

## **Graduate Student Mental Health Resources**

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## Directories of Service Providers

When looking for a provider, you can use one of several online resources that allow you to search for different services, and filter providers based on accepted insurance, location, and other factors that are important to you. We recommend using the following directories to assist with your search.

Service providers vary on whether they accept insurance or whether they only accept out of pocket payments. Consult with your insurance provider's website if you want to identify providers who are in your network. **If there is a provider you are interested in seeing, ask the following questions to learn more about their services:**

1. Do you specialize in \_\_\_\_\_ problem?
2. Do you take insurance? If so, which types of insurance?
3. How much does each session cost?
4. How long is the waitlist for services?

### Broad directories with multiple filters

- [Psychology Today: Find a Therapist](#)
- [Zocdoc: Therapists and Counselors Near Me](#)
- [Zencare: Find a Therapist or Psychiatrist Near You](#)
- [Therapyden: Find Inclusive Therapists and Counselors Near You](#)
- [Good Therapy: Find the Right Therapist](#)

### Identity Focused and Low-Cost Directories

- [Therapy4thePeople](#)
  - A nationwide directory of mental health services that are free or low-cost. Services are only included when they cost \$30 or less per visit (for therapy) or a \$10 or less one-time or monthly subscription payment (e.g., for apps).
- [BLM Pro-Bono Providers](#)
  - Features providers currently offering services at a low-cost or pro-bono for BIPOC of the BLM Movement
- [Inclusive Therapists: Find Identity Affirming Mental Health Care Near Me](#)

### Location specific directories

- Maryland: <https://www.marylandpsychology.org/referral-service>
- DC: <https://dcpsychology.org/Find-A-Therapist>
- Virginia: <https://www.vapsych.org/find-a-clinical-psychologist-in-your-community#/>

## Directories of Service Providers (continued)

### Insurance Specific Directory

- <https://www.carefirstvideovisit.com/landing.htm>
  - Students with Carefirst BCBS insurance can make a profile and find in network providers for tele sessions

### Directories organized by Mental Health Associations, Specific Concerns, and Treatment Approaches

- [Find a CBT Therapist | Association for Behavioral and Cognitive Therapies](#)
  - Association of Behavioral and Cognitive Therapy's resource to find a Cognitive Behavioral (CBT) Therapist
- [Association for Contextual Behavioral Science](#)
  - Resource to find an Acceptance and Commitment (ACT) therapist
- [AADA Find A Therapist Directory](#)
  - Anxiety and Depression Association of America's (ADAA) resource to find a therapist
- [ADAA Telehealth](#)
  - ADAA's resource specifically focused on finding a therapist who does telehealth
- [APA Division 12](#)
  - American Psychological Association's Division 12 (Society of Clinical Psychology) resource to find a therapist
- [SAMSHA](#)
  - Substance Abuse and Mental Health Services Administration Resource for finding substance use treatment
- [Behavioral Tech](#)
  - Resource to find Dialectical Behavioral Therapy (DBT) therapist/ programs

**The university also offers a variety of resources for students seeking mental health services.**

This directory can be found here:

- <https://umd.edu/fostering-terp-success/resources/wellness-personal-support>
- Campus advocate **Simone Warwick-Bell** can also assist with identifying mental health services.
  - Email: [slivings@umd.edu](mailto:slivings@umd.edu)
  - Phone: 301-314-7674

### Local Providers with Availability

The following are referrals for providers of adult therapy with openings in the DMV area. Practices featuring providers of color are highlighted in yellow.

