

# Behavioral Health Resource Guide



## Scheduling Outpatient Behavioral Health

### With Commercial (private) Insurance

- Call the number for member services on the back of your insurance card to identify in-network behavioral health providers in your area
- Anyone can use the Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator to find a provider near you by visiting [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

### With Medicaid

#### Washington, D.C.

- For any person with a Medicaid plan in Washington D.C., you can schedule with a behavioral health provider by calling DC Access Helpline: 1-888-793-4357
- The Access Helpline is 24/7 and can be called in cases of emergency. There is no age limit.

#### Maryland

- For any person with a Medicaid plan in Maryland, you can schedule with a behavioral health provider by calling Optum Maryland Health: 1-800-888-1965
- For more information, visit [maryland.optum.com](https://maryland.optum.com)

#### Virginia

- Public behavioral health services in Virginia are provided through Community Services Boards (CSBs)
- Contact your local CSB to access services in your area: [dbhds.virginia.gov/contact/need-help](https://dbhds.virginia.gov/contact/need-help)
- You can also call Department of Behavioral Health and Developmental Services at 804-786-3921

**IF YOU OR SOMEONE YOU KNOW MAY BE A DANGER TO THEMSELVES OR OTHERS, DON'T WAIT: CALL 911**

To reach the Children's National Department of Family Services-Social Work Services call **202-476-3070** or visit our website at [childrensnational.org/visit/resources-for-families/family-services/social-work](https://childrensnational.org/visit/resources-for-families/family-services/social-work)

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Children's National.

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## Local 24/7 Crisis Resources

### Washington, D.C.

- **DC Access Helpline:** 1-888-793-4357
- **CHAMPS:** Mobile crisis for children and teens under the age of 18: 201-481-1440
- **Mobile Crisis for Adults:** 202-673-9300

### Maryland

- **Maryland Crisis Hotline**, for use if your county is not listed below: 1-800-422-0009
- **Prince George's County:** 301-864-7130
- **Montgomery County:** 240-777-4000
  - You can also walk into the Crisis Center 24/7 located at 1301 Piccard Drive, Rockville MD 20850, which provides services to all Montgomery County residents regardless of age or insurance status
- **Anne Arundel County:** 410-768-5522
- **Baltimore City:** 410-433-5175
- **Baltimore County:** 410-931-2214
- **Calvert County:** 1-877-467-5628
- **Howard County:** 410-531-6677

### Virginia

- For complete list of Virginia's Community Services Boards, please visit: [dbhds.virginia.gov/contact/need-help](https://dbhds.virginia.gov/contact/need-help)
- **Alexandria:** 703-746-3400
- **Arlington:** 703-228-5160
- **Fairfax/Falls Church:** 703-573-5679
- **Loudon:** 703-573-5679
- **Prince William**, press 2 for Mental Health Crisis, 703-792-7800

## National 24/7 Crisis Resources

- **National Service Prevention Lifeline:**  
1-800-273-TALK (8255)  
**Video Relay Service:** 800-273-8255  
**TTY:** 800-799-4889  
**Voice/Caption Phone:** 800-273-8255
- **Crisis Text Line:** Text "HOME" to 741-741
- **National Sexual Assault Hotline:** 1-800-656-HOPE (4673)
- **The Trevor Project:** 1-866-488-7386
- **Boys Town National Hotline:** 1-800-448-3000 or Text "VOICE" to 20121
- **National Maternal Mental Health Hotline:** Call or Text 1-833-943-5746
- **SAMHSA Disaster Distress Hotline:** Call or Text 1-800-985-5990

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.



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