

# Community Mental Health Resources

**Counseling** provides a wonderful opportunity to increase self-awareness, improve how you feel, and provide skills to help tackle situations that may arise in the future. At the Goucher Student Counseling Center, our services are designed for immediate problems and short-term therapy (typically 1-12 sessions). If you are facing ongoing difficulties (6 months or longer) or if you have attended ongoing therapy in the past, it is likely that the Counseling Center will recommend that you establish a relationship with a provider in the community to ensure you have access to mental health treatment that is not limited.

**If you will be joining the Goucher community as a new student**, anticipate what your needs may be as you make this transition. While often exciting, this transition may also be stressful even under the best of circumstances. If you have had the ongoing support of a counselor, psychologist, or psychiatrist in the past, please anticipate that you will likely benefit from continued treatment at least during the first semester. In these instances, it is recommended you establish a relationship with a provider in the community. We encourage you to identify a provider before you arrive to ensure you have access to support in your first weeks of classes. An online resource that may be useful is <http://www.transitionyear.org/>.

## Finding a Community Provider

In the Towson and greater Baltimore area, there are many sources of high quality mental health treatment including private practitioners (licensed counselors, social workers, psychologists, psychiatrists, and psychiatric nurse practitioners), as well as larger establishments including Sheppard Pratt Health System and mental health programs affiliated with community hospitals.

The internet provides an amazing opportunity for you, as a consumer, to seek out a provider who best meets your needs. If using your health insurance, it may be best to start by contacting your insurance provider (call "Member" # on back of card; there may be a separate number for Behavioral Health/Mental Health) or searching their online database of paneled mental health providers. Therapists who are not paneled by your insurance company are often able to submit necessary documentation to help you get reimbursed through "out-of-network" benefits. To find a provider within walking distance of Goucher College, search the zip codes 21204 zip code.

In addition, the following may be helpful search engines to locate a provider:

Psychology Today: [http://therapists.psychologytoday.com/rms/prof\\_search.php](http://therapists.psychologytoday.com/rms/prof_search.php)

Maryland Psychological Association: <http://www.marylandpsychology.org/public/findapsychologist.cfm>

GoodTherapy: <http://www.goodtherapy.org/>

The listing is not exhaustive, but may provide a starting point in your search for a provider. **Please note that any inclusion here is not an endorsement.** These are clinicians in close proximity to Goucher's campus who have expressed willingness to work with Goucher students.

# Community Mental Health Resources

## Crisis Intervention, Emergencies, and Urgent Care

Office of Campus Safety  
Goucher College – Heubeck Hall  
(410) 337 – 6111/6112

St. Joseph’s Emergency Department  
7601 Osler Dr  
Towson, Maryland 21204  
(410) 337-1118  
Medical and Psychiatric Emergencies,  
Inpatient Psychiatric Care

Baltimore County Crisis Response System  
(410) 931-2214  
Urgent Medication Assessments, Clinics  
Emergency Appointments, Urgent Care  
and Mobile Crisis Team, Psychiatry, 24/7  
Hotline Support  
  
Medical-Psychiatry Services of  
Greater Baltimore Medical Center  
(GBMC)  
6701 North Charles St  
Baltimore, MD 21204  
(443) 849-2226  
Crisis Team: (443) 849 - 3172

Sheppard Pratt Health Systems  
6501 N. Charles St  
Towson, MD 21204  
(410) 938-5302  
Crisis Walk-In Clinic (CWIC)  
Direct Admission, Evaluation,  
Inpatient/ Intensive Outpatient, Not for  
medication evaluation  
Scheduled Crisis Intervention  
Program (SCIP)  
Monday-Friday 8:30am – 4:30pm

## Hotlines

Goucher Student Counseling  
Afterhours Line  
(855) 236-4278  
Available to all Goucher Students after  
5pm and on weekends.

