and its programs in Prince George's County, call 301-429-2185 or visit www.thesantegroup.org.

National Resources

Blurt Foundation

Although depression is a common condition, there are a lot of misconceptions about it. Blurt works to increase understanding of depression, from the perspective of those who have experienced it.

Resources for adolescents and teens, families, older adults, and caregivers are available.

For more information visit www.blurtitout.org.

Centers for Disease Control and Prevention How Right Now Tool

[How Right Now](https://www.cdc.gov/howrightnow/index.html) is a communications campaign designed by the Centers for Disease Control and Prevention to promote and strengthen the emotional well-being and resiliency of populations adversely affected by COVID-19–related stress, grief, and loss. The interactive tool, available in English and Spanish, offers support for diverse groups across all ages. For information, call 800-232-4636 or visit <https://www.cdc.gov/howrightnow/index.html>.

Mental Health America's (MHA) Mental Health Toolkit

The [mental health toolkit](#) provides free, practical resources to introduce mental health topics like recognizing warning signs, knowing the factors that can lead to mental health conditions, maintaining mental wellness, and seeking help for mental health. The kit also includes marketing and outreach tools that can be used by community groups and organizations to promote mental health awareness month.



National Alliance on Mental Illness (NAMI)

Grassroots alliance of local organizations offering free information, resource referrals and peer-to-peer support for people living with mental illness, their loved ones, and caregivers. For more information, call 800-950-6264 or visit www.nami.org.

- Lack of information surrounding mental health issues can prevent people in Black communities from getting the help and support they need. [Sharing Hope](#) is a three-part video series that explores the journey of mental wellness in Black communities through dialogue, storytelling, and a guided discussion on the following topics:

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

ANAD provides information about eating disorders, how to seek treatment, and support groups for individuals and their loved ones affected by eating disorders. Free educational guides are available for inclusive groups, schools, and families. ANAD's eating disorders Helpline 888-375-7767 offers free emotional support and referrals Monday through Friday, 10 a.m. to 10 p.m. For more information, visit www.anad.org.

National Resource Center on LGBT Aging

SAGE is the country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual, and/or transgender older adults, families, and caregivers. Visit www.lgbtagingcenter.org, email info@lgbtagingcenter.org, or call 212-741-2247.

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use challenges. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Call 800-662-HELP (4357), text: 435748 (HELP4U), or TTY: 800-487-4889.

CAREGIVER RESOURCES

Local Resources

Prince George's County Respite Care Program

This service from the Department of Social Services provides respite care (short-term, temporary relief) to persons caring for family members who might otherwise require placement in a facility outside the home. For information and to request an application, call 301-909-2091 or see the [Respite Care Program Application](#).

National Resources

AARP Family Caregiving

Offers free care guides, legal checklists, information on care options and an online community that supports all types of family caregivers. A caregiver support line offers one-on-one help. For more information, visit www.aarp.org/caregiving, or call 877-333-5885; 888-971-2013 for Spanish.



Caregiver Action Network (CAN)

Offers education, peer support, and resources to family caregivers free of charge. Support is also provided to specific caregiver groups. For more information, call 202-454-3970, email info@caregiveraction.org, or visit www.caregiveraction.org.

SOCIAL ISOLATION PREVENTION RESOURCES

Local Resources

City of Hyattsville Services for Seniors and Persons with Disabilities

Throughout the year, the city offers numerous services, programs and events for seniors and people with disabilities. They include wellness classes and presentations, referrals to resource providers, social outings and more. To learn more about our city's available programs or to be added to our mailing list, contact Senior Services Coordinator, Beryl Johnson, at bjohnson@hyattsville.org or 301-985-5058.

City of Hyattsville Call-A-Bus

Curb-to-curb transportation to medical appointments and grocery stores for older adults and residents with disabilities operates Mondays through Fridays from 9 a.m. to 4 p.m. Residents must make a reservation by calling 301-985-5000 before 2 p.m. at least one business day in advance. Passengers must wear a face mask while entering, riding, and exiting the bus.

Hyattsville Aging in Place (HAP)

HAP provides volunteer-based referral services, educational programs, and door-to-door transportation for older adults and residents with a disability. For more information, email HAPCares@gmail.com or call 301-887-3101.

National Resources

Commit to Connect

Coordinated by the AARP Foundation and Administration for Community Living, provides resources and tools that help older adults and people with disabilities connect with services and supports that foster social inclusion and combat social isolation. For more information, visit www.commit2connect.org.

