



## Urgent Mental Health Resources

### EMERGENCY CONTACT POLICY:

*During working hours I will do my best to respond to individual crises in a timely fashion. However, my working hours are part time and subject to change, and during working hours I am usually in session with another client. My practice is not designed to respond to emergencies. If you are having an emergency, dial 911 or go to the nearest emergency room. You may also contact one of the following resources for urgent, nonemergency help that cannot wait until I am next available:*

- **GRASSROOTS CRISIS HOTLINE (HOWARD COUNTY RESIDENTS): 410-531-6677**
- **SHEPPARD PRATT CRISIS WALK-IN CLINIC: 410-938-5302**
- **NATIONAL SUICIDE PREVENTION HOTLINE: 1800-273-8255**
- **BALTIMORE COUNTY CRISIS RESPONSE SYSTEM: 410-931-2214**
- **MARYLAND CRISIS HOTLINE: 1800-422-0009**
- **NATIONAL SUICIDE PREVENTION LIFELINE  
CALL OR TEXT 988 (24/7)  
[988LIFELINE.ORG](HTTPS://988LIFELINE.ORG/)**
- **CRISIS TEXT LINE  
TEXT "HELLO" TO 741741 (24/7)  
[CRISISTEXTLINE.ORG](HTTPS://WWW.CRISISTEXTLINE.ORG/)**
- **EMERGENCY ROOM OR LOCAL HOSPITAL  
VISIT THE NEAREST EMERGENCY ROOM OR HOSPITAL FOR IMMEDIATE ASSISTANCE.**
- **NATIONAL DOMESTIC VIOLENCE HOTLINE  
CALL 1-800-799-SAFE (7233) OR TEXT "START" TO 88788 (24/7)**

**[THEHOTLINE.ORG](HTTPS://WWW.THEHOTLINE.ORG/)**

- **SAMHSA NATIONAL HELPLINE**  
**CALL 1-800-662-HELP (4357) (24/7)**  
**SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE](HTTPS://WWW.SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE)**
- **VETERANS CRISIS LINE**  
**CALL OR TEXT 1-800-273-8255 AND PRESS 1 (24/7)**  
**[VETERANSCRISISLINE.NET](HTTPS://WWW.VETERANSCRISISLINE.NET/)**
- **NATIONAL EATING DISORDERS ASSOCIATION (NEDA) HELPLINE**  
**CALL 1-800-931-2237 (MONDAY–THURSDAY: 11 AM–9 PM ET, FRIDAY: 11 AM–5 PM ET) [NATIONALEATINGDISORDERS.ORG] (HTTPS://WWW.NATIONALEATINGDISORDERS.ORG/)**
- **TRANS LIFELINE**  
**CALL 1-877-565-8860 (24/7)**  
**[TRANSLIFELINE.ORG](HTTPS://TRANSLIFELINE.ORG/)**

Please don't wait to get the help you need in a crisis! Remember, your first priority is ALWAYS safety- EVERYTHING else comes after that ❤️

Creatively yours,

*Cindy*