National Suicide Prevention Lifeline  
1-800-273-8255

Baltimore County Crisis Response  
24 hour Hotline for Emergency Mental  
Health Services in Baltimore County  
(410) 931-2214

Maryland Youth Crisis Hotline  
1-800-422-0029

Baltimore Crisis Response, Inc.  
24 hour Crisis Intervention Hotline for  
Baltimore City  
410-433-5175

The Trevor Project Hotline  
LGBTQIA 24/7 Crisis Intervention  
Text, Call, Online Chat  
1-866-488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

## Domestic Violence & Sexual Assault

House of Ruth  
For Appointments: (410) 889-0840  
24 Hour Hotline: (410)889-7884  
Domestic Violence, Individual & Group  
Counseling, Advocacy Services, Shelter  
<http://www.hruth.org>

TurnAround, Inc.  
8503 LaSalle Rd, 2<sup>nd</sup> floor  
Towson, MD 21286  
For Appointments: (410)377-8111  
24 Hour Hotline: (443) 279-0379  
Individual & group counseling,  
Advocacy Services, Education  
<http://www.turnaroundinc.org/>

GBMC S.A.F.E.  
6701 N. Charles St  
Baltimore, MD 21204  
(443) 849-3323  
Forensic Exams, STI prevention,  
emergency contraception, MH  
referrals

# Community Mental Health Resources

## Group Practices and Clinical Centers

\*Multiple mental health professionals and possibly psychiatric services available in one location. Some centers offer expertise in certain clinical presentations. *Italicized centers accept United Health Care.*

*Psych Associates of Maryland, LLC*  
120 Sister Pierre Dr Suite 403  
Towson, MD 21204 (410) 823-6408  
<http://www.pamllc.us/index.htm>  
Psychiatry, Counseling, Psychological Testing, TMS  
Insurance: Accepts United Health Care and most insurances

*Everly Hildreth & Platman Behavioral Services, LLC*  
8814 Sandpiper Cr, Suite 215  
Baltimore, MD 21236  
[www.ehpllc.net](http://www.ehpllc.net)  
Therapy, Psychiatry, Psychological Testing  
Insurance: United Health Care, Carefirst BC/BS, Cigna, Medical Assistance

*The Mandala Center: Behavioral Health & Wellness*  
540 E Belvedere Ave, Suite 203  
Baltimore, MD 21212  
(443) 926-9115 ext. 1  
<http://themandalacenter.net/>  
Psychiatry, Psychotherapy, Yoga, Acupuncture  
Insurance: Accepts most major insurances, sliding scale fee

**Chesapeake Mental Health Collaborative**  
1010 Dulaney Valley Rd  
Towson, MD 21204  
(410) 567-1117  
[www.chesapeakementalhealthcollaborative.com/](http://www.chesapeakementalhealthcollaborative.com/)  
Individuals, Couples, Groups, Stress Reduction Courses, Yoga Insurance: Blue Cross Blue Shield, Affordable Counseling Program, sliding scale fee  
Within walking distance

**LifeSpring Counseling Services**  
828 Dulaney Valley Rd, Suite 12  
Towson, MD 21204  
(410) 205 – 2123  
[melissa@lifespringcounseling.net](mailto:melissa@lifespringcounseling.net)  
Group therapy, anger management, walk & talk, trauma, EMDR, depression, anxiety, ADHD, life transitions.  
Within walking distance

**Jones Falls Psyc Associates**  
828 Dulaney Valley Road, Suite 1  
Towson, MD 21204  
(410) 499 – 3324  
[office@jonesfallspsych.com](mailto:office@jonesfallspsych.com)  
Specialties: Educational and psychological testing, emerging adulthood  
Insurance: Out of Network  
Within walking distance

**DBT of TOWSON**  
408 Allegheny Ave  
Towson, MD 21204  
(410) 583-2367  
Dbtoftowson.com  
Skills Groups & Individual Therapy  
Insurance: Blue Cross Blue Shield, Cigna, Johns Hopkins EHP, and Johns Hopkins US Family Health Plan

**Greater Baltimore Counseling Center**  
1850 York Rd, Suite K  
Timonium, Maryland 21093  
(410) 760-9079  
[www.qbcc.com](http://www.qbcc.com)  
Individual & Group Therapy, Assessment & Testing, **Psychiatry**  
LGBTQIA Affirming, Gender-confirming surgery evaluations  
Insurance: Most major insurances, sliding scale fee

