

FOR PERSONS WITH MENTAL ILLNESS

- [Peer-to-Peer](#) a free course for persons with mental illness that contains individual relapse prevention planning, a debriefing/storytelling week, and an advance directive for psychiatric care.
- [NAMI Connection Recovery Support Group](#) a 90-minute weekly support group run by persons who live with mental illness for other persons with any diagnosis who also live with mental illness.
- [NAMI Connection for Young Adults \(18-30\) Support Group](#) meets twice monthly for young adults with any mental health diagnosis.
- [Sunday Suppers](#) is a monthly social opportunity for adults living with mental illness.

FOR FAMILIES & CAREGIVERS

- [Family-to-Family](#) a free 12-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.
- [NAMI Basics](#) an educational program for parents and other caregivers of children and adolescents living with mental illnesses.
- [Family Support Groups](#) are offered throughout the month for family members and caregivers.

FOR THE GENERAL PUBLIC

- [In Our Own Voice](#) a 90-minute interactive, multimedia presentation by persons with mental illness that offers hope and provides insight into the recovery now possible for people with mental illness.
- [NAMI Howard County Educational Forums](#) offered to give NAMI HC members and guests the opportunity to network with each other and learn about issues related to mental illness from guest speakers and group discussion.

Who is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. NAMI is a three-tiered organization, working at national, state and local levels. Founded in 1979, NAMI has affiliates in every state, Puerto Rico and the Virgin Islands, and in more than 1,100 local communities across the country.

Go to www.nami.org, to learn more about mental illness and NAMI as an organization.

What is the NAMI Mission?

NAMI is the nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness.

What Does NAMI Do?

NAMI members and friends work to fulfill our mission by providing support, education, and advocacy. Our many activities include public information, peer education and support, raising awareness, fighting stigma, and state and federal advocacy.

NAMI Howard County provides offers all of the programs listed free of charge and regardless of membership.

NAMI Howard County

9650 Santiago Road, Suite 1

Columbia, MD 21045

www.namihowardcounty.org

410-772-9300

info.namihc@gmail.com

HOWARD COUNTY MENTAL HEALTH RESOURCES



NAMI Howard County
www.namihowardcounty.org
info.namihc@gmail.com
410-772-9300

EMERGENCY SERVICES

HOWARD COUNTY GENERAL HOSPITAL

In addition to inpatient psychiatric care, HCGH has an emergency psychiatric unit.

5755 Cedar Lane, Columbia 21044
410-740-7890
www.hcgh.org

HOWARD COUNTY MOBILE CRISIS TEAM

Crisis intervention by mental health professionals at the location of the person in crisis
7 days a week; 9 a.m. to 11:00 p.m.
410-531-6677

GRASSROOTS CRISIS INTERVENTION CENTER

24/7 telephone counseling and
free walk-in counseling
6700 Freetown Road, Columbia 21044
410-531-6677 or 410-531-6006

For "What to do in a Psychiatric Crisis," visit:
www.namimd.org/help/crisishelp.htm

COUNTY AGENCIES

HOWARD COUNTY HEALTH DEPARTMENT

410-313-6300
www.hchealth.org

HOWARD COUNTY DEPARTMENT OF CITIZEN SERVICES - MARYLAND ACCESS POINT AGING & DISABILITY RESOURCE CENTER

410-313-6431
www.howardcountymd.gov

HOWARD COUNTY BUREAU OF ADDICTIONS

Services include treatment for the dually diagnosed (mental illness and substance abuse)
410-313-6202

HOWARD COUNTY DEPARTMENT OF SOCIAL SERVICES

410-872-8700 www.dhr.state.md.us

THE NORTH LAUREL-SAVAGE MULTI-SERVICE CENTER

410-880-5917 www.cac-hc.org

MENTAL HEALTH SERVICES

HOWARD COUNTY MENTAL HEALTH AUTHORITY

Serves individuals who receive medical assistance and those who are low-income and uninsured. Programs include case management, services for foreign-born residents, residential and psychiatric rehabilitation, and treatment for the incarcerated.

410-313-7350 www.hcmha.org

OUTPATIENT MENTAL HEALTH CLINICS

CHASE BREXTON CENTER—HOWARD COUNTY

(410) 884-7831 www.chasebrexton.org

COLUMBIA JEWISH FAMILY SERVICES

410-730-4976 www.jewishhowardcounty.org

MPB GROUP, INC.

410-730-2385 www.mpbhealth.com

WAY STATION, INC.

410-740-1901 www.waystationinc.org

PSYCHIATRIC REHABILITATION PROGRAMS

HUMANIM, INC.

410-381-1500 www.humanim.com

WAY STATION, INC.

410-740-1901 www.waystationinc.org

CHILDREN AND ADOLESCENTS

MARYLAND COALITION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH

Families helping other families obtain services and support for children with mental health needs

410-730-8267 www.mdcoalition.org

MSA: THE CHILD & ADOLESCENT CENTER

Programs are designed to address mental health and behavioral concerns of children and their families in the least restrictive setting.

443-259-0400 www.msachild.com

HOUSING & FOOD SERVICES

BRIDGES TO HOUSING STABILITY

410-884-5408
www.bridges2hs.org

COLUMBIA HOUSING CORPORATION

410-730-9554 Extension 13
www.columbiahousing.org

COMMUNITY ACTION COUNCIL

Assistance with housing, food, and energy emergencies based on need

410-313-6440
www.cac-hc.org

FISH OF HOWARD COUNTY

Food, financial assistance to county residents with emergency needs

410-964-8660
www.fishhowardcounty.com

LEGAL SERVICES

PRO BONO RESOURCE CENTER

410-837-9379 or 1-800-396-1274
www.probonomd.org

MARYLAND LEGAL AID

410-480-1057
www.mdlab.org

MARYLAND DISABILITY LAW CENTER

1-800-233-7201 or 410-727-6352
www.mdclaw.org

OTHER SERVICES

ON OUR OWN OF HOWARD COUNTY

Promotes recovery, provides support and offers education and advocacy on mental health issues
410-772-7905

PRO BONO COUNSELING PROJECT

Free service for uninsured or under-insured, low-income families and individuals
410.323.5800 www.probonocounseling.org