



CHARLES COUNTY DEPARTMENT OF HEALTH
4545 Crain Highway, Post Office Box 1050
White Plains, MD 20695-1050

Tel: 301-609-6900 Fax: 301-934-0848 MD TTY: 1-800-735-2258

Suzan C. Lowry, M.D., FAAP
Health Officer

Behavior Health Resources

- Maryland Crisis Hotline- 211 press 1 or text Zip code to 898-211
- Substance Abuse and Mental Health Services Administration (SAMSHA) National Helpline 1-800-622-4357
- SAMSHA Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746

Deaf/Hard of Hearing

- Text TalkWithUs to 66746
- Use your preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990
- TTY 1-800-846-8517

Spanish Speakers

- Call 1-800-985-5990 and press "2"
- From the 50 States, text Hablanos to 66746
- From Puerto Rico, text Hablanos to 1-787-339-2663
- National Suicide Prevention Lifeline- 1-800-273-8255(English); 1-888-628-9495(Spanish)
- National Domestic Violence Hotline 1-800-799-7233 and TTY 1-800-787-3224
- National Child Traumatic Stress Network: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- NAMI Helpline 1-800-950-6264 (Monday-Friday 10 a.m. - 6 p.m.)