**Positive Changes Counseling Center**  
Ruxton Towers  
8415 Bellona Ln, Suite 203  
Towson, MD 21204  
Debbiedisney.com  
(443) 377-3145  
Individual & Group Therapy, Art-based, Emerging Adulthood, Eating Disorders  
Insurance: Most major insurances, sliding scale fee

**The Stone Foundation**  
320 E Towsontown Blvd, 2W  
Towson, MD 21286  
(410) 296-2004  
Thestonefoundation.com  
Individual, Group, Couples Counseling  
Insurance: Most major insurances, sliding fee scale

**The Resource Group**  
8501 LaSalle Rd, Suite 115  
Towson, MD 21286 (410) 337-7772  
<http://www.resourcegrp.org>  
Psychotherapy, DBT, Trauma, **Psychiatry**,  
Connected with Resource Connect  
Specialty: Addiction, Mood Disorders, Trauma  
Insurance: Carefirst BC/BS PPO, Cigna, Aetna

**Baltimore Therapy Group**  
1122 Kenilworth Dr, Suite 416  
Towson, MD  
(410) 451 - 5122  
hello@therapistsinbaltimore.com  
<https://www.therapistsinbaltimore.com/>

# Community Mental Health Resources

## Group Practices and Clinical Centers (cont.)

### CBT Baltimore

1212 York Rd, Suite A302

Lutherville, MD 21093

[www.cbtbaltimore.com](http://www.cbtbaltimore.com)

(443) 470-9815

Specialties: OCD Spectrum, Anxiety Disorders, Autism Spectrum, Phobias

Insurance: Out of Network

### The Women's Growth Center

5209 York Rd, #B12

Baltimore, MD 21212 (410) 532-2476

[www.womensgrowthcenter.com](http://www.womensgrowthcenter.com)

Individuals, couples, family and groups therapy for all on the gender continuum.

Insurance: Low cost, sliding fee scale

### Trauma Disorders Program

Sheppard Pratt

6501 N Charles Street

Towson, MD 21204

(410) 938-3584

[Traumaatsp.org](http://Traumaatsp.org)

Individual & Group Counseling, Inpatient treatment, Medication Management  
Specialties: Trauma, PTSD, Dissociative Symptoms

### Insight Wellness of Maryland

1615 York Road, Suite 300

Lutherville, MD 21093

(443) 470-9297

[www.callancounseling.com](http://www.callancounseling.com)

Specialties: Anxiety, Depression, Eating Disorders, Personality-related

Disorders Crisis Intervention, Trauma-Informed CBT, Relational Therapy

Insurance: Carefirst BC/BS,

Cigna, Magellan, Sliding fee scale

### Chase Brexton

Therapy, **Psychiatry**, Groups & Substance Abuse

Locations in Baltimore & Randallstown

(410) 837-2050

<http://www.chasebrexton.org/>

Therapy, Psychiatry, Groups and Substance Abuse, LGBTQIA Affirming

Insurance: Most major insurances, no insurance needed

### Loyola Clinical Center

5911 York Rd, Baltimore, MD 21212

(410) 617-1200

<http://www.loyola.edu/departments/clinical-centers>

Counseling & Psychoeducational Testing

Insurance: Sliding Scale Fee

### The Counseling Center

602 Providence Rd

Towson, MD 21286

(410) 583-7443

[www.towsoncounselingcenter.com](http://www.towsoncounselingcenter.com)

Group counseling, anxiety, depression, trauma, EMDR

Insurance: Out of Network

### New Perspectives

Galleria Towers

1447 York Rd, Suite 802

Lutherville, MD 21093

[www.nperspectives.com](http://www.nperspectives.com)

### Kristy Council, LCSW-C (Group Practice)

120 Sister Pierre Drive, Suite 204 &

7600 Osler Drive, Suite 206

Towson, MD 21204

(443) 857 – 0996 (text or call)

Specialties: ADHD, Executive Functioning, Eating Disorders, Grief & Loss, Women's Health, Substance Abuse

