

Mental Health Resources and Private Therapy Referrals

Sheppard Pratt Walk in Clinic and Crisis Support:

Shepard Pratt evaluates children, adolescents, and adults in need of urgent mental health care and helps refer them on to the best next steps for them. Individuals are seen on a walk-in basis, only- no appointments.

Our goal is to provide immediate care but wait times can vary. If you are walking in later in the day, you may have to return the following business day to receive care. Earlier in the day is best to receive faster care and shorter wait times.

Website: <https://www.sheppardpratt.org/baltimore-washington-campus/>

Sheppard Pratt Address

6501 North Charles Street
Baltimore, MD 21204
Phone: 410.938.5000

The Family Crisis Center of Baltimore County

Main Office: 410-285-4357

Hotline: 410-828-6390

The Family Crisis Center offers free, confidential services to individuals and families who have been impacted by conflict and violence. These services are intended to intervene at an earlier level and assist clients in sustaining progress toward safety, security, and self-sufficiency.

**If you do not have a medical assistance card for your child, work through your insurance company. They will have approved therapist contacts that they work with where partial coverage may be a possibility. A very generic way to locate a therapist is to enter your zip code into the search bar at the link below: <http://www.psychologytoday.com/>

The following links take you to some local (Catonsville area) agencies that other families have used:

[Villa Maria Community Resources: Behavioral Health Clinic | Catholic Charities of Baltimore \(cc-md.org\)](#)

<http://www.keypoint.org/index.html>

<https://www.villageoec.com/>

<http://lighthouse-md.org/>

<https://www.hopehealthsystems.com/>

<http://suburbanmentalhealthassociates.com/>

<https://www.opencounseling.com/timonium/counseling-agency/villa-maria-child-family-services>

www.creativepsychological.com

[The Child and Adolescent Center \(MSA\) of Columbia](#)

[Columbia Counseling Center](#)

Individual Providers:

PLEASE NOTE: that the first 4 listed resources are accepting new clients now.

Resonate Counseling Center: Telehealth and in-person.

Towson, MD
410-870-0490

Mindset Serenity: Telehealth only for right now

AA County and Columbia, MD.
443-991-0090

Feel Better Behavioral Health: Telehealth, and In-Person.

Carroll County, Hampstead, MD.
410-941-8488

Empowered Health Services Inc: Telehealth and In-Person

Baltimore County, Towson, MD
443-895-4748

Precision Mental Health

Baltimore, MD
443-449-5604

www.precisionmh.com

Resilient Psychiatry

Towson, MD
410-343-9869

[Services — Resilient Psychiatry](#)

Safe Harbor Care – Dr. Schiaparelli

White Marsh, MD
410-838-9500

www.safeharborbc.com

Child & Adult Psychiatry

Towson, MD (telehealth/virtual)
410-337-0007

CelebraMED LLC

Lutherville-Timonium, MD
410-936-5849

Insight Therapy & Wellness

Towson, MD (telehealth/virtual)
443-300-6905

[Medication Management \(insighttherapyandwellness.com\)](https://www.insighttherapyandwellness.com)

If you still find yourself looking, there is an online website www.psychologytoday.com where you can search for a provider by your area/zip code/insurance, etc. You can also reach out to your insurance company directly for a list of providers in-network.

If you are experiencing an emergency or life-threatening situation and need immediate attention, please call 911 to find the closest emergency room that can aid.