WELL BEINGS

Baltimore
Mental Health Resource Toolkit
The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion.

The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit WellBeings.org or follow @WellBeingsOrg on Instagram, Facebook, or Twitter, and join the conversation with #WellBeings.

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the Crisis Text Line (text HELLO to 741741) or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Both services are free and available, 24 hours a day, seven days a week.
There is help close to home. Below we highlight community organizations that specialize in the mental health needs of the Greater Baltimore area. Although this guide isn’t a complete list of all resources in the area, it can serve as a reference if you’re looking for crisis providers and support organizations for youth, teens, and adults in the Baltimore region.

**2-1-1 MARYLAND**
211md.org
211
A statewide resource always available by telephone and internet to connect citizens to health and human resources at any time, as well as a resource for government officials to make information available to Marylanders in the event of natural disasters or emergencies.

**ADVOCATES FOR CHILDREN & YOUTH**
acy.org
info@acy.org
410-547-9200
Building a strong Maryland by advancing policies and programs to ensure children and families of every race, ethnicity, and place of birth achieve their full potential.

**BEHAVIORAL HEALTH SYSTEM BALTIMORE**
bhsbaltimore.org/find-help/youth-and-families
ClinicalServices2@BHSBaltimore.org
410-433-5175 crisis line
Working with Baltimore City Schools to ensure all youth and children have access to high-quality behavioral health care that promotes social-emotional health and academic success.

**BLACK MENTAL HEALTH ALLIANCE**
blackmentalhealth.com
info@blackmentalhealth.com
410-338-2642
Develops, promotes and sponsors trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and their communities.

**CASA OF MARYLAND**
wearecasa.org/programs/health
communications@wearecasa.org
301-431-4185
Case management assistance to connect members with social services aimed at improving their physical and mental health and increasing social stability. CASA has a multilingual health hotline and medical interpreter program to increase access to essential health services in the community.

**CHASE BREXTON HEALTH CARE**
chasebrexton.org/services/therapy
information@chasebrexton.org
410-837-2050
Chase Brexton therapists partner to help patients build a healthier life. Either through Telehealth Services or in-person care, they provide patient-centered care.

**HEALING YOUTH ALLIANCE**
facebook.com/healingyouthalliance
healingyouthalliance@gmail.com
An ambitious project that trains Baltimore City teens about mental wellness and how to talk to professionals about what it’s like to be in young people’s shoes. Young ambassadors work to promote mental health awareness and reduce stigma in the Black community.

**HEALTHCARE FOR THE HOMELESS**
hchmd.org/health-care-services
contactus@hchmd.org
410-837-5533
A safe, supportive, LGBTQ-friendly setting. Caring professionals provide comprehensive health care and unique services that support young people without a place to stay.

**HOLISTIC LIFE FOUNDATION**
hlfinc.org
info@hlfinc.org | 410-235-4300
A Baltimore-based organization committed to nurturing the wellness of children and adults in underserved communities. Through a comprehensive approach which helps children develop their inner lives through yoga, mindfulness, and self-care, HLF demonstrates deep commitment to learning, community, and stewardship of the environment.
KENNEDY KRIEGER INSTITUTE
kennedykrieger.org/patient-care/centers-and-programs/psychiatric-mental-health-program
888-554-2080
Provides diagnostic evaluation and treatment services for children and adolescents who are having difficulty with mood, behavior, or relationships at home, within the family, at school, and with peers.

LET’S THRIVE BALTIMORE
letsthrivebaltimore.org
443-625-7720
Providing overall community support, strategies, and awareness for families impacted by trauma in Baltimore, particularly youth and families who had been impacted by gun violence.

MT. WASHINGTON PEDIATRIC HOSPITAL
mwph.org/health-services/behavioral-health
communications@mwph.org
410-367-2222
Providing high quality mental health assessment and treatment services to children with a wide range of presenting concerns.

