

# 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 <https://www.settogo.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 a willingness to work with Goucher students.

# Community Mental Health Resources

## **Crisis Intervention, Emergencies & 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

### **Greater Baltimore Medical Center (GBMC)**

6701 North Charles St  
Baltimore, MD 21204  
(443) 849-2226  
Crisis Team: (443) 849 – 3172

### **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

### **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. 24/7 During  
Remote Learning

### **Baltimore County Crisis Response**

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

### **Baltimore Crisis Response, Inc.**

24 hour Crisis Intervention Hotline for  
Baltimore City  
410-433-5175

### **National Suicide Prevention Lifeline**

1-800-273-8255

### **The Trevor Project Hotline**

LGBTQIA 24/7 Crisis Intervention  
Text, Call, Online Chat  
1-866-488-7386  
[trevorproject.org](http://trevorproject.org)

## **Intimate Partner & Gender-based Violence**

### **House of Ruth**

For Appointments: (410) 889-0840  
24 Hour Hotline: (410)889-7884  
Domestic Violence, Individual & Group  
Counseling, Advocacy Services, Shelter  
[hruth.org](http://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  
[turnaroundinc.org/](http://turnaroundinc.org/)

### **GBMC S.A.F.E.**

6701 N. Charles St  
Baltimore, MD 21204  
(443) 849-3323  
Forensic Exams, STI prevention,  
emergency contraception, counseling  
referrals

# Community Mental Health Resources

## **General Mental Health Providers**

### **Psych Associates of Maryland, LLC**

120 Sister Pierre Dr Suite 403

Towson, MD 21204

(410) 823-6408

[pamllc.us](http://pamllc.us)

Psychiatry, Counseling, Psychological Testing, TMS, ABA

Insurance: Accepts United Healthiness Care and most insurances

### **The Women's Health Center at Psych Associates of Maryland**

120 Sister Pierre Dr Suite 403

Towson, MD 21204

410-823-6408

[wmhc@pamllc.us](mailto:wmhc@pamllc.us)

All female providers, mood & anxiety disorders, medication management, reproductive psychiatry/psychopharmacology

### **The Mandala Center: Behavioral Health & Wellness**

540 E Belvedere Ave, Suite 203

Baltimore, MD 21212

(443) 926-9115 ext. 1

[themandalacenter.net/](http://themandalacenter.net/)

Psychiatry, Psychotherapy,

Yoga, Acupuncture,

Nutritionists

Insurance: Accepts most major

insurances, sliding scale fee

### **Positive Changes Counseling Center**

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

### **Joining With Empathy, LLC**

[joining-with-empathy-llc.business.site](http://joining-with-empathy-llc.business.site)

### **New Perspectives**

1447 York Rd, Suite 802

Lutherville, MD 21093

410-823-3344

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

### **Baltimore Therapy Group**

1122 Kenilworth Dr, Suite 416

Towson, MD

(410) 451 - 5122

hello@therapistsinbaltimore.com

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

### **Insight Wellness of Maryland**

1615 York Road, Suite 300

Lutherville, MD 21093

(443) 470-9297

[callancounseling.com](http://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

### **Loyola Clinical Center**

5911 York Rd, Baltimore, MD 21212

(410) 617-1200

[www.loyola.edu/department/clinical-centers](http://www.loyola.edu/department/clinical-centers)

Counseling & Psychoeducational Testing

Insurance: Sliding Scale Fee

### **Sam Chan, LCSW**

New Perspectives Galleria Towers

1447 York Rd, Suite 802

Lutherville, MD 21093

(410) 429-3483

[nperspectives.com](http://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

### **James Abrams, LCPC, LAC**

5708 Newbury St., Suite 2A,

Baltimore, MD, 21209

(720) 432-5680 (teletherapy)

[jamescoleabrams.com/](http://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

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

Specialties: Eating Disorders, Anxiety LGBTQIA affirming, learning disorders

Insurance: Out of Network

### **Corey M. Davis, PsyD**

1400 Front Ave. Suite 305

Lutherville, MD 21093

(908) 489-0551

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

Insurance: BlueCross BlueShield

## Community Mental Health Resources

### **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

therapistsinbaltimore.com

Specialties: CBT, mindfulness-based stress reduction, DBT, anxiety, depression, addiction, trauma, LGBTQIA affirming, IPT group

### **Candace Ellrich, LCPC**

1400 Front Ave, Suite 305

Lutherville, MD 21093

(410) 292-1115

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

Specialties: PTSD, LGBTQIA affirming, relationship, identity, grief, life transitions, IPT, Psychodynamic, CBT, DBT, Mindfulness

