

## SUPPORT AND CRISIS LINES

Calls are screened by mental health counselors 24/7 and triaged to urgent care, a mobile crisis team, or a home intervention team as appropriate.

**Maryland Hotline – 800-422-0009 or 211**

**CRISIS TEXT LINE | – Text MD to 741741**

**Crisis Response – 301-429-2185**

## DIAGNOSIS, TREATMENT, AND THERAPY

**Resources  
301-856-9500**

The Prince George's County Health Department maintains a list of treatment providers in your area.

**[www.pgchealthzone.org/treatment](http://www.pgchealthzone.org/treatment)**

## ADVOCACY AND SUPPORT

**Maryland Coalition of Families**

**410-730-8267**

Youth Peer Support  
Parent Peer Support  
Parent & Family Advocacy

**National Alliance on Mental Illness**

**301-429-0970**

Parent & Family Support  
Parent & Family Advocacy  
Young Caregiver Support

**On Our Own**

**301-699-8939**

Self Advocacy and Peer Support (18+)

Area support groups offer peer counseling and information to young people, adults, and their families.

Area advocacy groups enable young people and families to join statewide efforts to improve opportunities for people with mental health conditions.

## TREATMENT SETTINGS

**Respite Care  
301-856-9500**

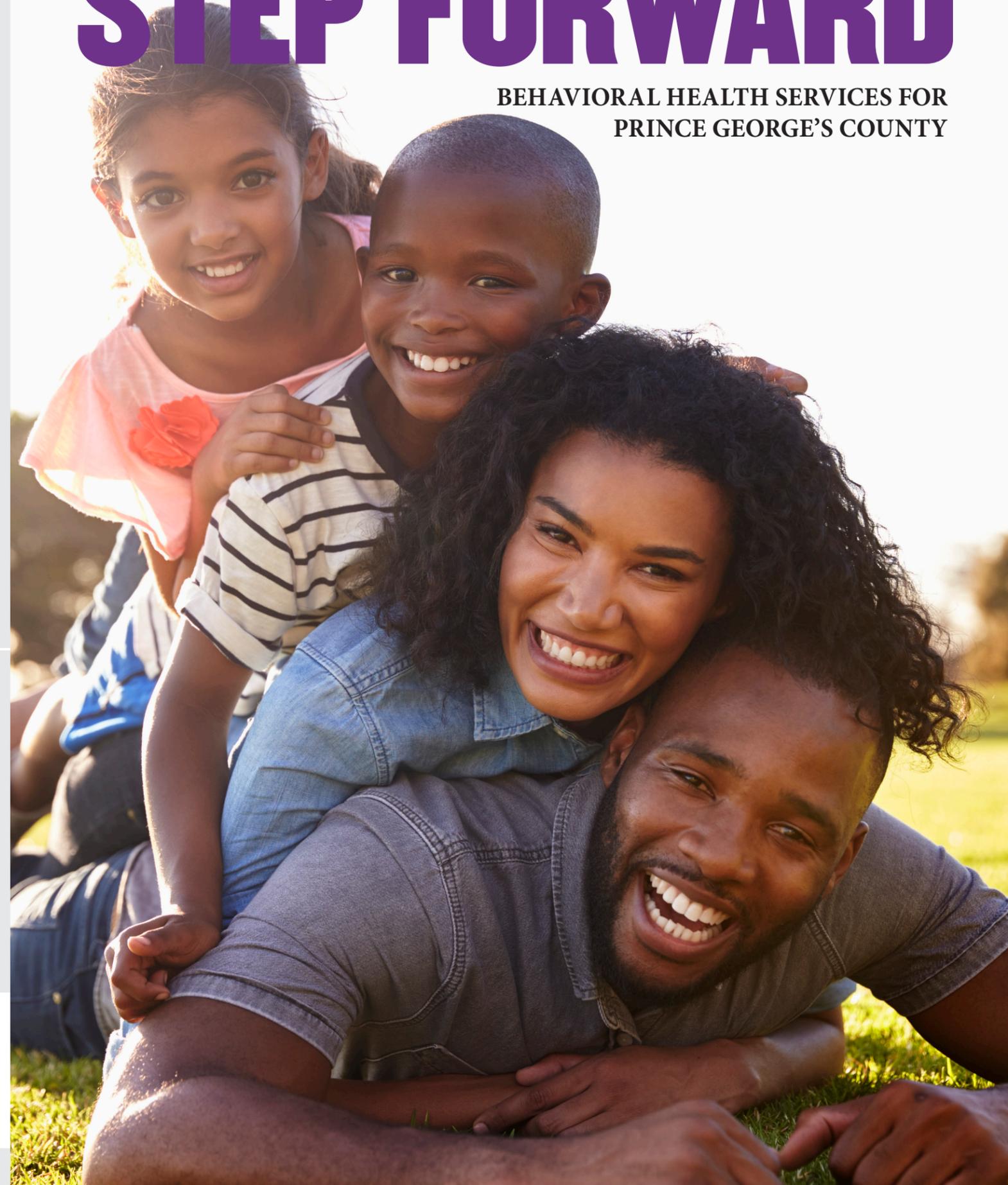
The county provides short-term respite care to children with mental health challenges. Such care can provide much-needed relief to both the child in crisis and to their family and caregivers at home.

