Behavioral Health Guide for Coronavirus (COVID-19) Response
Frequently Asked Questions

Access to Behavioral Health Resources
Q: I need to find a mental health and/or substance treatment provider. Where can I find resources?
A: Several resource directories are available to help you. Click on the links below to be taken to online resources.

- Behavioral Health Navigation Online Referral Form – Howard County Health Department
- Directory of Behavioral Health Services in Howard County
- Howard County Network of Care – Searchable Directory

You may also contact the Howard County Health Department’s Behavioral Health Navigator, Kayla Blasher-Burch, at kblasher@howardcountymd.gov or 410-313-6240 for assistance.

Q: Are behavioral health providers in the community providing services virtually?
A: At this time, the Health Department is attempting to track & compile a list of community providers that may be offering telehealth/virtual services for mental health and/or substance use needs. Due to the nature of insurance coverage and other privacy guidelines, the ability of providers to offer this varies. To find out if a provider is offering virtual services, please call the provider directly, or you may contact the Health Department Behavioral Health Navigator.

Online Mental Health Resources
Q: I’m feeling a little anxious but don’t think I need a therapist. Where can I go for general information on how to cope?
A: The coronavirus pandemic can affect mental health for everyone. Seeking out accurate information from trusted sources & learning healthy coping strategies can help. Click on links below to be taken to online resources.

- Frequently Asked Questions: COVID-19 & Maintaining Mental Health
- Managing Anxiety & Stress - CDC
- NAMI Information & Resources: COVID-19
- Supporting Your Mental Health While Navigating Change - AFSP

Important Note: If you, or someone you care about, are feeling overwhelmed with emotions like depression, anxiety, or sadness, or are in a crisis, you can get immediate help 24/7:

- Call the Grassroots Crisis Hotline at 410-531-6677
- Contact the Crisis Text Line by texting HOME to 741-741
- Call the Maryland Helpline at 211, press 1
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Website: www.hchealth.org Facebook: www.facebook.com/hocohealth Twitter: @HoCoHealth
Crisis Services

Q: What if there is a mental health crisis or emergency & I need support?
A: Several crisis response services are available to help.

- **Grassroots Crisis Intervention Center** - Grassroots provides 24-hour crisis intervention, suicide prevention, & support to individuals & families with a mental health, substance use, or homelessness crisis. In the midst of the current public health emergency, Grassroots continues to provide vital services such as telephone crisis intervention counseling & shelter services. 
  410-531-6677 (hotline) / 410-531-6006 (office) / 6700 Freetown Road, Columbia MD, 21044

- **National Suicide Prevention Lifeline** - Provides 24/7, free, & confidential support for people in distress, prevention & crisis resources for you & loved ones, & best practices for professionals. Resources for veterans, LGBTQ+, and individuals that are deaf or hard of hearing.
  1-800-273-TALK (8255) or online chat via website

- **Crisis Text Line** - Every texter is connected with a Crisis Counselor to deescalate texters through active listening & collaborative problem solving. All Crisis Counselors are volunteers.
  Text 741-741

General COVID-19 Resources

Q: There is so much information floating around. Where do I go for up-to-date information about Howard County or Maryland?

- **Coronavirus Disease 2019 (COVID-19) – Howard County Health Department**

  ***COVID-19 Information Line Hours*** The Coronavirus Information Line will be available from 8:00am - 5:00pm - 7 days a week. Call 410-313-6284 for answers to health & medical questions about Coronavirus.

- **Maryland Unites – Latest News from Governor Hogan & Information about COVID-19 in MD**

- **Maryland COVID-19 Case Map Dashboard: Background, Guidance, Resources**

Other Behavioral Health Resources

- **COVID-19 & Behavioral Health Administration Partners – MDH**
- **COVID-19 & Opioid Treatment Programs (OTP) - MDH**
- **Free App to Support People in Recovery During COVID-19 Outbreak**
- **How to Help Someone with Anxiety or Depression During COVID-19 - MHFA**
- **How to Support a Loved One Going Through a Tough Time During COVID-19 - MHFA**
- **Information for Healthcare Professionals - CDC**
- **Medicare & COVID-19: Precautions, Coverage, Telehealth, & other Medicare Resources**
- **NAMI Information & Resources: COVID-19**
- **Optum: FAQ, Emotional Support, & Healthcare Professionals**