- **Choice Clinical Services; Greenbelt & College Park, MD**
  - Offers therapy and psychiatric medication management
  - Website: <https://www.choiceclinical.com/contact/>
  - Email: [info@choiceclinical.com](mailto:info@choiceclinical.com)
  - Phone: (240) 670-4050
  - Accepted Insurance: CareFirst, Aetna, Cigna
  - Sliding scale offered for self-pay
  
- **Marjorie Jean, LCSW-C, LICSW; College Park, MD**
  - Website: [www.ramcircle.com](http://www.ramcircle.com)
  - Phone: 301-291-5105
  - Accepted insurance: CareFirst
  - Sliding scale offered for self-pay
  
- **Gerard Grigsby, Ph.D., LCPC; Mount Rainier, MD**
  - Website: <https://www.grigsbycounseling.com/contact>
  - Email: [gerard@grigsbycounseling.com](mailto:gerard@grigsbycounseling.com)
  - Phone: 240-209-9716
  - Accepted insurance: United Healthcare, CareFirst, Medicaid
  
- **Joseph A. Maravi, LCSW-C; Laurel, MD**
  - Website: <https://www.josephmaravi.com/>
  - Email: [jmaravi810@gmail.com](mailto:jmaravi810@gmail.com)
  - Phone: 301-490-0778 x 6
  - Inquire about accepted insurance
  
- **Mental Health and Mentoring Services of Maryland; Clinton, MD**
  - Offers culturally responsive mental health services
  - Website: <https://www.mentalhealthandmenteringservices.com/contact>
  - Email: [Contact@MentalHealthandMentoringServices.com](mailto:Contact@MentalHealthandMentoringServices.com)
  - Phone: 301-877-1200
  - Accepted insurance: United Healthcare, CareFirst, Cigna
  - Sliding scale offered for self-pay

### Local Providers with Availability (continued)

- **Karin Senft, LCSW-C**; Silver Spring, MD
  - Website: <https://nrpeaceinspire.com/>
  - Phone: (301) 235-2909
  - Email: [ksenft@nrpeaceinspire.com](mailto:ksenft@nrpeaceinspire.com)
  - Accepted insurance: Carefirst, United HealthCare, Cigna, Aetna
  
- **Abbe Levine, LCSW-C**; Rockville, MD
  - Phone: 240-463-9319
  - Accepted insurance: CareFirst, Cigna, BCBS
  - Sliding scale offered for self-pay
  
- **Rosalind Goldfarb, Ph.D**; Chevy Chase, MD
  - Phone: 240-647-5063
  - Accepted insurance: CareFirst, United HealthCare, Cigna
  - Sliding scale offered for self-pay
  
- **Valued Insight Counseling, LLC**; Bethesda, MD
  - Website: <https://valuedinsightcounseling.com>
  - Phone: 301-821-5308
  - Accepted insurance: Cigna, CareFirst
  
- **Kelly Murphy, LCSW-C**, Bethesda, MD
  - Phone: 240-994-6840
  - Email: [klmurphyiv@yahoo.com](mailto:klmurphyiv@yahoo.com)
  - Accepted insurance: BCBS, Cigna, Aetna
  - Sliding scale offered for self-pay
  
- **Takoma Park Therapy; Takoma Park, MD**
  - Website: [www.takomatherapy.com](http://www.takomatherapy.com)
  - Email: [contact@takomatherapy.com](mailto:contact@takomatherapy.com)
  - Phone: 301-563-9156
  - Accepted insurance: CareFirst
  - Sliding scale offered for self-pay

### Local Providers with Availability (continued)

- **Brighter Hope Wellness Center; Clarksville, MD**
  - Website: <https://www.brighterhopewellness.com/services/>
  - Phone: **410-531-8100**
  - Accepted insurance: Cigna, Blue Cross Blue Shield
  
- **Hope+Wellness; VA, MD, Washington, DC**
  - Website: <https://www.hope-wellness.com/>
  - Phone: 703-923-8965
  - Accepted insurance: CareFirst
  
- **Capital Institute for Cognitive Therapy; Washington, DC & Bethesda, MD**
  - Website: <http://cognitivetherapydc.com/>
  - Phone: 202-234-0903
  - No insurance accepted; inquire about reduced fee services
  
- **The Mecca Group LLC; Washington, DC**
  - Website: <http://themeccagroupllc.com/>
  - Phone: 202-529-3117
  - Accepted insurance: CareFirst

## National Crisis Lines

The following are referrals for National Crisis Lines. If you are in a medical or mental health emergency, **it is always appropriate to call 911**. There also may be area-specific crisis lines in your vicinity.