Insurance: EHP, out of network billing

### **Jaime Fenton, PhD**

Towson Therapy Collaborative

405 Allegheny Ave Towson, MD 21204

(443) 602-6424

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

Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA

CBT, Interpersonal, Psychodynamic, Mindfulness

Insurance: EHP, BC/BS, Magellan

### **Allyson Nedzbala, LCSW-C**

Teletherapy Only

410-291-1035

Coping skills, young adult, life transition

Out of Network, College discount

### **Nancy Fiorentino, PsyD**

28 Allegheny Ave, Suite 507

Towson, MD 21204 (410) 449-4690 x 1

Specialties: Trauma Expert, Relationship Issues, Depression, Anxiety, CBT, Solution- focused, Psychodynamic, Interpersonal

### **Jean Wyman, LCSW-C**

6525 N. Charles Street

The Gibson Building Office 132

Towson, MD 21204

410-433-1582

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

Insurance: BCBS, EHP, Cigna

### **Jon Gorman, PsyD**

Towson Therapy Collaborative

405 Allegheny Ave Towson, MD 21204

(443) 608-5600

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

Specialties: College students, anxiety, depression, body image

Insurance: Carefirst Plans

### **Michael Gugerty, PsyD**

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

### **Chona Green, PsyD**

10635 York Road 2<sup>nd</sup> Floor

Cockeysville, MD 21030

410-635-1013

[chonagreen@thegreengarden.com](mailto:chonagreen@thegreengarden.com)

young adult, life transition, depression,

holistic health, anxiety

Insurance: Out of Network

### **Elizabeth Harring, LCSW-C**

Chesapeake Behavioral Health Services

Baltimore, MD 21214

(410) 343-9201

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

Specialties: Depression, anxiety, LGBTQIA+ affirming, emerging adulthood

Insurance: BC/BS, EHP

### **Jonathan Mattanah, PhD**

28 Allegheny Ave, Suite 507

Towson, MD 21252

(410) 704-3208

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

Specialties: Anxiety Disorders, Transitions, Mood Disorders, Substance-Related Disorders, CBT, Exposure Therapy, Mindfulness, Insight-oriented

Insurance: Out of Network

### **Tanya Morrel, PhD**

222 Bosley Ave., Suite A5

Towson, MD 21204

(443) 722-6700 (teletherapy)

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

Specialties: Anxiety, Depression, ADHD, Chronic Pain, Life Transitions

Mindfulness-based, CBT, ACT

Insurance: Medicare, Out of Network

### **Mary Seidel, LCPC**

204 E Joppa Road

Towson, MD 21286

(410) 495 – 7551

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

Specialties: trauma, loss, addiction, eating disorders, gender dysphoria, LGBTQIA+ affirming

# Community Mental Health Resources

## Within Walking Distance

### **Chesapeake Mental Health Collaborative**

1010 Dulaney Valley Road  
Towson, MD 21204  
[www.cmhcweb.com/](http://www.cmhcweb.com/)  
Individuals, Couples, Groups, Stress Reduction Course, Yoga  
Insurance: BC/BS, Affordable Counseling Program, Sliding Scale Fee

### **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.

### **Kathy Haerian, LCSW-C**

744 Dulaney Valley Rd, Suite 9  
Towson, MD 21204 (410)245-1304  
[kathytherapy.com](http://kathytherapy.com)  
Specialties: Eating Disorders, General Mental Health Concerns, Psychiatry

### **Jones Falls Psych 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

### **Julie McKenna, PhD**

828 Dulaney Valley Rd, Suite 4  
Towson, MD 21204  
443-386-0535  
[juliemckennaphd.com/](http://juliemckennaphd.com/)  
Specialties: Depression, Anxiety, Relationships, Sexual Assault, Trauma, IPT, CBT  
Insurance: Out of Network

## Specialty Treatment

### **DBT of TOWSON**

408 Allegheny Ave  
Towson, MD 21204  
(410) 583-2367  
[Dbtoftowson.com](http://Dbtoftowson.com)  
Skills Groups & Individual Therapy  
Insurance: Blue Cross Blue Shield, Johns Hopkins EHP, out of network for group services

### **CBT Baltimore**

1212 York Rd, Suite A302  
Lutherville, MD 21093  
[cbtbaltimore.com](http://cbtbaltimore.com)  
(443) 470-9815  
Specialties: OCD Spectrum, Anxiety Disorders, Autism Spectrum, Phobias  
Insurance: Out of Network

