

PGCPS Mental Health Resource List

For Schools and Families

Compiled August 2026

1. In a Crisis — Immediate Help

Agency	Address / Phone / Website	Services	Ages	Notes
988 Suicide & Crisis Lifeline	Call, text, or chat: 988 988lifeline.org	24/7 confidential crisis counseling for suicidal thoughts, mental health, or substance use crises. Spanish and ASL options available.	All ages	
Crisis Text Line	Text HOME to 741741 crisistextline.org	Free, 24/7 text-based crisis support with a trained crisis counselor.	All ages	
iMind- Mobile Crisis Response Team (Mobile Response Team / MRT)	301-429-2185 (24/7)	In-person mobile crisis response for individuals in a behavioral health crisis who are not in immediate danger. Provides de-escalation, safety planning, and linkage to hospitalization or other resources. If there is an immediate threat of danger, call 911 and tell the dispatcher the situation involves a mental health crisis.	All ages	Operated in partnership with iMind Behavioral Health under contract with the PG County Health Department.
Step Forward/Prince George's County Health Dept. — Behavioral Health Services	General info: 301-856-9500	Countywide information, referral, and treatment-provider locator (Step Forward) for mental health and substance use services; screening triage to urgent care, mobile crisis, or home intervention teams.	All ages	
Maryland Crisis / Helpline (211)	Dial 211 or text your ZIP code to 898-211 211md.org	Statewide health and human-services referral line, including behavioral health.	All ages	
911 / Emergency	911	Immediate danger to self or others. Tell the dispatcher the call involves a person experiencing a mental health crisis so an appropriate response can be arranged.	All ages	

2. PGCPS Office of Mental Health & School-Based Support

Agency	Address / Phone / Website	Services	Ages	Notes
PGCPS Office of Mental Health (Student Services)	McCormick Administration Building 1601 McCormick Drive, Largo, MD 20774 240-455-5105 pgcps.org/mentalhealth	Develops and manages PGCPS mental health programs, policy, and the Youth Care First contracted-clinician program; coordinates school-based mental health teams (counselors, psychologists, social workers, community school coordinators); administers suicide-prevention training and threat-assessment procedures (AP 2950, AP 2952).	PreK–12	Contacts: Shannon Bell, Supervisor, School Mental Health Programs; Emily Pasco & Audrey Sykes, Mental Health Coordinators.

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Hazel Health (PGCPS partnership)	my.hazel.co/pgcps/info	Free virtual mental-health visits for enrolled PGCPS students, available at school and at home. Parent/guardian consent required.	PreK–12 students	
School-Based Mental Health Professionals	Contact your child's school directly pgcps.org/schools	Professional school counselors, school psychologists, school nurses, mental health clinicians, pupil personnel workers, and community school coordinators available at each school.	PreK–12	
PGCPS RESET Program	Largo HS- Tues Parkdale HS- Wednes Oxon Hill HS- Thurs https://www.pgcps.org/offices/student-services/mental-health/evening-counseling-centers (240) 455-5155	Professional school counselors and pupil personnel workers provide substance use and behavioral short-term counseling in the evening at three locations, 1 day per week..	K-12	Contact: Shannon Bell, Supervisor, School Mental Health Programs (240) 455-5155

3. Outpatient Counseling & Treatment

Includes PGCPS's listed Mental Health Community Partners plus the county resource locator. Availability, insurance accepted, and intake process vary by provider — call ahead.

Agency	Address / Phone / Website	Services	Ages	Notes
PGC Health Zone Resource Locator	pgchealthzone.org	Searchable directory maintained by the PG County Health Department of behavioral-health providers countywide — the best source to confirm current details before printing/distributing.	All ages	
Advanced Behavioral Health (ABH)	abhmaryland.com 7474 Greenway Center Dr, Suite 730, Greenbelt, MD 20770 301-345-1022	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and medication management.	All ages	
The Children's Guild — Outpatient Mental Health Center (OMHC)	childrensguild.org/omhc 410-444-3804	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and medication management.	All ages	
Sheppard Pratt — Youth First Care Program	sheppardpratt.org 7401 Forbes Boulevard Suite F, Lanham, MD 20706 240- 426-3308	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and medication management.	All ages	Offer inpatient hospitalization for children- adults and residential placement.
La Clínica del Pueblo	lcdp.org	Bilingual (Spanish/English) primary care and behavioral health services for the	All ages	Focus on Latino community

