## Select Counseling Service Providers

### BALTIMORE

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| **Pro Bono Counseling Project**             | The Pro Bono Counseling Project (PBCP) ensures that uninsured and under-insured, low-income Maryland families and individuals in need of mental health care are linked with licensed mental health professionals who provide care on a volunteer basis at no cost.                                                                                                           | [http://probonocounseling.org/](http://probonocounseling.org/)  
(877) 323-5800                                                                                                                                                                                                                           |
| **House of Ruth**                           | The House of Ruth provides a 24 hour hotline for clients, along with repeat sessions if determined necessary by the counselor. Also provided is support for intimate partner violence victims, both male and female. No fee or insurance, but donations are accepted.                                                                                              | [http://www.hruth.org/](http://www.hruth.org/)  
(410) 889-7884                                                                                                                                                                                                                           |
| **North Baltimore Center Behavioral Health Clinic** | Serves adults, adolescents and children with a wide range of behavioral health concerns, including co-occurring substance abuse issues. Provides mental health and substance abuse assessments, individual and group therapy, and medication management. Accept Maryland Medicaid, Medicare, Private Insurance, State of Maryland Sliding Fee Scale | [http://www.sheppardpratt.org/](http://www.sheppardpratt.org/)  
(443) 683-8053                                                                                                                                                                                                                           |
| **Universal Counseling Services, Inc.**    | **Mental Health services:** Psycho-social assessments, parenting assessments, child/adolescent services, adult and family services, trauma specific services and Employee Assistance assessments, referral and counseling.  
**Psychiatric services:** Child, adolescent, and adult psychiatric evaluations and medication management  
**Prevention and Education Services:** Alcohol and Drug Abuse Education, MVA approved DWI Education, HIV/AIDS Education, and Parenting Program.  
**Payment Options:** Offer a sliding fee scale and accept third party payments. Listed with major insurance companies, managed care companies and medical assistance as a provider. | [http://universalcounseling.net/](http://universalcounseling.net/)  
(410) 752-5525                                                                                                                                                                                                                           |
### Washington, DC

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<td>The Women’s Center</td>
<td>The mission of The Women’s Center is to significantly improve the psychological, career, financial and legal well-being of women, men and their families, regardless of their ability to pay.</td>
<td><a href="http://www.thewomenscenter.org/">http://www.thewomenscenter.org/</a> 1025 Vermont Avenue, NW, Suite 310 Washington, DC 20005 (202) 293-4580 Fax: (202) 293-4583</td>
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<tr>
<td>Meyer Treatment Center (Washington School of Psychiatry)</td>
<td>Psychiatric Services, Medication Management, Individual, Group, Couples, Family Therapy. Parent Counseling, Psychological Testing. Therapy services are provided by a staff of professional clinicians from the disciplines of social work, psychology, psychiatry and counseling. Fees for patients without insurance may be determined on a sliding fee scale according to ability to pay. Many insurance plans will reimburse a patient for part of the fee. Our staff may assist you in filing for insurance reimbursement.</td>
<td><a href="http://www.wspdc.org/treatment/">http://www.wspdc.org/treatment/</a> (202) 537-6050</td>
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### Montgomery County

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<td>Montgomery County Crisis Center</td>
<td>The Crisis Center provides 24-hour telephone or walk-in crisis counseling, brief crisis stabilization, and help in obtaining services for individuals and families in a situational or mental health crisis, for adult abused persons and for sexual assault victims. There is no charge for crisis services.</td>
<td>(301) 738-2255 (Mental Health Hotline) (240) 777-4673 (Abused Persons Program) (240) 777-4357 (Sexual Assault Crisis Hotline)</td>
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<td>The Bethesda Group Psychological Services, LLC</td>
<td>Offer an adherent DBT Program including individual DBT therapy, DBT Skills Training Groups, and Skills Coaching. We also offer DBT Skills Training Groups as an adjunct to individual therapy with a non-DBT therapist. Offer <a href="https://www.thebethesdagroup.com/">DBT Skills Training Groups</a> for Adults, Young Adults, and Adolescents.</td>
<td><a href="http://www.thebethesdagroup.com/">http://www.thebethesdagroup.com/</a> (301) 718-4544</td>
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WEBSITE RESOURCES
Disaster Distress Helpline, 1-800-985-5990, http://www.thehotline.org/

SELF-ASSESSMENT
Depression and Suicide, http://www.ulifeline.org/
Depression, http://www.mentalhealthamerica.net/mental-health-screening-tools
Drug, http://www.drugscreening.org/
Anxiety, http://www.adaa.org/

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