### **Trauma Disorders Program at Sheppard Pratt**

6501 N Charles Street  
Towson, MD 21204  
(410) 938-3584  
[Traumaatp.org](http://Traumaatp.org)  
Individual & Group Counseling, Inpatient treatment, Medication Management  
Specialties: Trauma, PTSD, Dissociative Disorders

### **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**

6535 N. Charles St  
Towson, MD 21204  
(410) 938-5242  
Intensive Outpatient, Partial Hospitalization  
Insurance: Carefirst BC/BS, Tricare, Aetna, Out of Network

# Community Mental Health Resources

## Identity-Affirming Practices

### **Greater Baltimore Counseling Center**

1850 York Rd, Suite K Timonium, Maryland 21093 (410) 760-9079

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

Individual & Group Therapy, Assessment & Testing, **Psychiatry**, LGBTQIA Affirming, Gender-confirming surgery, evaluations  
Insurance: Most major insurances, sliding scale fee

### **Hawn Therapy and Consulting**

5717 Falls Road  
Balto, MD 21209  
(919) 282-7376

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

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

### **The Women's Growth Center**

5209 York Rd, #B12  
Baltimore, MD 21212  
(410) 532-2476

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

Individuals, couples, family and groups therapy for all on the gender continuum. Insurance: Low cost, sliding fee scale

## Low Cost Options

### **The Women's Growth Center**

5209 York Rd, #B12  
Baltimore, MD 21212  
(410) 532-2476

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

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

### **Chase Brexton**

Therapy, **Psychiatry**, Groups & Substance Abuse  
Locations in Baltimore & Randallstown  
(410) 837-2050

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

Therapy, Psychiatry, Groups and Substance Abuse, LGBTQIA Affirming  
Insurance: Most major insurances, no insurance needed

### **Pro Bono Counseling Project**

(410) 825-1001  
[probonocounseling.org/](http://probonocounseling.org/)

## Psychiatrists and Psychiatric Nurse Practitioners

### **Psych. Associates of Maryland, LLC**

120 Sister Pierre Dr., Suite 403  
Towson, MD 21202  
(410) 823 - 6408

[Pamllc.us](http://Pamllc.us)

### **Dave Adeleye, DNP, CRNP**

828 Dulaney Valley Rd, Suite 14  
Towson, MD 21204  
443-991-8093

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

Insurances: BlueCross BlueShield, Medicaid, Medicare, United Health Care. Within Walking Distance.

### **Brian Siegel, MD**

205 E. Joppa Rd, Suite 103  
Towson, MD 21286  
(410) 296-3448

Insurance: Out of Network

### **Mohamad Haerian, MD**

(410) 245-1304  
Insurance: Out of Network  
Within Walking Distance.

### **Elizabeth Hughes, CRNP**

309 W Pennsylvania Ave  
Towson, MD 21204  
(443) 844 – 4886

Counseling & Acudetox

Insurance: Sliding Scale Fee and Out of Network

### **Robert Schreter, MD**

2360 Joppa Road, #222  
Timonium, MD 21093  
(410) 494 – 9222

Insurance: Out of Network

## Community Mental Health Resources

### **Dominic Maxwell, MD**

1122 Kenilworth Dr, Suite 202 Towson, MD 21204  
(410) 583 – 5755  
dominicmaxwellmd.com  
Psychiatry and Psychotherapy

### **PsychNP Wellness Center, LLC**

658 Kenilworth Dr, Suite 206  
Towson, MD 21204  
(410) 847 - 7550  
Psyncnpllc.com  
Insurance: Aetna, Cigna, EHP, BC/BS  
Psychiatry and Psychotherapy  
Within Walking Distance

### **The Women's Mental Health Center**

St. Joseph's Hospital  
120 Sister Pierre Drive  
Towson, MD 21202  
410-823-6408  
[wmhc@pamllc.us](mailto:wmhc@pamllc.us)

### **Joan Bielefeld, MD**

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

### **White Marsh Psychiatric Associates**

5024 Campbell Blvd  
Baltimore, MD 21236  
(410) 931 - 2180  
Whitemarshpsych.com  
Insurance: Most major insurances  
Psychiatry and Psychotherapy

### **Jeaninne Blackwell, CRNP**

Chesapeake Mental Health Collaborative  
1010 Dulaney Valley Road  
Towson, MD 21204  
410-567-1117 ext. 706  
[blackwell@cmhcweb.com](mailto:blackwell@cmhcweb.com)  
Within walking distance