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	2970 Belcrest Center Dr, 301, 4th floor, Hyattsville, MD 20782 240-714-5247	Latino community, including mental health and substance use counseling.		
A Better Tomorrow Starts Today (BTST)	btstservices.com 4303 Forbes Blvd Lanham, MD 20706 301- 477-3339	Outpatient mental health counseling including in-person and virtual therapy	All ages	*Medicaid Only
Innovative Therapeutic Services	innovativetherapy.org 14440 Cherry Lane Court, Suite 208 Laurel, Maryland 20707	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and medication management.	All ages	
Interdynamics Inc.	interdynamicsinc.com 8181 Professional Place Suite 200 Landover, MD 20785 301-306 – 4590	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and medication management.	All ages	Substance uses/misuse services
Maryland Family Resource	mfrinonline.com 903 Brightseat Road Landover, MD. 20785 301-333-2980	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and medication management.	All ages	
April May Inc.	amayinc.com	Outpatient mental health and behavioral counseling.		ABA services
Higher Heightz	higherheightz.com	Substance use disorder prevention, intervention and treatment through peer education, therapeutic art interventions, peer support groups, and individual and family therapy.	Youth	Substance uses/misuse services
Vinecorps	www.vinecorps.org	Youth development organization offering personally-tailored educational support, family assistance, and employment.	Youth	
SMYAL	smyal.org 410 7th Street SE, Washington, DC 20003 202-617-5645	Cost-free outpatient mental health counseling and support for LGBTQ+ youth and adults.	Youth and adults ages 6-24	Focused on LGBTQ+
Transitions Counseling and Mentoring Services	www.tcms1.org 9500 Medical Center Drive, Suite 200 Largo, MD 20774 301-276-2606	Outpatient mental health counseling including individual and family therapy, psycho-educational groups, and mentoring.	All ages	Substance uses/misuse services
Community Advocates for Family and Youth, Inc. (CAFY)	www.cafyonline.org 301-390-4092 24/7 Helpline - call or text	Outpatient mental health counseling including individual and family therapy, and psycho-educational groups.	All ages	Housing and legal support

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	301-882-2002			
The Bee Network	thebeetwork.org 1300 Mercantile Lane Suite 129-50, Largo MD 20774 202-940-2540	Outpatient mental health counseling including individual and family therapy, and psycho-educational groups.	Ages 5-55	Culturally Responsive Mental Health
Changing Lives Adult & Youth Services (CLAYS)	clayshc.com 9015 Woodyard Rd Suite 109, Clinton MD 20735 240-244-2924 4810 Saint Barnabas Rd Suite 203, Temple Hills, MD 20748 301-541-0963	Outpatient mental health counseling including individual and small group counseling, medication management and psychiatric rehab program.	All ages	Grief counseling and Substance uses/misuse services
Methods Therapy, LLC	9015 Woodyard Rd Suite 210, Clinton MD 20735 301-899-6222	Outpatient mental health counseling including individual and family therapy, and psycho-educational groups.	All ages	
Synergy Family Services, Inc	synergyfamilyservices.org 1425 University Blvd Suite 245, Hyattsville, MD 20783 240-752-2767	Outpatient mental health clinic, Psychiatric rehabilitation program (PRP), medication management and case management services.	All ages	
The Center for Therapeutic Concepts	www.center4therapeuticconcepts.com 1300 Mercantile Lane, Suite 198 Largo, MD 20774 301-386-2991	Outpatient mental health clinic, Psychiatric rehabilitation program (PRP), psychological testing and evaluation, and mentoring.	All ages	
TeleHelp	www.telehelp247.org 8507 Oxon Hill Road, Suite 200, Fort Washington, Maryland 20744 888-247-5767	Outpatient counseling, family support, crisis intervention, medication management, and wellness programs	All ages	
Youth Services Bureaus	pgccouncil.us/1174/Recreation-Youth-Services Greenbelt CARES Bowie College Park	Outpatient mental health counseling including individual and family therapy, and psycho-educational groups. Parent support groups.	Children/ youth	Substance uses/misuse services

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	District Heights Langley Park			

4. Hospitalization & Emergency Psychiatric Care

For a life-threatening emergency, call 911 or go to the nearest emergency department.

