

Columbia Community Referrals

Emergency Resources

Mobile Crisis Team 410-531-6677

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.

Grassroots Crisis Intervention

6700 Freetown Road
Columbia, MD 21044
410-531-6677 or 410-531-6006 410-531-6677

Provides telephone counseling, free walk-in counseling, 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

5457 Twin Knolls Road, Suite 310
Columbia, MD 21045
410-997-0304 (Main Office)
410-997-2272 – 24 hour hotline
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.

Outpatient Treatment

Chase Brexton Health Services, Inc- Behavioral Health Services

550 Knoll North Drive, Suite 370
Columbia, Maryland 21045
410-837-2050
www.chasebrexton.org

Provides therapy (individual, couples, and group), psychiatry (psychiatric diagnosis and medication management), substance abuse treatment, as well as classes for various areas of concern.

Jewish Family Services Columbia

Century Plaza 1000
10630 Little Patuxent Parkway, Suite 401
Columbia, MD 21044
410-730-4976 ext. 25

Provides child, adolescent and adult therapy, parent/child counseling, foster care, residential placement and adoption services, Jewish family life programs.

MPB Group, Inc.

The Banneker Building
5840 Banneker Road, Suite 270
Columbia, MD 21044

1-866-371-5933 (toll free) or 410-730-2385

<http://www.mpbhealth.com/>

Provides individual, family and group therapy, individual tutoring, therapeutic mentoring, psychological and psychiatric evaluations, medication management to children, adolescents and adults.

The Pro Bono Counseling Project

110 West Road, Suite 202

Baltimore, MD 21204

410-825-1001/ 877-323-5800 / 410-825-1388 Fax

www.probonocounseling.org

A non-profit organization that was formed in 1991 to provide free mental health care to individuals, families and couples who cannot receive care from any other source.

Sheppard Pratt @ Howard County

Way Station, Inc. (WSI)

9030 Route 108, Suite A

Columbia, MD 21045

410-740-1901 / 410-740-2503 Fax

www.waystationinc.org

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

Private Practices

Access Counseling Services of Columbia, LLC

5560 Sterrett Place, Suite 201

Columbia, MD 21044

410-995-5555 / 410-995-5556 Fax

Counseling services for children, adults, couples and families.

Arundel Psychological Associates

8940 Route 108, Suite E

Columbia, MD 21045

410-299-5766 / 410-987-4710 Fax

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, Suite s327 and 329

Columbia, MD 21045

410-992-9149

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

Columbia Mental Health Resources, Inc.

10632 Little Patuxent Parkway, Suite 311-312

Columbia, MD 21044

410-730-6950 or 301-621-4403

410-730-1411 Fax

Treatment for children who have suffered abuse and neglect.

Community Counseling Associates

10774 Hickory Ridge Road

Columbia, MD 21044

410-992-7288

Provide marital counseling and family and individual therapy for patients of all ages.

Congruent Counseling Services

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066 / 410-740-8068 Fax

Offers individual, family, marital, and group counseling. A psychiatrist is on staff to provide psychiatric evaluations and medication management.

Cornerstone Psychological Services

10796 Hickory Ridge Rd

Columbia, MD 21044

410-730-8877 / 410-997-0396 Fax

Individual psychotherapy, marital and couples counseling, group psychotherapy, psychological assessment, parent training.

Crossroads Psychological Associates

10784 Hickory Ridge Rd.

Columbia, MD 21044

410-964-0425

Individual adolescent, child and adult therapy, adolescent group therapy, adult group therapy, middle school group therapy, social skills group, family/couples therapy, medication management, psychological testing

Family and Children's Services of Central Maryland

10451 Twin Rivers Road

Columbia, MD 21044

410-997-3557 or 301-596-4568

410-964-1791 Fax

www.fcsmd.org

Providing high quality mental health service to children, adolescents, adults and families.

Iris Thomas, LCSW-C

5060 Dorsey Hall Drive, Suite 204

Ellicott City, MD 21042

410-730-2240

<http://www.yourkidschange.com/>

Life Path Counseling Services

5122 Aver Court

Columbia, MD 21044

410-227-9074

Offering individual, child, adolescent, and family counseling to patients of all ages.

Psychosocial Counseling Associates, Inc.

Stevens Forest Professional Center

9650 Santiago Road

Columbia, MD 21045

443-980-7622 or 202-374-8322

Email: juanamoreland@yahoo.com

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

Rabinove Psych (Amy Rabinove)

8640 Guilford Road
Suite 224
Columbia, Maryland 21046
(443) 965-9153
Email: inquiries@rabinovepsyh.org
<http://rabinovepsych.org/>

The Howard Group, LLC

10760 Hickory Ridge Road, Suite 211
Columbia, MD 21044
410-740-7397 / 410-740-7398 Fax
www.thehowardgroup.info

Offers individual, family and group counseling to adolescents and adults from diverse backgrounds. Counseling approaches have been effective, particularly to the unique challenges faced by African-American males.

Wellbeing Designed, LLC

5537 Twin Knolls Road, Suite 440
Columbia, MD 21045
240-997-8512
Email: contact@wellbeingdesigned.com