

**STEP
FORWARD**

EMPOWERING YOUNG PEOPLE, ADULTS,
AND FAMILIES TO LEAD HEALTHIER LIVES



Rushern L. Baker, III
County Executive

**HEALTH
DEPARTMENT**
Prince George's County

301-856-9500
INFORMATION

Step Forward helps young people, adults, and families face stress and mental health issues

Free, 24/7 crisis support

Maryland Hotline – 800-422-0009 or 211

CRISIS TEXT LINE |

– Text MD to 741741

Funded by the Substance Abuse and Mental Health Services Administration