Insurance: Out of Network, Sliding Scale Psychotherapy and **Psychiatry**

### Anxiety and Stress Disorders Institute (ASDI)

Gibson Building

6525 N. Charles St, Suite 224

Towson, MD 21204

(410) 938-8449

[www.anxietyandstress.com](http://www.anxietyandstress.com)

Anxiety disorders, OCD, phobias, panic, trauma and stress related disorders

Insurance: Medicare and Out of Network

### Pro Bono Counseling Project

110 West Rd #202

Towson, MD 21204

(410) 825-1001

<http://probonocounseling.org/>

### Renfrew Center

1122 Kenilworth Dr

Suite 105

Towson, MD 21204

1-800- RENFREW (736-3739)

Specialties: Eating disorders, Females Only Residential, Intensive Outpatient

Insurance: Most major insurance companies, PPO

### The Center for Eating Disorders at Sheppard Pratt

Physician's Pavilion North

6535 N. Charles St

Towson, MD 21204

(410) 938-5242

Expressive & Motivational Therapy, CBT, DBT, Intensive Outpatient, Partial Hospitalization

Insurance: Carefirst BC/BS, Tricare, Aetna, Out of Network

# Community Mental Health Resources

## Community Clinicians

\*Independently practicing social workers, counselors, and psychologists with differing areas of expertise and theoretical approaches to counseling. *Italicized individuals accept United Health Care*

**James Abrams, LCPC, LAC**  
5708 Newbury St., Suite 2A,  
Baltimore, MD, 21209  
(720) 432-5680  
<https://www.jamescoleabrams.com/>  
Specialties: Emerging adulthood,  
Substance Abuse, Addiction,  
Compulsive Behavior, Group Therapy  
Insurance: Out of Network, Sliding  
Scale  
Located near light rail stop

**Robin Ciotti, PhD**  
1104 Kenilworth Dr, Suite 301  
Towson, MD 21204  
(410) 583-8892  
<http://robinciottiphd.com/>  
Specialties: Eating Disorders, Anxiety  
LGBTQIA affirming, learning disorders  
Insurance: Out of Network

**Candace Ellrich, LCPC**  
1400 Front Ave, Suite 305  
Lutherville, MD 21093  
(410) 292-1115  
candance@charmcitycounseling.com  
Specialties: PTSD, LGBTQIA affirming,  
relationship, identity, grief, life  
transitions, IPT, Psychodynamic, CBT,  
DBT, Mindfulness  
Insurance: EHP, out of network billing

**Kathy Haerian, LCSW-C**  
744 Dulaney Valley Rd, Suite 9  
Towson, MD 21204  
(410)245-1304  
Specialties: Eating Disorders, General  
Mental Health Concerns  
Within walking distance

**Jackie Dressel, LCPC**  
Towson, MD 21204  
(410) 469-6217  
Specialties: Trauma, Substance Abuse,  
Relationships, Life transitions, DBT  
Insurance: Carefirst BC/BS, Cigna, Sliding  
Scale

**Cassandra Ekstrom, LCSW-C**  
443-451-5122  
[cassie@therapistsinbaltimore.com](mailto:cassie@therapistsinbaltimore.com)  
therapistsinbaltimore.com  
Specialties: CBT, mindfulness-based  
stress reduction, DBT, anxiety, depression,  
addiction, trauma, LGBTQIA affirming, IPT  
group

**Nancy Fiorentino, PsyD**  
28 Allegheny Ave, Suite 507  
Towson, MD 21204  
(410) 296-7098  
Specialties: Trauma Expert, Relationship  
Issues, Depression, Anxiety, CBT, Solution-  
focused, Psychodynamic, Interpersonal

**Lauren Gilbert, LCPC**  
305 W Chesapeake Ave, Suite 501  
Towson, MD 21204  
(410) 417-7464  
[laurengilbertcounseling@gmail.com](mailto:laurengilbertcounseling@gmail.com)  
Specialties: Anxiety, Depression, Life  
transitions, College, PTSD  
CBT, Psychodynamic, DBT, Attachment

**Michael Gugerty, Psy. D**  
6525 N Charles Street  
Towson, MD 21204  
(443) 991 – 5938  
Specialties: Depression, Anxiety, Life  
Transitions, Psychological Testing, Autism  
Spectrum/Neuro Diversity  
Insurance: Out of Network, Sliding Scale

