📞 General Community Support

211 Maryland

- Dial 2-1-1 or visit 211 Maryland for assistance.
- **A free, confidential service available 24/7 to connect individuals with essential health and human services resources** related to:
    - Aging & Disability
    - Children & Families
    - Domestic/Family Violence
    - Employment
    - Doctor
    - Health Care
    - Food
    - Housing & Shelter
    - Immigration
    - Kinship
    - Legal Services
    - Mental Health
    - Reentry
    - Stop Hate
    - Substance Use
    - Tax Services
    - Utility Assistance
    - Veterans

🕊️ Grief & Bereavement Support

Frederick Health Hospice

- Hosts several support groups, workshops, and socials throughout the year for adults**. (Open to all regardless of whether your loved one was in Hospice.)**
- Offers specialized groups such as the Grief Transition Group and Spousal/Partner Loss Support Group.
- Contact: 240-566-3030 or griefsupport@frederick.health. mojozy.org+9frederickhealthhospice.org+9UMKC Community Connect+9frederickhealthhospice.org

Mental Health Association of Frederick County (MHA) – Survivors of Suicide Support Group

- Provides a safe space for individuals who have lost someone to suicide to share experiences and support each other.
- Led by a peer facilitator who has also experienced loss to suicide. fcmha.org

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🏳️‍🌈 LGBTQ+ & Youth Support

The Frederick Center

- Offers support groups for LGBTQ+ individuals and families, including a free, twice-monthly TransTeens group for youth ages 14–18.
- Provides a safe, nonjudgmental space for gender-diverse youth to find community and navigate challenges. fcmha.org+6Psychology Today+6The Frederick Center+6

🧒 Family & Parenting Resources

Frederick County Public Schools – Support Services

- Provides 24-hour phone counseling for citizens of all ages on various issues, including loneliness, depression, suicide, abuse, relationships, family concerns, and substance abuse.
- Parent Information Hotline: 301-662-2255. FCPS Edu

Partners in Care

- providing support services to permit older adults to remain independent in their own homes.
- partnersincare.org