- **Crisis Text Line**
  - Website: <https://www.crisistextline.org/>
  - Text: HOME to 741741
  - Notes: Our highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
  
- **National Suicide Prevention Lifeline**
  - Website: <https://suicidepreventionlifeline.org/>
  - Phone: 1-800-273-8255
  - Notes: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. They provide support through phone and chat services. They also have options for people who speak Spanish and are hard of hearing or deaf.
  
- **Boys Town National Hotline**
  - Website: <https://www.boystown.org/hotline/Pages/default.aspx>
  - Phone: (800) 448-3000
  - Notes: The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS). Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org).

## National Crisis Lines (continued)

- **National Domestic Violence Hotline**
  - Website: <https://www.thehotline.org/>
  - Phone: 1-800-799-7233
  - Text: LOVEIS to 22522
  - Notes: National Domestic Violence Hotline's highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. You have the ability to call their number, chat online, or text in.
  
- **The Trevor Project**
  - Website: <https://www.thetrevorproject.org/>
  - Phone: 1-866-488-7386
  - Text: START to 678678
  - Notes: The Trevor Project is an organization committed to improving the lives of LGBTQ people under the age of 25 and preventing suicide in this community. They have the option to phone in, chat online, text in, or join their social networking site.
  
- **Trans Lifeline**
  - Website: <https://www.translifeline.org/hotline>
  - Phone: (877) 565-8860
  - Notes: Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Their operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, they're happy to talk to you. They will do their best to support you and provide you with resources.
  
- **Veterans Crisis Line**
  - Website: <https://www.veteranscrisisline.net/>
  - Call: 1-800-273-8255 and press 1
  - Text: 838255
  - Notes: Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. They have options for text, online chat, phone calls, and they support deaf and hard of hearing folks.



### **Additional Mental Health Resources**

The following are resources to consider if interested in learning more about evidence based mental health care or developing/refreshing therapeutic skills on your own.

#### [Society of Clinical Psychology: Research Supported Psychological Treatment](#)

- Information on evidence-based treatments. Searchable by treatment type or disorder. Includes links to research studies and treatment manuals

#### [Anxiety and Depression Association of America: Find Help](#)

- Information on treatments, mental health self-screening, list of mental health apps, support groups, and list of ways to find help for various groups

#### [National Institute for Mental Health: Help for Mental Illnesses](#)

- Information on getting help, including crisis numbers and guidelines for selecting a provider

#### [Association for Behavioral and Cognitive Therapies: Self-Help Books](#)

- ABCT's recommended self-help books

#### [PsyberGuide](#)

- Expert reviews of mental health apps and other digital mental health resources

#### [UCLA Mindfulness Awareness Research Center](#)

- Free mindfulness and meditation resources

#### [DBT Weekly: A Podcast by Stephanie Edsall, CSW](#)

- Based on Dialectical Behavior Therapy (DBT), this mental health therapy and skills development podcast is designed to help listeners improve their ability to regulate emotion, reduce problem behaviors and learn new, skillful behaviors.

#### [ACT in Context: The Acceptance and Commitment Therapy Podcast](#)

- ACT in Context is a free podcast that reviews the history and development of ACT as well as reviewing skills and clinical applications.

#### [ACT toolkit](#)

- Info on different ACT skills and how to use them

## Submissions for Recommendations

**We welcome submissions!** Do you have a service provider or resource that you find helpful and would like to share? Please anonymously submit any recommendations for us to add to this resource here. All resources will be reviewed for consideration to be added to this resource.

[Anonymous Submission Portal](#)