

Mental Health Resources:

For All Seasons

[Home](#) | [For All Seasons, Inc.](#) | [Mental Health Service \(forallseasonsinc.org\)](#) –

MISSION

To offer therapy, advocacy, education, and psychiatric care within a secure environment that promotes wellness.

VISION

We envision a flourishing community where every child and adult can thrive, accessing timely and expert mental health and sexual assault services that are inclusive and accessible to all.

THE FOR ALL SEASONS WAY

We fulfill our Mission and Vision through:

- An innovative approach
- Dedication to addressing community needs
- Achieving sustainable growth
- Cultivating intentional connections, both internally with our team and externally with our community
- Building strong partnerships with resource organizations, government agencies, businesses, donors, grantors, and the community.

Hours of Operation:

- **MONDAYS & THURSDAYS** - Arrive between 8 am and 9:30 am to complete your initial intake paperwork. We recommend arriving as close to 8 AM as possible. Following intake, you will meet with a clinician to complete your mental health assessment. Clinician meetings occur at 9 AM, 10 AM, or later, depending on the number of new clients. (Easton, MD)
- **TUESDAYS & WEDNESDAYS** - Arrive between 12 pm and 1:30 pm to complete your initial intake paperwork. We recommend arriving as close to 12 pm as possible. Following intake, you will meet with a clinician at either 1 pm or 2 pm to complete your mental health assessment. (Denton, MD)

Peace Of Mind

[Peace of Mind Mental Health Services, LLC. | behavioral health | Easton, MD, United States \(peaceofmindmhs.com\)](http://peaceofmindmhs.com)

Our Mission

To provide quality mental health services to the residents of the Mid Shore so that they can lead a happy, productive, and healthy life to their fullest potential.

OUR VISION

all individuals will feel supported in their mental health and emotional well being to live the life they want.

Our Values

Integrity

Acting with integrity means operating in an open, honest, reliable and authentic way both professionally and in our personal lives. This means choosing to do the right thing even when faced with difficult decisions. We believe that integrity fosters trust amongst each other, with our clients, and in our dealings with others.

Compassion

We treat every individual who walks through our doors with empathy, caring, and kindness.

DEDICATION

We maintain persistent optimism and determination to support the healing journey of those we help.

EMPOWERMENT

We believe the client is in charge of the healing process. We share the work of healing and hope. We provide the client with freedom and responsibility to support their goals and achieve success.

Dignity

We respect the dignity and worth of every person. We all have the right and responsibilities to achieve our full potential in our society.

INCLUSION

We honor the inherent value of every individual's unique story, experience, and perspective. In order to best serve the diverse and unique experience of our clients. We strongly value each and every one of our clients' well-being and strive to provide a professional, friendly and inclusive atmosphere in which everyone feels safe and welcomed.

Hours of Operation:

Monday 8:00 am - 6:00 pm, tuesday 7:00 am - 7:00 pm, wednesday 7:00 am - 8:00 pm, thursday 8:00 am - 7:00 pm, Friday 8:30 am - 3:00 pm

Channel Market

<https://channelmarker.org/>

OUR MISSION

Channel Marker creates a healthy community by providing integrated care that promotes and supports mental health and wellness.

OUR VISION

Channel Marker envisions a community where mental wellness is valued and supported through trust, hope, and dignity.

CORE VALUES

EXCELLENCE

Maintain systematic and continuous

improvement in the quality of services.

INNOVATION

Sustain an organizational culture

that supports creativity and change.

INTEGRITY

Contribute to the mission of the

organization through our interactions and

conduct with one another.

RESPECT

Treat others with dignity and

recognize the importance of diversity.

RESPONSIVE

Serve and support clients and

families in achieving their rehabilitation mental

health wellness goals while respecting their

choice to make decisions.

TEAMWORK

Recognize the valuable

contributions of each member of our staff

Hours of Operation

Monday-Friday 8am: 4:30 pm

Easterseals

<https://www.easterseals.com/DCMDVA/>

Who We Are

Including Individuals. Empowering Families. Strengthening Communities.SM

Easterseals DC MD VA is leading the way to full equity, inclusion, and access through direct and life-changing disability and community services.

Since 1945, Easterseals DC MD VA has worked tirelessly to enhance quality of life and expand access to healthcare, education, and employment. And we won't rest until each one of us is valued, respected, and accepted.

We take a holistic approach, providing comprehensive services to thousands of children and adults in our neighborhoods, no matter their disability, military status, income, race, or age: To help each child reach their full potential, we provide personalized child development and early intervention services. To improve health and reduce isolation in adults with disabilities, we offer engaging activities and expansive resources. To enable military families to integrate into the community, we provide a suite of services, including employment support and mental healthcare. And to sustain families and caregivers, we provide comprehensive services and supports.

Together with our partners, we're reducing poverty and homelessness and improving healthcare and employment by empowering people of all ages and abilities to be full and equal participants in their communities. Join us

Vision

To create a hopeful, inclusive community where all people realize their potential and live meaningful lives.

Mission

Easterseals DC MD VA enriches lives and expands opportunities for all children and adults in our communities, including people with disabilities and military backgrounds. As the Easterseals affiliate serving Washington, DC, Maryland, and Northern Virginia, Easterseals DC MD VA works through public-private partnerships to provide community-based services in the most efficient manner possible. These traits were demonstrated in the opening of our Harry & Jeanette Weinberg Inter-Generational Center, which has quickly become an international model of excellence for delivering superior outcomes, including creating meaningful connections between generations. It was opened through a visionary partnership among local, state, and national governments, as well as private individual, corporate, and foundation investment. The shared resources created a maximum return on investment for the community.