Agency	Address / Phone / Website	Services	Ages	Notes
Children's National Medical Center	www.childrensnational.org/get-care/departments/psychiatry-and-behavioral-sciences 111 Michigan Avenue, Washington, DC 20010	24-hour emergency-department psychiatric evaluation; voluntary and involuntary acute inpatient psychiatric admission. Inpatient hospitalization and medication management.	Under the age of 18	
UM Laurel Medical Center — Inpatient Unit and Emergency Psychiatric Assessment	umms.org/capital 7300 Van Dusen Road, Laurel, MD 20707 (UM Capital Region Health campus) 240-677-7090	24-hour emergency psychiatric assessment; up to 23-hour observation/stabilization before discharge or transfer for a higher level of care.	Evaluations for adults; confirm pediatric protocol with facility	
Luminis Health Doctors Community Medical Center — Behavioral Health Pavilion	luminishealth.org 8200 Good Luck Road, Lanham, MD 20706 Urgent Care: 301-623-4350	<i>Walk-in Behavioral Health Urgent Care (M–F 7:30am–7pm, Sat 8am–1pm, no appointment needed);</i> 16-bed adult inpatient psychiatric unit; psychiatric partial hospitalization (day) program for adults and adolescents; outpatient therapy and medication management.	Urgent care/PHP: adolescents & adults; inpatient unit: adults	Service children as young as 4 years old at Urgent Care/Outpatient Therapy
MedStar Southern Maryland Hospital Center — Emergency Department	medstarhealth.org 7503 Surratts Road, Clinton, MD 20735 301-868-8000	Emergency-department psychiatric evaluation and stabilization; transfers to inpatient psychiatric care as needed.	All ages (ED)	General acute-care hospital; confirm current behavioral-health/inpatient psych capacity directly with the hospital.

5. Substance Use Treatment Services

Agency	Address / Phone / Website	Services	Ages	Notes
Anne Arundel Counseling, Inc.	annearundelcounseling.com/	Substance-Related Disorder Assessment and Referral	All ages	Sliding Scale Fee Private Insurance

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	4333 Northview Drive Bowie, MD 20716 (410) 768-5988	Level 0.5 -- Early Intervention Level 0.5 -- DUI Education Level I -- Outpatient Treatment		Services in Spanish; ASL
Maryland Behavioral Health, LLC	marylandbhealth.com/ 4000 Mitchellville Road Suite A414 Bowie, MD 20716 (301) 249-8100	Level II.1 – Intensive Outpatient Level II.5 – Partial Hospitalization	All ages	Medicaid, Medicare Private Insurance- BCBS, Aetna, Cigna, Tricare Sliding Sale Fee Services in Spanish
MPB Group Inc.	www.mpbhealth.com 17000 Science Drive Suite 210 Bowie, MD 20715 (301) 317-1400	Level 1 -- Outpatient Treatment	All ages	Private Insurance Services in Spanish Offers Telehealth
Kirstin Care	www.kirstinshaven.org 5801 Allentown Road Suites 310 & 311 Camp Springs, MD 20746 240-392-2876	Level 1 -- Outpatient Treatment Level II.1-- Intensive Outpatient	All ages	Medicare Private Insurance Offers Telehealth Services in Spanish

6. Grief and Loss Support

Agency	Address / Phone / Website	Services	Ages	Notes
Roberta's House	robertashouse.org 301-880-5100	Family and peer support groups, education classes, and advocacy for people affected by grief and loss.	All ages	
Hospice of the Chesapeake	hospicechesapeake.org 9500 Medical Center Drive #250 Largo, MD 20774 410-987-2003	Grief support for individuals and families through grief counseling, support groups and workshops.	All ages	*Hospice care.

7. Advocacy & Family/Peer Support

Agency	Address / Phone / Website	Services	Ages	Notes
NAMI Prince George's County	301-429-0970 namipgc.org	Family and peer support groups, education classes, and advocacy for people affected by mental illness.	All ages	
NAMI National Helpline	1-800-950-NAMI (6264), M–F 10am–10pm ET	Information, referrals, and support for individuals and families.	All ages	
Maryland Coalition of Families	410-730-8267	Parent and family peer support, youth peer support, and family advocacy.	All ages	

Sources: PGCPs Office of Mental Health (pgcps.org/mentalhealth); Prince George's County Health Department / Step Forward; PGC Health Zone; NAMI Prince George's County; UM Capital Region Health; Luminis Health.