Friendship Line

The Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country that serves as both a crisis intervention hotline and a warmline for non-emergency emotional support calls for adults sixty and older, and adults living with disabilities. Information about well-being checks, grief support, elder abuse reporting, and active suicide intervention is available by calling 800-971-0016.

SAGE LGBT Hotline

LGBT older adults and caregivers can call 877-360-LGBT (5428) to connect to a certified LGBT responder who is friendly and ready to listen and offer support. The hotline is free and available 24/7 in English and Spanish, with translation in 180 languages.



YOUTH, TEENS, AND YOUNG ADULTS

Local Resources

Latin American Youth Center (LAYC)

[LAYC](#) connects homeless and vulnerable youth in the D.C. Metro region to safe and stable housing, food, mental health, education re-enrollment, and employment aid. LAYC offers bi-lingual staff, a culturally sensitive environment, and support services to youth of diverse backgrounds and needs. Youth can access a wide variety of resources through collaboration with case managers in LAYC's Drop-in Center and housing programs. For more information, contact Kai Hernandez at kai@layc-dc.org.

Ontrack Maryland Prince George's County

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Sasha Bruce

Sasha Bruce Youthwork helps young people find safe homes, achieve, and maintain good physical and mental health, and create and strengthen supportive and stable families. For more information visit www.sashabruce.org, or contact: rbell@sashabruce.org; or call 240-764-8274.

National Resources

Centers for Disease Control and Prevention (CDC)

This federal site offers free resources for parents, caregivers, educators, healthcare providers, and other adults to support the emotional, mental, and social well-being of youth across all age groups (birth – to 18 – 24 years of age).

[Mental Health | Adolescent and School Health | CDC](#)

Feast

Feast is a global community of parents who support parents and caregivers affected by a child with an eating disorder. Feast creates awareness about eating disorders, support parents and caregivers in helping loved ones get treatment, and the information needed to help them recover and thrive. For more information, see www.feast-ed.org.



National Center for School Crisis and Bereavement (NCSCB)

Since 1990, NCSCB experts have helped hundreds of schools and communities in the U.S. and abroad cope in the aftermath of tragedy, playing a vital role in helping to foster resilience after crisis events. NCSCB provides immediate technical aid and training to schools and communities responding and preparing for responding to crises, with a focus on supporting students, both short-term and throughout long-term recovery. For more information, see www.schoolcrisiscenter.org.

The Trevor Project

Provides 24/7 crisis support services to LGBTQ young people that are free and confidential. Text, chat, or call anytime to reach a trained counselor. For more information, visit www.thetrevorproject.org, call 866-488-7386, or text "START" to 678-678.

VETERANS AND THEIR FAMILY MEMBERS

Blinded Veterans Association provides counseling, employment, advocacy, and support services to veterans who are blind; 202-371-8880, www.bva.org.

U.S. Department of Veterans Affairs provides comprehensive services resource for veterans. Call 800-827-1000 or visit www.va.gov.

Veteran Crisis Line, U.S. Department of Veterans Affairs, provides crisis support for veterans and concerned family members; call 800 273-TALK (8255).

Veterans Support Foundation is a comprehensive services and advocacy resource for veterans and their families; call 800-882-1316 ext. 126 or call www.vsf-usa.org.

Washington DC Veterans Affairs Medical Center provides medical, surgical, rehabilitative, neurological, and psychiatric care. For information call 202-745-8000 or visit www.washingtondc.va.gov.

EMERGENCY MENTAL HEALTH RESOURCES AND SUICIDE PREVENTION SUPPORT

If you or someone you know is experiencing a mental health or substance abuse problem, several resources are available to learn more information or connect with help. Check out the mental health resources below.

If you or someone you know is in crisis, contact the Suicide Prevention Lifeline at 1-800-273-TALK (8255), or dial 911 in case of emergency.

Local Resources

Community Crisis Services, Inc. (CCSI)

CCSI is a one-stop calling center for information and compassionate help for anyone in crisis, 24 hours a day, 365 days a year. Hotline specialists offer non-judgmental listening and support to individuals of any age having emotional difficulties, suicide ideations, or suicide attempts. CCSI also offers free mental health first aid and suicide prevention trainings to the public and community groups.