NAMI MARYLAND
namimaryland.org
info@namimd.org
877-878-2371
The mission of NAMI Maryland is to improve the quality of life for individuals and their families coping with mental illness. This is the state organization for NAMI, dedicated to providing education, support, and advocacy for persons with mental illness, their families, and the wider community. NAMI Maryland provides trainings for family members and individuals living well with mental illness to become effective NAMI support group facilitators, NAMI education course teachers, and NAMI advocacy and outreach speakers who deliver these programs in their local communities. NAMI Maryland is a unifying voice and a provider of knowledge and skills at the grassroots level.

NAMI METROPOLITAN BALTIMORE
namibaltimore.org
info@namibaltimore.org
410-435-2600
NAMI is the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization. NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI Metropolitan Baltimore is a NAMI affiliate serving Baltimore City and County.

PROBONO COUNSELING PROJECT
probonocounseling.org
info@probonocounseling.org
410-598-0234
Founded with the goal of connecting uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals who provide care on a volunteer basis at no cost.

SHEPPARD PRATT
sheppardpratt.org/care-finder/outpatient-mental-health-centers
info@sheppardpratt.org
410-453-9553 ext. 6400
Offering a wide variety of mental health services for people of all ages, all in one convenient location, including children and young adults.

SPARC
sparcbaltimore.com
sparcwomenscenter@gmail.com
410-624-7554
Offering a range of on-site clinical (e.g., HIV/STI testing and counseling, PrEP, reproductive health, drug treatment), behavioral (e.g., mental health), and structural (e.g., legal aid, housing referrals) services to non-men identifying individuals. Primarily serving women living in the neighborhoods of southwest Baltimore, including Pigtown, Cherry Hill, Brooklyn, and Carroll Park.

YES DROP-IN CENTER
yesdropincenter.org | 410-235-7744
A safe space for youth ages 14 - 25 who are homeless. Helping to get basic needs met and establish supportive relationships with peer staff and allies in order to sustain connections to long-term resources and opportunities.
Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

**ACTIVE MINDS**
activeminds.org
Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include Send Silence Packing®, Active Minds Speakers, the Healthy Campus Award, and Active Minds @Work

**AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY**
aacap.org
The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

**AMERICAN FOUNDATION FOR SUICIDE PREVENTION**
afsp.org/get-help
With local chapters in every state, this organization gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

**AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION**
Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers
Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

**What do Disruptive Behaviors Indicate?**
This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

**Diversity & Health Equity Education**
View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

**Working Remotely During COVID-19**
workplacementalhealth@psych.org
202-559-3900
We are navigating unchartered waters with Covid-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

**Five Myths and Facts About Depression**
Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

**ASHA INTERNATIONAL**
myasha.org
gayathri@myasha.org
971-340-7190
ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include Let’s Talk About Mental Health & My Story MY SUPERPOWER Movement.
NATIONAL RESOURCES

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)
beam.community/
The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)
blackmentalhealth.com/
A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

CALL TO MIND
calltomindnow.org
@calltomindnow
Call to Mind is American Public Media’s (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it’s time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST
wellbeingtrust.org/mental-health-resources/
Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION
dana.org
danainfo@dana.org
Explore the brain with the Dana Foundation’s free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE
dbsalliance.org/brochures/
DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

HERSH FOUNDATION
This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD
hopesquad.com #hopesquads
support@hopesquad.com
801-342-3447
A peer-to-peer suicide prevention program for grades 4–12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE
humanestcare.com
Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.
THE JED FOUNDATION

JED’s POV on Student Mental Health and Well-Being in Fall Campus Reopening
Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Seize the Awkward
Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

Set to Go
Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Press Pause
JED and MTV’s Press Pause includes animated PSAs and an online hub with simple mindfulness techniques – like breathing exercises, meditation, perspective checks, music and movement – to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

Ulifeline
Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

Equity in Mental Health Framework
The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

And you can find JED Voices and JED Storytellers videos, along with other JED videos, on our YouTube Channel: https://www.youtube.com/c/jedfoundation/playlists

