If you are worried about your child's emotions or behavior, you can start by talking to friends, family members, your spiritual counselor, your child's school counselor, or your child's pediatrician/family physician about your concerns. The primary sources of information about options for helping your child are listed below. Contact information for local resources is listed by county on the back of this sheet.

Your child’s pediatrician can talk with you about your concerns, and can make referrals for treatment.

Your insurance company can provide you with a list of the mental health professionals within your healthcare network.

School Psychologists, trained in both psychology and education, can help children and youth academically, socially, behaviorally, and emotionally. They may be part of an IEP team and perform academic and psychological evaluations.

Core Service Agencies (CSAs) are local agencies responsible for planning, managing and monitoring a specific region’s public mental health services in Maryland. Many CSAs have specialists that coordinate services for children and adolescents that do not have health insurance.

Family or System Navigators provide one-to-one support to families. Each county in Maryland has Navigators that can help families access resources within Maryland’s mental health system, understand their child’s mental health concerns, find the right type of help, and provide support through the whole process. Family Navigators are parents who have cared for a child with special needs and have been trained to help other families. Any parent or caregiver can call a Navigator to request assistance for their child, aged 0 - 21 years, with special needs. There is no cost for navigation services.

County “warmlines” are community-based service referral call-lines staffed by trained people, often 24 hours a day. These phone numbers are designed to address certain non-life threatening concerns and questions.

Mental Health Education and Advocacy Organizations are dedicated to assisting family members with finding help for their child.

- Mental Health Association of Maryland (MHAMD) is a statewide education and advocacy agency. Programs and services vary by chapter. [www.mhamd.org](http://www.mhamd.org)
- The Maryland Parity Project can answer insurance questions to help you get the care you are entitled by law to receive. [www.marylandparity.org](http://www.marylandparity.org)
- Mental Health First Aid trains parents and caregivers to recognize mental health problems, know how to access services and support youth struggling with mental health issues. [www.mhfamaryland.org](http://www.mhfamaryland.org)
- Maryland Coalition of Families (MCF) has Family Navigators and offers advocacy training and support for families. [www.mdcoalition.org](http://www.mdcoalition.org)
- National Alliance on Mental Illness (NAMI) Maryland - is dedicated to education, support and advocacy of persons with mental illnesses, their families and the wider community. [www.namimd.org](http://www.namimd.org)

It is important to remember that many children and families benefit from other services and supports in places other than traditional providers. Often, these services are provided along with other forms of services. It is well researched that many children benefit from after-school activities, athletics and community and faith-based activities.
CMHM Family Resource Kit
Contacts by County

These numbers should provide you with the help you seek. Even if it is not the current number, those responding to the numbers below should direct you to the right number.

<table>
<thead>
<tr>
<th>Jurisdiction</th>
<th>CSA</th>
<th>Navigator</th>
<th>Mobile Crisis Team or Hotline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Statewide</td>
<td>Maryland Crisis Hotline</td>
<td>Maryland State-Wide Info &amp; Referral</td>
<td>Maryland Crisis Hotline 800-422-0009</td>
</tr>
<tr>
<td>Allegany</td>
<td>Allegany Mental Health Systems Office</td>
<td>Maryland Coalition of Families (MCF)-The Family Network, Allegany Co. 301-784-7142</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Anne Arundel</td>
<td>Anne Arundel Co. Mental Health Agency</td>
<td>Arundel Child Care Connections</td>
<td>Anne Arundel Co. Crisis 410-768-5522</td>
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<tr>
<td>Baltimore City</td>
<td>Baltimore Mental Health Systems</td>
<td>MCF, Baltimore City</td>
<td>Baltimore Crisis Response, Inc. (Baltimore City) 410.433.5175</td>
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<tr>
<td>Calvert</td>
<td>Calvert Co. Core Service Agency</td>
<td>Center for Children 410-535-3047</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Caroline</td>
<td>Mid-Shore MHS 410-770-4801</td>
<td>MCF - Mid-Shore 410-479-1146</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Carroll</td>
<td>Carroll Co. Core Service Agency</td>
<td>Get Connected Family Resource Center 410-871-0008</td>
<td>Carroll Co. (Maryland Crisis Hotline) 800-422-0009</td>
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<tr>
<td>Cecil</td>
<td>Cecil Co CSA 410-996-5112</td>
<td>MCF - Eastern Shore, Cecil Co. 443-672-8836</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Charles</td>
<td>Charles Co. Dept. of Health CSA 301-609-5757</td>
<td>The Family Resource Center 301-374-6696</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Dorchester</td>
<td>Mid-Shore MHS 410-770-4801</td>
<td>MCF - Eastern Shore, Dorchester Co. 410-901-1007</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Frederick</td>
<td>Mental Health Management Agency of Frederick Co. 301-682-6017</td>
<td>Mental Health Association, Systems Navigation 301-663-0011</td>
<td>Frederick Co. 301-662-2255</td>
</tr>
<tr>
<td>Garrett</td>
<td>Garrett Co. CSA</td>
<td>Garrett Co. Partnership for Children and Families, Inc. 301-334-1189</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Howard</td>
<td>Ho Co Mental Health Authority</td>
<td>MCF - Central Office 410-730-8267</td>
<td>Howard Co. Crisis Team 410-531-6777</td>
</tr>
<tr>
<td>Kent</td>
<td>Mid-Shore MHS 410-770-4801</td>
<td>MCF Mid-Shore Kent/Queen Anne's 443-504-4509</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Prince George's</td>
<td>Prince George's Co. Dept of Family Services 301-265-8401</td>
<td>Children &amp; Families Information Center (CFIC) 1-866-533-0680</td>
<td>Prince George's Co. Crisis Response Team 301-429-2185</td>
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<tr>
<td>Queen Anne's</td>
<td>Mid-Shore MHS 410-770-4801</td>
<td>MCF - Eastern Shore, Kent/Queen Anne's Co. 443-896-6753</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
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<tr>
<td>Somerset</td>
<td>Somerset Co. Regional CSA 410-543-6961</td>
<td>Somerset Family Link 410-651-2824</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
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<tr>
<td>St. Mary's</td>
<td>St. Mary's Co Dept of Human Services 301-475-4200 x1680</td>
<td>The Family ACCESS Center of St. Mary's Co. 301-866-5332</td>
<td>St. Mary's Co. 301-863-6661</td>
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<tr>
<td>Talbot</td>
<td>Mid-Shore MHS 410-770-4801</td>
<td>MCF - Eastern Shore, Talbot Co. 410-901-1007</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
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<tr>
<td>Washington</td>
<td>Washington Co. MHA 301-739-2490</td>
<td>MCF - The Family Network, Washington Co. 240-313-2086</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
</tr>
<tr>
<td>Wicomico</td>
<td>Wicomico Somerset Co. Regional CSA 410-543-6961</td>
<td>Wicomico Partnership for Families and Children 410-546-8155</td>
<td>(Maryland Crisis Hotline) 800-422-0009</td>
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</tbody>
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If you have insurance questions, please visit www.marylandparity.org or call 443-901-1550, ext. 206.