**Resources for Family and Mental Health**

**Prevention, Intervention and Treatment**

*Last updated September 2011*

**Whitman Health Room**: 301-320-6582

**School Community Health Nurse** Ms. Julie Olsen

**School Health Room Aide** Darlene Hamblett

**School Counseling Staff at Whitman**: 301-320-6590

Ms. Fran Landau (Resource) Ms. Molly McAllister

Ms. Jamie Ahearn Mr. Rob Putt

Ms. Jennifer Higgins Ms. Kelly Singleton

Mr. William Kapner Ms. Kari Wislar

**HOTLINES**

MC Child Abuse & Neglect Line (accessible 24/7 via Crisis Center) 240-777-4417

TTY for hearing impaired 240-777-3556

Maryland Youth Crisis Hotline 1-800-422-0000

Montgomery County Crisis Center (24/7) 240-777-4000

TTY for hearing impaired 240-777-4815

Montgomery County Hotline (24/7) 301-738-2255

Montgomery County Youth Crisis Hotline (24/7) 301-738-9697

MCPS Safe Schools Hotline (24/7) 301-517-5995

*Information about school safety, security or substances*

National Suicide Hopeline 1-800-784-2433

(1-800-SUICIDE)

Teen-to-Teen Peer Counselor Hotline (24/7) 1-877-YOUTHLINE

National Suicide Prevention Lifeline (24/7) 1-800-273-8255

(1-800-273-TALK)

Operation Runaway (24/7) 1-800-204-8600

*Free help for both adolescents and their families during/after a runaway crisis*

Victims Assistance/Sexual Assault Crisis Line (24/7) 240-777-4357 TTY for hearing impaired 240-777-1347

(over)

**Local Community Resources:**

Al-Anon (for relatives/friends of alcohol/drug users) 202-635-2023

Al-Ateen (specifically for teen relatives/friends of users) 202-635-2023

www.al-anon-alateen-dcmd.org

Alcoholics Anonymous (open 24 hours/day) 202-966-9115 www.aa-dc.org

Anorexia Nervosa & Associated Disorders (10:00am-6:00pm) 630-577-1330

www.anad.org

Montgomery County Health and Human Services Info Line 240-777-1245

*Information/referrals for people, including teens, with physical, emotional, or health concerns*

MCPS Foreign Language Assistance Team 301-230-0674

*Interpreters available in many languages.*

MCPS Hispanic Hotline (8:30am-4:30pm) 301-230-3073

Narcotics Anonymous 1-800-543-4670

*Information on meetings in suburban Maryland*

www.cprna.org

P-Flag Family Helpline 301-439-3524

Sexually Transmitted Diseases & HIV Testing 240-777-1869

Suburban Hospital Addiction Treatment Center (8am-8pm) 301-896-2036

*Adolescent and adult outpatient substance abuse treatment*

Suburban Hospital “On-Call” (8:30am-5pm) 301-896-3939

*Services, referrals & support groups offered by Suburban Hospital*

Washington Center for Eating Disorders & Adolescent Obesity 301-530-0676

www.washingtoncenteronline.com

**National Resources:**

Center for Disease Control (CDC) Information 1-800-232-2636

*Public health information in English, Spanish and TTY (*1-800-CDC-INFO)

National Alliance on Mental Illness (NAMI) MD Warm Line 1-877-878-2371

www.md.nami.org

National Clearing House on Alcohol Information 1-877-726-4727

www.ncadi.samhsa.gov