

Community Referrals

Emergency Resources

Mobile Crisis Team

410-531-6677

<http://grassrootscrisis.org/services/crisis-intervention/>

The Howard County Mobile Crisis Team (MCT) is available free of charge to any Howard County resident or individual present in Howard County at the time of a mental health crisis. MCT will refer the individual and family members to available community resources and follow-up to assure linkage. ***Free services.***

Grassroots Crisis Intervention

6700 Freetown Road
Columbia, MD 21044
410-531-6006
Email: info@grassrootscrisis.org

<http://grassrootscrisis.org/>

Provides telephone counseling, free walk-in counseling, and emergency shelter for homeless, 24-hour suicide hotline, Mobile Crisis Team 7 days/week, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. ***Free services.***

Hope Works of Howard County

9770 Patuxent Woods Drive, Suite 300
Columbia, MD 21046
410-997-2272– 24 Hour Hotline
410-997-0304 (Main Office)

www.wearehopeworks.org

A non-profit agency providing services to women, men, and children impacted by sexual assault and domestic violence in Howard County, Maryland. Services include a 24-hour helpline, residential services, counseling, advocacy, and legal assistance. ***Sliding scale available for counseling services.***

Outpatient Treatment

Chase Brexton Health Services, Inc. - Behavioral Health Services

550 Knoll North Drive, Suites 370 and 400

Columbia, Maryland 21045

410-837-2050

www.chasebrexton.org

Provides behavioral health care and case management as well as primary and dental care. ***^Accepts most insurance, Medicare, and Medicaid and will work with you if you do not have insurance.***

Jewish Community Services Columbia

Century Plaza 1000

10630 Little Patuxent Parkway, Suite 401

Columbia, MD 21044 410-730-4976

<http://www.jcsbaltimore.org>

Provides child, adolescent and adult therapy, parent/child counseling, foster care, residential placement and adoption services, Jewish family life programs. ***^Accept insurance, Medicaid and Medicare.***

MPB Group, Inc.

5840 Banneker Road, Suite 270

Columbia, MD 21044

410-730-2385

Email: program_director@mpbgroupinc.com

<http://www.mpbhealth.com>

Provides individual, family and group therapy, psychological and psychiatric evaluations, medication management to children, adolescents and adults. ***^Accepts MD Medicaid, Healthy Howard, and Deer Oaks EAP.***

The Pro Bono Counseling Project

110 West Road, Suite 202

Baltimore, MD 21204

(Address is for mailing purposes only)

410-825-1001, 877-3235800 or 301-805-8191

www.probonocounseling.org

Psychiatric Evaluation, Psychological Testing, Medication Evaluation Management, Individual, Group, Marital/Couples and Family Therapies. ***Free***

Way Station

9030 Route 108, Suite A

Columbia, MD 21045

410-740-1901

www.waystationinc.org

Outpatient mental health services include: Psychiatric evaluations, medication evaluation and management, individual, group and family therapy, psychological testing. ***^Accepts insurance and Medicaid.***

Private Practices

Arundel Psychological Associates

8940 Route 108, Suite E
Columbia, MD 21045
410-987-2031
Email: info@APACares.com
www.apacares.com

Psychotherapy, psychological assessments, neuropsychological assessments, substance abuse counseling and psychiatric services are all available to help clients achieve a sense of happiness and satisfaction.

Columbia Counseling Center

5525 Twin Knolls Road, Suites 327 and 329
Columbia, MD 21045
410-992-9149
Email: appointments@counselingmaryland.com
<http://counselingmaryland.com>

Counseling-adolescent, adult, child/pediatric, couples, family, geriatrics, individual and group therapy, marital. Includes psychiatry as well. ***^Accepts insurance.***

Congruent Counseling Services

10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8066
<http://congruentcounseling.com/index.htm>

Offers individual, family, marital, and group counseling, including substance abuse treatment. A psychiatrist is on staff to provide psychiatric evaluations and medication management. Spanish speaking therapist are available. ***^Accepts insurance.***

Cornerstone Psychological Services

10808 Hickory Ridge Rd
Columbia, MD 21044
240-593-7561
<http://www.cornerstonepsychology.com>

Individual psychotherapy, marital and couples counseling, group psychotherapy, psychological assessment, and parent training. ***^May accept insurance.***

Crossroads Psychological Associates

10784 Hickory Ridge Rd
Columbia, MD 21044
410-964-0425
Email: office@crossroadspsynd.net
<http://crossroadspsynd.net>

Individual Therapy, Group Therapy, Family Therapy, Psychiatric Services, Assessments and Consulting.
German, Hebrew and Yiddish Language. ***^May accept insurance.***

Chul S.Kwon, MD

2908 Chanita Court
Ellicott City, MD 21042
410-235-2880
www.chulkwonmd.com

Psychiatrist, Korean speaking. ***^Accepts insurance, Medicaid.***

Family and Children's Services of Central Maryland

10451 Twin Rivers Road Suite 100
Columbia, MD 21044
410-669-3557
Email: info@fcsmd.org
www.fcsmd.org

Providing high quality mental health services to children, adolescents, adults and families, including behavioral health and case management. FSC Assessment Specialists are trained to evaluate and connect with appropriate mental health services. Call 410-669-9000 to speak to an Assessment Specialist.