**Sam Chan, LCSW**  
New Perspectives  
Galleria Towers  
1447 York Rd, Suite 802  
Lutherville, MD 21093  
(410) 429-3483  
[www.nperspectives.com](http://www.nperspectives.com)

**Corey M. Davis, Psy. D**  
1400 Front Ave. Suite 305  
Lutherville, MD 21093  
(908) 489-0551  
[coreydavispsyd@gmail.com](mailto:coreydavispsyd@gmail.com)  
Insurance: BlueCross BlueShield

**Jaime Fenton, PhD**  
Towson Therapy Collaborative  
405 Allegheny Ave  
Towson, MD 21204  
(443) 602-6424  
[jfentonphd@gmail.com](mailto:jfentonphd@gmail.com)  
towsontherapycollaborative.com  
Specialties: Anxiety, Body image, Eating  
disorders, Depression, Self-esteem,  
Relationships, LGBTQIA  
CBT, Interpersonal, Psychodynamic,  
Mindfulness  
Insurance: EHP, BC/BS, Magellan

**Jon Gorman, PsyD**  
Towson Therapy Collaborative  
405 Allegheny Ave  
Towson, MD 21204  
(443) 608-5600  
drjongorman@gmail.com  
www.towsontherapycollaborative.com  
Specialties: College students, anxiety,  
depression, body image  
Insurance: Carefirst Plans

# Community Mental Health Resources

Community Clinicians (cont).

**Elizabeth Harring, LCSW-C**

Chesapeake Behavioral Health Services  
Baltimore, MD 21214

(410) 343-9201

[www.cbhtherapists.com](http://www.cbhtherapists.com)

Specialties: Depression, anxiety,  
LGBTQIA+ affirming, emerging adulthood  
Insurance: BC/BS, EHP

**Tavi Hawn (they/them)**

5717 Falls Road

Balto, MD 21209

(919) 282-7376

[Hawntherapyandconsulting.com](http://Hawntherapyandconsulting.com)

Specialties: Trans and gender non-  
conforming individuals, oppressed  
populations, trauma, DBT, EMDR  
Insurance: Out of Network, limited  
sliding scale slots for trans POC

**Julie McKenna, PhD**

828 Dulaney Valley Rd, Suite 4  
Towson, MD 21204

443-386-0535

<http://www.juliemckennaphd.com/>

Specialities: Depression, Anxiety,  
Relationships, Sexual Assault, Trauma, IPT,  
CBT

Insurance: Out of Network

**Within Walking Distance**

**Jaime Kaplan, PsyD**

8415 Bellona Ave, Suite 107  
Towson, MD 21294

410-291-1779

Specialties: Eating Disorders, College  
Students

Insurance: Out of Network

**Tanya Morrel, PhD**

222 Bosley Ave., Suite A5  
Towson, MD 21204

(443) 722-6700

<http://www.acceptandcommit.com/>

Specialties: Anxiety, Depression, ADHD,  
Chronic Pain, Life Transitions  
Mindfulness-based, CBT, ACT

Insurance: Medicare, Out of Network

**Dustin Sentz, PsyD**

1107 Kenilworth Drive, Suite 208

Towson, MD 21204

(410) 881 - 0471

Specialties: Depression, Anxiety, Grief &  
Bereavement, Relationships

CBT, ACT, Interpersonal, Humanistic

Insurance: Carefirst BC/BS, Cigna, EHP,  
Medicare

**Mary Seidel, LCPC**

204 E Joppa Road  
Towson, MD 21286

(443) 495 – 7551

[Seidelcounseling.com](http://Seidelcounseling.com)

Specialties: trauma, loss, addiction,  
eating disorder, gender dysphoria,  
LGBTQIA affirming

