

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 through private practitioners (licensed counselors, social workers, psychologists, psychiatrists, and psychiatric nurse practitioners) and 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 the “Member” # on the back of the 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 21204 zip code.

In addition, the following may be helpful in locating a provider:

Psychology Today: 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, and Urgent Care

Office of Public 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 8:30 a.m. – 4:30 p.m.

Hotlines

Goucher Student Counseling Afterhours Line

855-236-4278
Available to all Goucher Students after
5 p.m. and on weekends.

National Suicide Prevention Lifeline

1-800-273-8255

Maryland Youth Crisis Hotline

1-800-422-0029

Baltimore County Crisis Response

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

National Crisis Textline

Text 741741

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

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

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/

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

410-657-2324

LCSBaltimore@gmail.com

Group therapy, anger management, walk & talk, trauma, EMDR, depression, anxiety, ADHD, life transitions.

Within walking distance

Jones Falls 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

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.gbccc.com

Individual & Group Therapy, Assessment & Testing

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

<https://www.therapistsinbaltimore.com/>

New Perspectives

Galleria Towers

1447 York Rd, Suite 802

Lutherville, MD 21093

www.nperspectives.com

Community Mental Health Resources

Group Practices and Clinical Centers (cont.)

CBT Solutions of 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

New Perspectives

Galleria Towers
1447 York Rd, Suite 802
Lutherville, MD 21093

www.nperspectives.com

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

Chase Brexton

Therapy, **Psychiatry**, Groups and 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

Group counseling, anxiety, depression, trauma, EMDR

Insurance: Out of Network

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.*

Katia Callan, LCSW-C

Insight Wellness of Maryland
1122 Kenilworth Dr, Suite 109
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

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

Claudia Cameron, LCSW-C

205 E Joppa Rd, Suite 103
Towson, MD 21286
410-983-3722 ext. 3
Specialties: Anxiety, depression, women's issues, trauma, Art Therapy, EMDR
Insurance: Out of Network

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

28 Allegheny Ave, Suite 507
Towson, MD 21204
410-417-7464
laurengilbertcounseling@gmail.com
Specialties: Anxiety, Depression, Life transitions, College, PTSD
CBT, Psychodynamic, DBT, Attachment

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
jfentonphd@gmail.com
towsontherapycollaborative.com
Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA affirming
Insurance: EHP, BC/BS, Magellan

Jayme Fund, LCSW

Garnering Change Psychotherapy
304 East Pennsylvania Avenue 2nd Floor
Towson, MD 21286
410-616-1834
garneringchange.net
Specialties: Emerging adulthood, substance use, trauma

Jon Gorman, PsyD

Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
443-608-5600
drjongorman@gmail.com

Community Mental Health Resources

Community Clinicians (cont).

Tavi Hawn (they/them)

405 Allegheny Ave
Towson, MD 21204
919-282-7376
Hawntherapyandconsulting.com
Specialties: Trans and gender non-conforming individuals, 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

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.

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 fee

Jamie 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

Judy Ward, PsyD

The Gibson Building
6501 N. Charles St
Towson, MD
410-938-4989
Specialties: Panic Disorders, Phobias, Eating Disorders, Trauma, Behavioral, Relational, Solution-focused, CBT, eclectic
Insurance: United Health Care, Most Major Insurances

Jon Gorman (cont)

www.towsontherapycollaborative.com
Specialties: College students, anxiety, depression, body image
Insurance: Carefirst Plans

Jonathan Mattanah, PhD

28 Allegheny Ave, Suite 507
Towson, MD 21252
410-704-3208
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.

28 Allegheny Ave
Towson, MD 21204
410-296-7715
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

Jennifer Wilson, LCSW, LCADC

101 W. Ridgely Road, Suite 8A
Lutherville, MD 21093
410-495-7551
Specialties: Addiction, Family Conflict
Insurances: United Health Care, Aetna, Blue Cross Blue Shield, Cigna, others

Community Mental Health Resources

Psychiatrists and Psychiatric Nurse Practitioners

Medical professionals 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*

Insurance: Most major insurances

Dave Adeleye, DNP, CRNP

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

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

Psychiatrist

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

Insurance: Out of Network

PsycNP Wellness Center, LLC

658 Kenilworth Dr, Suite 206
Towson, MD 21204
443-847-7550

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

Psychiatric Nurse Practitioner

309 W Pennsylvania Ave
Towson, MD 21204
443-844-4886

Counseling & Acudetox

Insurance: Sliding Scale Fee and Out of
Network

Robert Schreter, MD

Psychiatrist

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

Dr. Mohamad Haerian, MD

Psychiatrist

410-245-1304

Insurance: Out of Network

Questions to Consider Asking:

Is the 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?