Values

Respect: We treat one another fairly. We value the uniqueness and dignity of each member of our community by honoring the choices our participants make and goals they set for themselves, as well as the ideas of our staff and volunteers. We appreciate the strength of diversity and inclusion.

Responsibility: We share an obligation to ensure that appropriate actions are taken to benefit the organization and its participants. We are good stewards of organizational resources and are accountable for our actions.

Integrity: We conduct business ethically. We hold ourselves to a high moral standard and speak up when a correction is needed. We communicate openly, honestly, and directly.

Innovation: We are willing to embrace new ideas, take measured risks, and find better ways to help more people.

Care: We show compassion for others. We assume the best about everyone we encounter. We strive to live our mission each day.

Hours of Operation

7:00am-6:00pm Monday-Friday | 10:00am-4:00pm Saturday

SUN Behavioral

<https://sundelaware.com/>

About SUN Behavioral Health

At SUN Behavioral Health, our team of dedicated, compassionate professionals is committed to improving the health and well-being of the people and communities we serve.

We partner with hospitals, doctors, schools, and social service agencies to solve the unmet behavioral health needs that exist in neighborhoods across the country. Our top priority is delivering positive outcomes for our patients and their families, from education about the recovery process to programs that save lives and enhance life.

More than 43 million U.S. adults experience mental illness every year. Approximately 1 in 5 young people 13–18 (21.4%) experience a severe mental disorder at some point during their lives. For children aged 8–15, it's 13%.

You are not alone. If you or someone you love is struggling, we can help. SUN counselors are available 24 hours a day, seven days a week to help with everything from urgent situations to questions about our programs.

Our Mission

The mission of SUN Behavioral Health is to partner with communities to solve the unmet needs of those who suffer from mental illness and substance use disorders.

Our Values

- Safety – promote an environment of healing
- Teamwork – maintain a positive attitude and commitment to others
- Integrity – do what is right even when no one is watching
- Compassion – communicate hope in everything we do

Hours of Operation

- Fill out and submit the following patient information form
- Select and request your preferred date/time to talk with a specialist along with a note describing your situation — check for a confirmation email that we received your request
- A SUN representative will call to confirm your appointment soon after we receive your information
- One of our specialists will reach out to you at the scheduled time for a video chat* and consultation
- If you have logged into your session and the Clinician has not joined at the start time, please contact our hospital Intake Team [302-927-1324](tel:302-927-1324).

Mid Shore Behavioral Health

<https://midshorebehavioralhealth.org/>

OUR MISSION

Mid Shore Behavioral Health, Inc.'s mission is to continually improve the provision of behavioral health services for residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot Counties through effective coordination of care in collaboration with consumers, their natural support systems, providers, and the community at large.

OUR VISION

A rural behavioral healthcare delivery system that is clinically and culturally competent. This system will ensure access, have a community focus, be cost-effective, and be integrated to serve the community as a whole.

IMPACT STATEMENT

MSBH acknowledges behavioral health systems have historically been used as a tool to perpetuate racism. Racism causes trauma. Racial bias within these systems cultivates health disparities and inequities, which can reinforce racial oppression.

Hours of Operation

Monday – Friday 8:00 AM – 4:30 PM

Maryland Coalition Families

<https://www.mdcoalition.org/>

What is Family Peer Support?

Simply put, family peer support provides the type of help no other provider can.

Maryland Coalition of Families provides hope, guidance, and support to people who love and care for someone with mental health, substance use, or problem gambling challenges. We have personal experience supporting someone we love so we understand firsthand how difficult it can be to navigate complex systems and access critical resources. We also know how comforting it can be to have someone to lean on who is reliable and knowledgeable and who listens with understanding and compassion.

As Maryland's primary provider of **family peer support**, we are your neighbors, living and working in the communities alongside those we help. You may see us at the grocery store, library, dry cleaners or in the pick up line at school at dismissal time. We can help you:

- **Navigate** systems of care that are often complicated, frustrating and confusing.
- **Find and access** resources, services, and programs for yourself or your loved one.
- **Connect** with families experiencing similar challenges to build natural bonds and support systems.
- **Gain a better understanding** of the challenges your loved one faces and identify a path forward.
- Help you **find your voice** to be the best advocate for yourself and your loved one.
- Learn strategies and build skills to help you **take care of yourself** while you take care of your loved one.

All services - one-to-one support, support groups, workshops or trainings - are **confidential** and **offered at no cost** to you regardless of income or insurance.

If you need help, we're here. You are not alone. Just click on the **Request Services Now** button in the top right corner and one of our Referral Specialists will be in touch with next steps.

Hours of Operation

We have family peer support specialists in serving every jurisdiction throughout the state. To connect with a staff member in your community, call 410-730-8267, and press 1 or email help@mdcoalition.org

Choptank Community Health

<https://www.choptankhealth.org/>

Our Mission

Choptank Community Health System's mission is to provide access to exceptional, comprehensive and integrated health care for all.

Our Vision

Choptank Community Health's vision is to improve the health and well-being of the communities we serve; to provide an outstanding care experience; and to be an exceptional place to work and make a difference.

Hours of Operation

Monday	7 AM - 6 PM
Tuesday	7 AM - 5 PM
Wednesday	7 AM - 5 PM
Thursday	7 AM - 5 PM
Friday	7 AM - 5 PM
Saturday	Closed
Sunday	Closed