Call 2-1-1 or visit www.ccsimd.org. Prince George's County Suicide Prevention Lifeline: 301-864-7130.



Sante' Group Hotline

The Affiliated Sante' Group's 24-hour hotline provides immediate crisis support in Prince George's and other MD counties. Sante's team of licensed counselors and therapists provide experienced, compassionate support and coordinate with community resources to establish care for individuals. In Prince George's County, call [301-429-2185](tel:301-429-2185), or visit www.thesantegroup.org.

National Resources

Crisis Text Line

Available 24/7, 365 days a year, this organization helps individuals with mental health challenges connect to trained crisis volunteers who will provide confidential advice, support, and referrals if needed. Text "MHFA" to 741741.

Friendship Line

The Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country that serves as both a crisis intervention hotline and a warmline for non-emergency emotional support calls for adults sixty and older, and adults living with disabilities. Information about well-being checks, grief support, elder abuse reporting, and active suicide intervention is available by calling (800) 971-0016.

Lifeline Crisis Chat

Visit www.crisischat.org to chat online with crisis centers around the United States.

National Suicide Prevention Lifeline

This crisis hotline assists with many issues, in addition to suicide prevention. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Call toll-free Lifeline, 1-800-273-TALK (1-800-273-8255), 24 hours/day, 7 days/week. For more information, visit www.suicidepreventionlifeline.org.

- 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline starting on July 16, 2022. This dialing code will be available to everyone across the United States.

The Trevor Project

Trained counselors are available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. Specializing in supporting the LGBTQI+ community. Call 866-488-7386, Text "START" to 678678, or visit www.thetrevorproject.org.



Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline Provides 24/7, 365-day-a-year crisis counseling and support to anyone experiencing distress or other behavioral health concerns related to natural or human-caused disaster, including public health emergencies such as COVID-19. Call 800-985-5990 or text TalkWithUs to 66746. For more information, visit www.samhsa.gov/find-help/disaster-distress-helpline.

A free guide for taking care of a family member after treatment in the emergency department developed by and for family members whose loved one attempted suicide is available online. The guide provides information on how to take care of yourself and your family member following the attempt and offers resources to help you move forward.

SAMHSA provides information on mental health services and treatment centers through an [online service locator](#). You can search by your location, type of service needed, payment options, language preferences, etc.

GENERAL CRISIS RESOURCES AND ASSISTANCE

Maryland 211

Provides information and referrals to aid community members in any type of crisis using a database of over 6,000 agencies and programs across the state. Call 211, Text (Zip Code) to 898-211 or TXT-211, or visit <https://211md.org> for information about

- Food Pantries and Soup Kitchens
- Housing and Homeless Services; Rental Assistance
- Legal Aid
- Mental Health and Substance Abuse Resources
- Services for Seniors and Persons with Disabilities

Domestic Violence Hotline

A 24-hour crisis intervention hotline staffed by CCSI trained counselors who connect individuals and families in crisis with information, support, and referrals. For assistance call (301) 731-1203.



FREE STRESS-MANAGEMENT/SELF-CARE RESOURCES

[Greater Good Science Center](#) offers free stories, tips, and tools that promote well-being and a more compassionate society. Numerous resources are available for parents, educators, business leaders, health care professionals, among other groups.

Progressive Relaxation Exercises

Progressive muscle relaxation fosters mental calmness through physical relaxation. This technique can be learned by nearly anyone and requires only 10 to 20 minutes to practice. Check out these guided relaxation audio clips from the Hobart and William Smith Colleges Counseling Center:

- [Progressive Relaxation Exercise](#) (9 min)
- [Combination Relaxation Exercise](#) (15 min)

Meditation Apps

Meditation is one of the most well-known ways to calm your mind and body, spread positive energy, and reduce and even eliminate issues such as anxiety. These apps provide an overview of the benefits of meditation and steps for creating your own meditation practice.

- [Insight Timer](#) is a free downloadable mobile app with hundreds of live and recorded guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts, neuroscientists, psychologists, and teachers around the world.
- [Calm.com](#), [DownDog.com](#) and [Headspace.com](#) are other popular meditation apps. Each offer free limited trials.

Yoga

[Yoga With Adriene](#) makes tools for mental, emotional, and physical health accessible for all. Yoga With Adriene provides high quality practices on yoga and mindfulness on YouTube at no cost to support and inspire an online community of over ten million people of all ages, ethnicities, and backgrounds across the globe.