



Programs

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.

Sunday Suppers — a monthly social opportunity for adults living with mental illness.

FOR FAMILIES & CAREGIVERS

Family-to-Family — a free 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 — offered throughout the month for family members and friends of individuals living with a diagnosis — adults; parents or caregivers of school age children; and parents or caregivers of Transition Age Youth.

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.

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.

What 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 nearly 1,000 affiliates and state organizations 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 21046
410 772-9300

info.namihc@gmail.com
www.namihowardcounty.org



HOWARD COUNTY MENTAL HEALTH RESOURCES



NAMI Howard County
410 772-9300

EMERGENCY SERVICES

HOWARD COUNTY GENERAL HOSPITAL

HCGH has inpatient psychiatric care and Emergency psychiatric units for adults, adolescents and children. 5755 Cedar Lane, Columbia 21044 (410)740-7890 https://www.hopkinsmedicine.org/howard_county_general_hospital/services/psychiatry/index.html

HOWARD COUNTY CRISIS RESPONSE SYSTEM

GRASSROOTS CRISIS INTERVENTION CENTER
24/7 telephone counseling and free walk-in counseling (410) 531-6677 or 6006 <http://www.grassrootscrisis.org/>

HOWARD COUNTY MOBILE CRISIS TEAM
Crisis intervention by mental health professionals at the location of the person in crisis, 7 days/week, 9 am –11pm (410) 531-6677

CRISIS BEDS
24/7 intensive mental health treatment and support services designed to provide clinical support to an individual in a psychiatric crisis. (410) 418-4048

For “*What to do in a Psychiatric Crisis,*” visit: http://www.namimd.org/crises_help

MENTAL HEALTH SERVICES

WAY STATION, INC.

Behavioral health care, housing, and employment services to: adults with mental illness, developmental disabilities, and substance addictions; children and adolescents with emotional and behavioral challenges; and veterans with service needs. (410) 740-1901 www.waystationinc.org/howard-county/

HUMANIM, INC.

Services to individuals struggling with mental illness and substance use disorders - housing, employment, case mgmt. (410) 381-7171 www.humanim.org/what-we-do/human-services/behavioral-health/

HOPEWORKS (FORMERLY THE DOMESTIC VIOLENCE CENTER)

Comprehensive services to survivors of sexual assault, sexual abuse and families affected by domestic violence. (410) 997-2272 www.wearehopeworks.org

CHILDREN AND ADOLESCENTS

MARYLAND COALITION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH

(410) 730-8267 www.mdcoalition.org

HEALTHY TRANSITION (HT) SERVICES

Educate, support and assist emerging youth and young adults 16-25 years of age with behavioral health challenges. (410) 313-7350 or (410) 381-7171

THE MARYLAND EARLY INTERVENTION PROGRAM

Specialized programs in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of, a mental illness with psychosis. (877) 277-6347 www.marylandeip.com

COUNTY AGENCIES

HOWARD COUNTY HEALTH DEPARTMENT

8930 Stanford Blvd
Columbia, MD 21045
(410) 313-6300 After-hours emergency (410) 313-2929 www.howardcountymd.gov/Departments/Health

BUREAU OF BEHAVIORAL HEALTH
Serves individuals with mental health and/or substance use disorders who receive medical assistance and are low-income and uninsured. Programs include case management, services for foreign-born residents, residential and psychiatric rehabilitation, and treatment for the incarcerated. (410) 313-6202 www.howardcountymd.gov/gethelp

HOWARD COUNTY DEPARTMENT OF COMMUNITY RESOURCES AND SERVICES

Serves the needs of multiple generations, tailors services to different cultural values, and promotes full inclusion for

individuals with disabilities. (410) 313-6400 www.howardcountymd.gov/Departments/Community-Resources-and-Services

HOWARD COUNTY MULTISERVICE CENTER

(410) 880-5917 www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Community-Partnerships/MultiService-Center

LEGAL SERVICES

PRO BONO RESOURCE CENTER

(410) 837-9379 www.probonomd.org

MARYLAND LEGAL AID

(410) 480-1057 www.mdlab.org

DISABILITY RIGHTS MD

(410) 727-6352 www.mdclaw.org

HOUSING & FOOD SERVICES

BRIDGES TO HOUSING STABILITY

(410) 312-5760 www.bridges2hs.org

HERITAGE HOUSING PARTNERS CORPORATION

443-518-7685 www.hhpcorp.org/

COMMUNITY ACTION COUNCIL

(410) 313-6440 www.cac-hc.org/programs-services/housing-assistance/

FISH OF HOWARD COUNTY

(410) 964-8660 www.fishhowardcounty.com

OTHER SERVICES

ON OUR OWN OF HOWARD COUNTY

(410) 772-7905 www.ooohci.org/

PRO BONO COUNSELING PROJECT

(410) 825-1001 www.probonocounseling.org