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/](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:

- GoodTherapy: [http://www.goodtherapy.org/](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

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 hru-th.org

TurnAround, Inc.
8503 LaSalle Rd, 2nd floor
Towson, MD 21286
For Appointments: (443)377-8111
24 Hour Hotline: (443) 279-0379
Individual & group counseling, Advocacy Services, Education 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](mailto: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](http://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
  [robin-ciotti-md.com](http://robin-ciotti-md.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
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
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
Insurance: BCBS, EHP, Cigna

Jon Gorman, PsyD
Towson Therapy Collaborative
405 Allegheny Ave Towson, MD 21204
(443) 608-5600
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 2nd Floor
Cockeysville, MD 21030
410-635-1013
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
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
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/
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) 495-6722
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/
- 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
- 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
- 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
- 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/
- 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
- 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
(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
Traumaatsp.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
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
Hawntherapyandconsulting.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
Individuals, couples, family and groups therapy for all on the gender continuum.

Low Cost Options

The Women’s Growth Center
5209 York Rd, #B12
Baltimore, MD 21212
(410) 532-2476
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/
Therapy, Psychiatry, Groups and Substance Abuse, LGBTQIA Affirming
Insurance: Most major insurances, no insurance needed

Pro Bono Counseling Project
(410) 825-1001
probonocounseling.org/

Psychiatrists and Psychiatric Nurse Practitioners

Psych. Associates of Maryland, LLC
120 Sister Pierre Dr., Suite 403
Towson, MD 21202
(410) 823 - 6408
Pamlc.us

Dave Adeleye, DNP, CRNP
828 Dulaney Valley Rd, Suite 14
Towson, MD 21204
443-991-8093
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  
Psycnplic.com  
Insurance: Aetna, Cigna, EHP, BC/BS  
Psychiatry and Psychotherapy  
Within Walking Distance

**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

**The Women’s Mental Health Center**  
St. Joseph’s Hospital  
120 Sister Pierre Drive  
Towson, MD 21202  
410-823-6408  
wmhc@pamllc.us

**Jeaninne Blackwell, CRNP**  
Chesapeake Mental Health Collaborative  
1010 Dulaney Valley Road  
Towson, MD 21204  
410-567-1117 ext. 706  
blackwell@cmhcweb.com  
Within walking distance