JUVENILE BIPOLAR RESEARCH FOUNDATION

jbrf.org/families/
Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

KAISER PERMANENTE THRIVING SCHOOLS

FindYourWords.org
Find Your Words features information to help everyone learn how to start conversations, connect to helpful tools and online communities, and find support for themselves and the people they care about, including young children and teenagers. There’s information on how to build resilience and reduce stress, screening tools to inform further conversations about diagnosis and treatment, and new ways to share inspiring stories, videos, and artwork from the site with others.

thrivingschools.kaiserpermanente.org
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you’ll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION

thelovelandfoundation.org/love-land-therapy-fund/
The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.
MELANIN & MENTAL HEALTH
melaninandmentalhealth.com/
Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE
mentalwellnesscollective.com/
An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

MENTAL HEALTH AMERICA
MHAnational.org
Mental Health America’s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

MENTAL HEALTH FIRST AID TRAINING
mentalhealthfirstaid.org
Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Mental Wellbeing.

MOVEMBER CONVERSATIONS
conversations.movember.com
#Movember
A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can’t fix someone else’s problems, but a listening ear can make all the difference.

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS
www.nami.org #NotAlone
Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6pm, ET
Or in a crisis text “NAMI” to 741741 for 24/7, confidential free counseling.
The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami | instagram.com/namicommunicate | twitter.com/namicommunicate

NAMI Basics OnDemand
NAMI Basics is a 6-session education program for parents, caregivers and other families who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.
NATIONAL RESOURCES

NAMI Frontline Wellness
NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. #FirstRespondersFirst

ONE MIND PSYBERGUIDE
onemindpsyberguide.org/
info@psyberguide.org
@PsyberGuide
One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

OTSUKA PATIENT SUPPORT
OtsukaPatientSupport.com
1-855-242-7787 (M-F, 8am-8pm EDT)
“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.” - Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business.

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientsupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SELFSEA
selfsea.org
Text HEALTH to 741741 for 24/7 crisis counseling
A web app co-designed with young people to boost access to inclusive and identity-affirming health resources and information for youth everywhere. A place where youth can see themselves reflected within a supportive and inclusive community that prioritizes their identity and experiences about mental health, sexual health, and beyond.

SMI ADVISER
Individuals and Families page:
smiadviser.org
SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the “Clinician” button or the “Individuals & Families” button.

SUTTER HEALTH
sutterhealth.org/about/mental-health
24-Hour Crisis Support
Call (800) 273-TALK(8255).
Text Crisis Line
Text MHA to 741741 for support.
Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person’s total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.
NATIONAL RESOURCES

THE STEVE FUND
stevefund.org
info@stevefund.org
401-249-0044
The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, & young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

THERAPY FOR BLACK MEN
therapyforblackmen.org
A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

THE TREVOR PROJECT
TheTrevorProject.org
If you or someone you know needs help or support, contact The Trevor Project’s TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.
The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ young people.

THIS IS MY BRAVE
thisismybrave.org
This is my brave enables high school and college aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

STRONG 365
strong365.org #URstrong
@strong365community (Facebook, Instagram) @strong365 (Twitter)
Enter code “strong” to connect with trained listeners for free, 24/7:
7cups.com/p/strong365/?wla=strong365
info@strong365.org
A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

WORK2BEWELL
Work2BeWell.org
The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

THE THERAPY FOR BLACK GIRLS
therapyforblackgirls.com
An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THE YOUTH MENTAL HEALTH PROJECT The Parent Support Network
ymhproject.org/parent-support-network
#youthmentalhealthproject
parentsupportnetwork@ymhproject.org
773-501-9548
The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

Partners include CALL TO MIND at American Public Media, PBS NewsHour Student Reporting Labs, WE Organization, Forbes, PEOPLE, Mental Health America, National Council for Mental Wellbeing, The Steve Fund, and The Jed Foundation.