



NATIONAL NUMBERS TO CALL FOR IMMEDIATE HELP

National Suicide Prevention Lifeline
988 (24-hour service)

National Alliance on Mental Health
Helpline: 1-800 950-NAMI

ONLINE RESOURCES FOR BLACK MEN

BEAM (BLACK EMOTIONAL AND MENTAL HEALTH)

OFFERS ONLINE MENTAL HEALTH
SERVICES FOR THE BLACK
COMMUNITY AND ITS MISSION IS TO
REMOVE THE BARRIERS THAT
PREVENT BLACK PEOPLE FROM
RECEIVING MENTAL HEALTH CARE

WWW.BEAM.COMMUNITY

THERAPY FOR BLACK MEN

PROVIDES JUDGEMENT FREE MULTI-
CULTURAL COMPETENT THERAPY
FOR BLACK MEN

WWW.THERAPYFORBLACKMEN.ORG

RESOURCES FOR EMOTIONAL SUPPORT GUIDE



RESIDENTIAL UNIT RESOURCES

Residential crisis care can help stabilize someone having a mental health crisis so they can avoid hospitalization.

CRISIS RESIDENTIAL UNIT (CRU) VIA BCRI
(410) 433-5255

MONTGOMERY CRISIS CENTER

SUPPORT GROUP RESOURCES

Support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees

NAMI SUPPORT GROUPS IN BALTIMORE*
(800)-950-NAMI

ROBERTA'S HOUSE SUPPORT GROUPS*
(410) 235-6633

MOBILE CRISIS TEAMS CONTINUED

**ANNE ARUNDEL COUNTY
CRISIS RESPONSE SYSTEM***
AVAILABLE 24/7, (410)-768-5522

**THE KLEIN FAMILY
HARFORD CRISIS CENTER**
AVAILABLE 24/7 - 1-(800)-639-8783

**HOWARD COUNTY
MOBILE CRISIS TEAM***
ONLY AVAILABLE 9:00AM - 12:00AM
7 DAYS A WEEK.
THE TELEPHONE CENTER IS AVAILABLE
24/7 (410)-531-6677

**CALVERT COUNTY
MOBILE CRISIS TEAM***
AVAILABLE 24/7 - 1-(877)-467-5628

MOBILE CRISIS TEAMS

Mobile crisis teams include mental health professionals--psychiatrists, social workers and nurses--who are dispatched to locations within their jurisdiction and provide immediate assessment, intervention and treatment.

* offers services for youth and adults

MOBILE CRISIS TEAMS BY COUNTY

**BALTIMORE CRISIS
RESPONSE TEAM (BCRI)***
24-HOUR HOTLINE
(410)-433-5175 (MD RELAY DIAL 711)

MONTGOMERY CRISIS CENTER*
AVAILABLE 24/7, (240)-777-4000

SANTÉ MOBILE CRISIS RESPONSE*
AVAILABLE 24/7

BALTIMORE COUNTY SANTÉ MOBILE*
CRISIS RESPONSE TEAM: (410)-931-221

EASTERN SHORE SANTÉ MOBILE CRISIS*
RESPONSE TEAM: (888)-407-8018

PRINCE GEORGE'S COUNTY SANTÉ*
MOBILE CRISIS RESPONSE TEAM:
(301)-429-2185

CAROLL COUNTY SANTÉ MOBILE CRISIS*
RESPONSE TEAM: (410)-952-9552
ONLY AVAILABLE 9:00AM - 9:00PM
7 DAYS A WEEK