

NAMI Programs

FOR PROVIDERS

- Provider Education an education program for mental health service providers co-taught by consumers, professionals, and family members.

FOR CONSUMERS

- Peer-to-Peer a free course for consumers containing 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.
- Hearts & Minds a multimedia program about healthy, accessible, and affordable lifestyle changes designed to reduce cardiac risk among people with mental illness.

FOR FAMILIES & CAREGIVERS

- Family-to-Family a free 12-week 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.
- Family Support Groups are offered throughout the month for family members and caregivers.
- Hearts & Minds a multimedia program about healthy, accessible, and affordable lifestyle changes designed to reduce cardiac risk among people with mental illness.
- NAMI Basics a new signature education program for parents and other caregivers of children and adolescents living with mental illnesses.

FOR THE GENERAL PUBLIC

- In Our Own Voice a one-and-a-half hour interactive, multimedia presentation by consumers that offers hope and provides insight into the recovery now possible for people with mental illness.

MONTGOMERY COUNTY SERVICES



for
**INDIVIDUALS
WITH MENTAL
ILLNESS**
and
THEIR FAMILIES

THIS BROCHURE IS A JOINT VENTURE BETWEEN THE DHMH
TRANSFORMATION GRANT, NAMI MARYLAND AND NAMI
MONTGOMERY COUNTY

NAMI MARYLAND
804 LANDMARK DRIVE #122 • GLEN BURNIE, MD 21061
PHONE 410-863-0470 • FAX 410-863-0474
• WEB MD.NAMI.ORG •

NAMI MONTGOMERY COUNTY
10730 CONNECTICUT AVE • KENSINGTON, MD 20895
PHONE 301-949-5852 • FAX 301-949-5853
• WEB WWW.NAMIMC.ORG •

EMERGENCY SERVICES

For emergency services call:
CRISIS CENTER & MOBILE CRISIS TEAM
240-777-2417

LEGAL SERVICES

For information about pro-bono legal services or services with a nominal fee contact:
301-424-3454
-or-
301-424-7651
-or-
240-314-0373

COMMUNITY OUTREACH SERVICES

For services in your home contact one of the following outpatient mental health clinics:

THRESHOLD SERVICES
(located in Silver Spring)
301-754-1102

ST. LUKE'S HOUSE, INC.
(located in Bethesda)
301-493-4200

FAMILY SERVICES AGENCY
(located in Gaithersburg)
301-340-8200

HEALTH AND HUMAN SERVICES

For general information related to services call:
DEPT OF HEALTH AND HUMAN SERVICES
240-777-1245

HOUSING

For information about public housing call:
CORE SERVICES AGENCY
240-777-1400
-or-
240-777-3338

COMMUNITY PROVIDERS

To access information and referrals about community mental health providers contact:
ACCESS TO CARE
240-777-1770

ABUSE

For general information related to services call:
ABUSED PERSONS PROGRAM
240-777-4210

ANGER MANAGEMENT

For information about anger management services call:
ANGER MANAGEMENT TECHNIQUES
301-963-2473

ADDICTION SERVICES

For information about outpatient addiction services call:
240-777-1680
-or-
240-777-1682

AGING & DISABILITY SERVICES

For information and assessments for adults in need of care to remain in own home or to return home from institutions:
HHS AGING & DISABILITY SERVICES
240-777-3000

SERVICES FOR CONSUMERS

For information about programs and support groups for people diagnosed with a mental illness contact:

NAMI MONTGOMERY COUNTY
301-949-5852

ON OUR OWN OF MONTGOMERY COUNTY
(located in Gaithersburg)
240-683-5555

SILVER SPRING DROP-IN CENTER
(located in Silver Spring)
301-589-2303 x 108

MENTAL HEALTH ASSOCIATION
301-424-0656

NAMI MONTGOMERY COUNTY

NAMI Montgomery County provides free services for consumers, their families and caregivers as well as the public. This includes a helpline, support groups, presentations and psycho-education classes. For more information about these services or other services available in Montgomery County contact:
301-949-5852