**Psychiatric Rehabilitation  
301-856-9500**

Our rehabilitation services promote living and social skills for adults and children. These settings help you increase recreational and social activities, find educational and employment opportunities, and help you learn ways to manage your recovery.

# STEP FORWARD

BEHAVIORAL HEALTH SERVICES FOR  
PRINCE GEORGE'S COUNTY



**HEALTH  
DEPARTMENT**  
Prince George's County  
Rushern L. Baker, III  
County Executive

**301-856-9500**

## Sometimes it takes a village

We all get depressed. And anxious.  
We're human.

Sometimes it's hard to say exactly when our feelings cross the line. From feelings everyone has to feelings that keep us from leading a full and healthy life.

However, young people may not realize when something's wrong. Adults may try to mask or deny the changes. Families and loved ones may not spot a serious issue until there's a crisis.

It's difficult to ask for help. And finding the right help can be confusing.

One thing is for certain: whether you have a life-threatening problem or need someone to talk to, help is right here in Prince George's County.

## Introducing Step Forward

By connecting you with a network of services from support groups to treatment to rehabilitation, Step Forward empowers young people, adults, and families to identify mental health issues.

With the right care and support, you and your loved ones can emerge together into a healthier and more productive life.

Not all mental health conditions can be cured. But mental health issues can be treated and managed. And you or your loved ones can feel good again.



“Depression had taken over, and I was making my family miserable. Connecting to the right services changed my life.”  
— *Iris, mother of four*

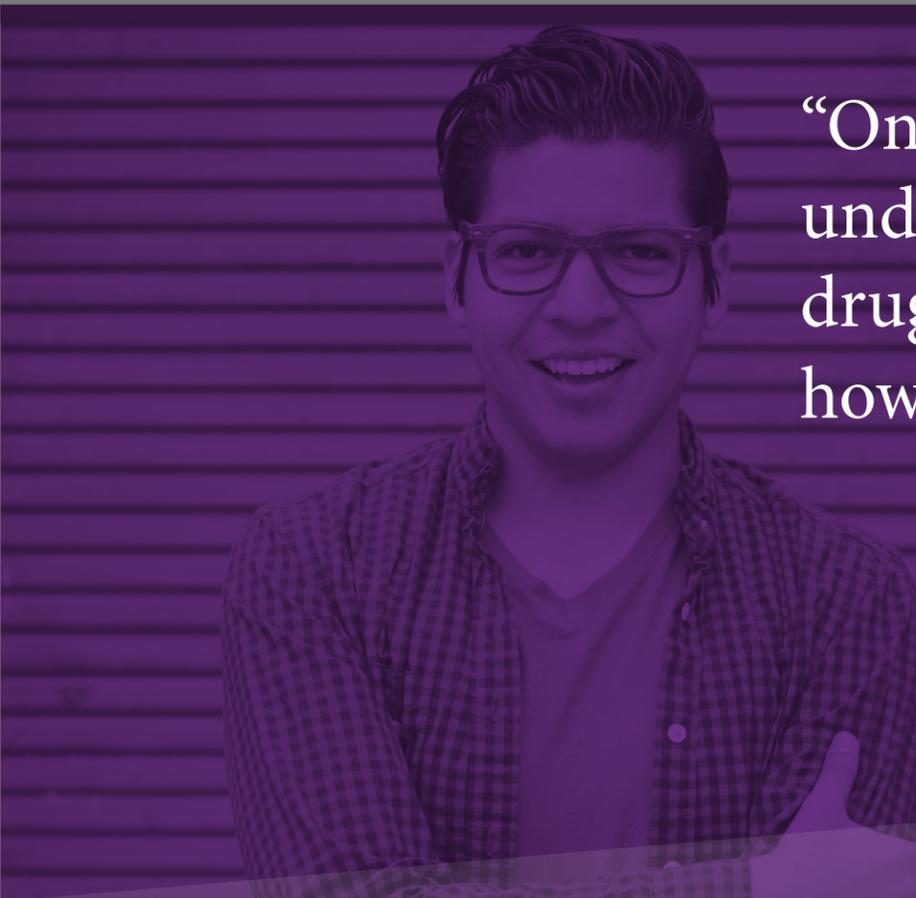
## What getting help looks like

- Evaluation
- Recommendations
- Treatment plan
- Treatment (e.g., medication)
- Care coordination
- In-home & community support services
- Recovery
- Recreation, leisure, & structured activities
- Wellness management

*When people who care about each other address mental health issues together, we can all be part of an even greater solution.*

## How to help your loved one

- Ask questions
- Be respectful
- Listen
- Ask how to help
- Express concern
- Offer support and understanding
- Offer to help with everyday tasks
- Do things together
- Join a support group
- Learn about local resources
- Educate others
- Advocate for mental health



“Once my family understood why I used drugs, I could tell them how I really felt.”  
— *Robert, 16*