Insurance: BCBS, EHP, Magellan, Cigna,  
sliding scale

**Bobby E. Vann, Jr., LCPC**

8415 Bellona Ln, Suite 215  
Towson, Maryland 21204

(410) 844-5192

<http://bobbyvanncounseling.com/>

Specialties: Emerging adulthood,  
performance, social anxiety

Insurance: Out of Network, sliding scale

**Jonathan Mattanah, PhD**

28 Allegheny Ave, Suite 507  
Towson, MD 21252

(410) 704-3208

[www.jonathanmattanah.com](http://www.jonathanmattanah.com)

Specialties: Anxiety Disorders,  
Transitions, Mood Disorders,  
Substance-Related Disorders

CBT, Exposure Therapy, Mindfulness,  
Insight-oriented

Insurance: Out of Network

**Emily Samuelson, Ph.D.**

Towson, MD 21204

(667) 206-3558

Specialties: Trauma Expert, Relationship  
Issues, Coping Skills, Self-Esteem

EMDR, EFT, Family Systems

Insurance: Out of Network

**Jacqueline Stilling, LCPC**

Towson, MD 21204

(410) 846 - 0624

[jstillinglcpc@gmail.com](mailto:jstillinglcpc@gmail.com)

Specialties: Transitions, Anxiety, Past  
Trauma, Depression, Grief, Women's  
Issues

Insurance: Carefirst BC/BS PPO, Cigna,  
EHP

**Christy Wooton, LCSW-C**

3811 Canterbury Road  
Baltimore, MD 21218

(443) 845 – 8319

Insurance: BC/BS, Cigna, United Health  
Care

# Community Mental Health Resources

## Psychiatrists and Psychiatric Nurse Practitioners

Medical professional competent in psychopharmacology. *Italicized* individuals and practices accept United Health Care.

*Psych. Associates of Maryland, LLC*  
120 Sister Pierre Dr., Suite 403  
Towson, MD 21202  
(410) 823-6408  
*Pamllc.us*  
*Insurance: Most major insurances*

PsycNP Wellness Center, LLC  
658 Kenilworth Dr, Suite 206  
Towson, MD 21204  
(443) 847-7550  
Psychmpllc.com  
Insurance: Aetna, Cigna, EHP  
Psychiatry and Psychotherapy

*White Marsh Psychiatric Associates*  
5024 Campbell Blvd  
Baltimore, MD 21236 (410)  
931-2180  
*Insurance: Most major insurances*  
*Psychiatry and Psychotherapy*

Dave Adeleye, DNP, CRNP  
828 Dulaney Valley Rd, Suite 14  
Towson, MD 21204  
443-991-8093  
Insurances: BlueCross BlueShield,  
Medicaid, Medicare, United Health Care  
Within walking distance

Joan Bielefeld, MD  
1122 Kenilworth Dr, Suite 315  
Towson, MD 21204  
(410) 823-1600  
Insurance: Out of Network

Charlotte Coates-Wilkes, MD  
8417 Bellona Ln, Suite 102  
Towson, MD 21204  
(410) 449-4915  
Insurance: Aetna, United Health Care,  
Private Health Care Systems

Andrew G. Feinberg, MD  
1104 Kenilworth Dr, Suite 209  
Towson, MD 21204  
(410) 825-6666  
Insurance: Out of Network

Elizabeth Hughes, CRNP  
309 W Pennsylvania Ave  
Towson, MD 21204  
(443) 844 - 4886  
Counseling & Acudetox  
Insurance: Sliding Scale Fee and Out of  
Network

Mohamad Haerian, MD  
(410) 245-1304  
Insurance: Out of Network

Brian Siegel, MD  
205 E. Joppa Rd, Suite 103  
Towson, MD 21286  
(410) 296-3448  
Insurance: Out of Network

Robert Schreter, MD  
2360 Joppa Road, #222  
Timonium, MD 21093  
(410) 494 - 9222  
Insurance: Out of Network

Dominic Maxwell, MD  
1122 Kenilworth Dr, Suite 202  
Towson, MD 21204  
(410) 583 - 5755  
Psychiatry and Psychotherapy  
Depression & Anxiety, Emerging adults  
Insurance: Out of Network

Questions to Consider Asking:

Is clinician/center accepting new clients?

With what insurances are they paneled?

What is the copay for a session?

Are sliding scale fees offered?

If out of network, do they assist with reimbursement claims?