

## 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](mailto: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)***

### 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-8:00pm - 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](#)