

## Mental Health

### 988 Suicide & Crisis Lifeline

Dial 988 for 24/7 free and confidential support for people in distress. Prevention and crisis resources available for you and your loved ones.

### 211

Dial 211, then press 1 or text your zip code to 898-211 or TXT-211

Website: <https://pressone.211md.org/>

- Get connected with help for depression, anxiety, drugs and alcohol abuse, thoughts of suicide, or any other crisis.

### Walk-In Crisis Care Center

340 Montevue Lane Frederick, MD 21702

Telephone: 211 or 301-662-2255

Website: <https://fcmha.org/how-we-help/behavioral-health/>

- Free 24 hours a day 7 days a week

### Behavioral Health Services- Frederick County Health Department

Phone: 301-600-1755

Website: <https://health.frederickcountymd.gov/131/Behavioral-Health-Services>

- Mental health screening and support. Help with addiction.

### Behavioral Health Partners- Frederick

Phone: 301-663-8263, ext. 301

Website: <https://www.sheppardpratt.org/care-finder/behavioral-health-partners-of-frederick/>

Provide comprehensive mental health services to children, adolescents, and adults.