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:

- 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

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, 2nd 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

Goucher College Student Counseling Center
1021 Dulaney Valley Road Baltimore, MD 21204
Phone: 410-337-6481 Fax: 410-337-6005
Updated 1.24.2020
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.pamlc.us/index.htm
Psychiatry, Counseling, Psychological Testing, TMS
Insurance: Accepts United Health Care and most insurances

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

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

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

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

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.
Within walking distance

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

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

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

Jones Falls Psyc 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
Within walking distance

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

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

Goucher College Student Counseling Center
1021 Dulaney Valley Road Baltimore, MD 21204
Phone: 410-337-6481    Fax: 410-337-6005
Updated 1.24.2020
Community Mental Health Resources

Group Practices and Clinical Centers (cont.)

CBT Baltimore
1212 York Rd, Suite A302
Lutherville, MD 21093
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
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
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
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 insurance, no insurance needed

Loyola Clinical Center
5911 York Rd, Baltimore, MD 21212
(410) 617-1200
http://www.loyola.edu/department/clinical-centers
Counseling & Psychoeducational Testing
Insurance: Sliding Scale Fee

The Counseling Center
602 Providence Rd
Towson, MD 21286
(410) 583-7443
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

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
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

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
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
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

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

Jaime Fenton, PhD
Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
(443) 602-6424
fentonphp@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
drjorgorman@gmail.com
www.towsontherapycollaborative.com
Specialties: College students, anxiety, depression, body image
Insurance: Carefirst Plans

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

Goucher College Student Counseling Center
1021 Dulaney Valley Road Baltimore, MD 21204
Phone: 410-337-6481    Fax: 410-337-6005
Updated 1.24.2020
Community Mental Health Resources

Community Clinicians (cont.)

Elizabeth Harring, LCSW-C
Chesapeake Behavioral Health Services
Baltimore, MD 21214
(410) 343-9201
www.cbhtherapists.com
Specialties: Depression, anxiety, LGBTQIA+ affirming, emerging adulthood
Insurance: BC/BS, EHP

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
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.jonathannattanah.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
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  
Pamlic.us  
Insurance: Most major insurances

**Dave Adeleye, DNP, CRNP**  
828 Dulaney Valley Rd, Suite 14  
Towson, MD 21204  
443-931-8093  
Insurances: BlueCross BlueShield, Medicaid, Medicare, United Health Care  
Within walking distance

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

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

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

**Joan Bielefeld, MD**  
1122 Kenilworth Dr, Suite 315  
Towson, MD 21204  
(410) 823-1600  
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

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

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

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

**Mohamad Haerian, MD**  
(410) 245-1304  
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?