Glassman Psychological Services

9881 Broken Land Parkway, Suite 105
Columbia, MD 21046
410-695-4703
www.glassmanpsyd.com

Providing outpatient psychotherapy to adolescents, adults and families. Special training in stress, trauma and eating disorders. ***^Accepts insurance and Medicaid.***

Howard County Psychological Services

5116 Dorsey Hall Drive
Ellicott City, MD 21043
(410) 995-8274
Email: howardcountypsych@gmail.com
<https://howardcountytherapy.com>

Individual psychotherapy for adults and young adults. Sliding fee is possible. ***^Accepts Blue Cross/Blue Shield.***

Iris Thomas, LCSW-C

5060 Dorsey Hall Drive, Suite 204
Ellicott City, MD 21042
410-730-2240
<http://www.yourkidscanchange.com/>

Individual therapy, play therapy, parent coaching, and group therapy. ***^Accepts insurance.***

Jill Pieri LCSW-C

Yellow Wood Counseling
Ellicott City, MD 21043
410-220-6107
https://therapists.psychologytoday.com/rms/name/Jill_Pieri_LCSW-C_Ellicott+City_Maryland_338599

Individual and group therapy, with specialties in eating disorders, anxiety and depression. ***^Accepts insurance and Sliding Scale.***

Jeffrey M. Goldberg, LCSW-C

3355 St. John's Lane Suite F
Ellicott City, MD 21042
240-723-0990
Email: jeffreymgoldberg@msn.com
www.jeffreymgoldberg.com

Therapy for adults, adolescents, couples, and families. ***^Possible sliding scale.***

Life Path Counseling Services

5122 Aver Court
Columbia, MD 21044
410-775-5232
https://therapists.psychologytoday.com/rms/name/Barbara_Polonsky_MSWSLCSW-C_Columbia_Maryland_160133

Offering individual, child, adolescent, and family counseling to patients of all ages. ***^Accepts insurance Sliding Scale.***

Life Revisions Counseling, LLC (Olivia L Baylor, LCPC, NCC, DCC)

583 Frederick Rd, Suite 6B

Catonsville, MD 21228

410-870-561

Email: liferevisionsllc@gmail.com

www.liferevisions.com

Specialization include anxiety, gender identification, LGBTQ+, couples - including pre-marital, interracial and inter-religious, polyamory couples, police and authority personnel and military families. ***^Accepts insurance and sliding scale.***

Psychosocial Counseling Associates, Inc.

Stevens Forest Professional Center

9650 Santiago Rd

Columbia, MD 21045

443-980-7622 or 202-374-8322

Email: juanamoreland@yahoo.com

Provides bi-lingual counseling service to individuals, couples and families who prefer to receive services in Spanish.

Rabinove Psych (Amy Rabinove)

10801 Hickory Ridge Rd, Suite 220

Columbia, Maryland 21044

(443) 472-1198

Email: inquiries@rabinovepsych.org

<http://rabinovepsych.org/>

Individual counseling for anxiety and depression.

Stephanie Durruthy, MD

5074 Dorsey Hall Dr, Suite 105

Ellicott City, MD 21042

410-774-6535

www.mindsupport.com

Psychiatrist. Spanish speaking. Specialties include depression, anxiety, and women's mental health.

Accepts most insurances.

The Howard Group, LLC

10760 Hickory Ridge Road, Suite 211

Columbia, MD 21044

410-740-7398

Email: howard@thehowardgroupllc.com

www.thehowardgroup.info

Offers individual counseling, peer empowerment groups, parent empowerment groups, and consulting services. Specific expertise on the impact of cultural and socioeconomic factors. Counseling approaches have been effective, particularly to the unique challenges faced by African/American males. ***^Accepts insurance and Medicaid.***

Wellbeing Designed, LLC

8894 Stanford Boulevard

Columbia, MD 21045

240-997-8512

Email: contact@wellbeingdesigned.com

<http://www.wellbeingdesigned.com>

Primarily serving women and adolescents ages 16 and up specializing in relational issues, body image, cultural identity development and grief. ^*Accepts some insurances.*