## Support for Individuals with Mental Illness



A support group for people living with a mental health condition. This group encourages empathy, productive discussion and a sense of community.

Meets 3rd Tuesday of each month 7 PM-8:30 PM The Evangelical Lutheran Church 35 E Church St, Frederick, Md.

### **Way Station Support Group**

for people with mental illness and their families

301-662-0099 www.waystationinc.org

Meets 4th Tuesday of each month 6:30 PM-8:00 PM 230 W Patrick St, Frederick, Md.

#### On Our Own of Frederick

a nonprofit organization offering peer support, advocacy, education and social opportunities

301-620-0555 www.onourownfrederick.com 331 W Patrick St, Frederick, Md.

Please note the meeting times and locations in this brochure are subject to change.

For the most up-to-date information, visit www.namifrederick.org or call 240-379-6186.

## Support for Family Members of Those with Mental Illness



Gain insight from the challenges and successes of others facing similar circumstances. By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships.

Meets 1st Thursday of each month 7 PM-8:30 PM Good Shepherd Lutheran Church 1415 W 7th St, Frederick, Md.

#### AND

Meets 3rd Wednesday of each month 6:30 PM-8:00 PM All Saints Episcopal Church 106 W Church St, Frederick, Md.

For more information about NAMI Frederick County support groups, contact:

SupportGroups@namifrederick.org

# National Alliance on Mental Illness

This course is designed to facilitate a better understanding of mental illness, increase coping and problem-solving skills, and empower participants to become advocates for their family members.

It is a free 12-session program taught twice a year.

To register for an upcoming class or for more information, email:

F2F@namifrederick.org

## **COUNTY**Rational Alliance on Mental Illness Frederick County



#### **EDUCATION**

We provide families and individuals with the information they need about mental illness, mental health care, treatment and recovery.



#### **SUPPORT**

We offer free programs and support for families and individuals living with mental illness.



#### **ADVOCACY**

We empower families and individuals by providing information about state and national mental health care issues.



#### LEADERSHIP

We fight stigma and encourage awareness through public events and activities.

## **Support Your Local NAMI**

Membership fees and donations allow NAMI Frederick County to provide individuals and families with needed information, educational programs and support groups free of charge.

#### Membership

Join online at www.namifrederick.org.

Dues include membership in NAMI Maryland and
NAMI.

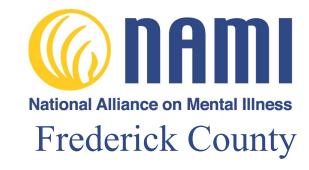
Household \$60 Individual \$40 Limited Income \$5

#### **Donations**

Make donations online at www.namifrederick.org.

Mail donations to: NAMI Frederick County PO Box 3056 Frederick, MD 21705

Thank you for supporting NAMI Frederick County.





#### **Your Local Voice on Mental Health**

Helping individuals and families affected by mental illness through education, support, advocacy and leadership.

240-379-6186 www.namifrederick.org info@namifrederick.org

### **Public Education**

#### **Lectures**

NAMI Frederick County sponsors free lectures related to mental health throughout the year. Join us to hear experts present the latest in research, treatments, legislation and local support services.

For more information, visit www.namifrederick.org

#### **Brochures**

We offer free NAMI brochures on Depression, Bipolar, Schizophrenia, PTSD and Borderline Personality Disorder.

To request a brochure, email brochures@namifrederick.org



### **National Alliance on Mental Illness**

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



P.O. Box 3056 Frederick, MD 21705 240-379-6186 www.namifrederick.org info@namifrederick.org

### **Mental Health Resources**

NAMI Frederick County	240-379-6186
NAMI Maryland	410-884-8691
Way Station, Frederick	301-662-0099
Mental Health Association of	
Frederick County (Info	
and referrals)	211
Frederick County Health Dept.	
Behavioral Health and	
Substance Abuse	301-600-1755
WIC Women, Infants, Children	301-600-2507
On Our Own	301-620-0555
Pro Bono Counseling Project	877-323-5800
Villa Maria of Frederick County	301-694-6654
Brook Lane	800-342-2992
Sheppard Pratt Health System	
Towson, Md.	410-938-3000

## **Housing & Emergency Services**

Advocates for Homeless Families	301-662-2003
Frederick Community Action Agend	cy
Soup Kitchen and Food Bank	301-600-1506
Heartly House (Domestic Violence)	301-662-8800
Religious Coalition for	
Emergency Needs	301-631-2670
The Salvation Army	301-662-2311
The Seton Center	301-447-6102
Potomac Case Management	301-791-3087
Family Partnership of	
Frederick County	301-600-2206

## **Case Management**

Potomac Case Management 301-791-3087 www.pcmsinc.org

#### **Crisis Information**

Life-threatening Emergency	911
Way Station Mobile Crisis Line	211
Md. Youth Crisis Hotline	800-422-0009
Mental Health Association	
Frederick County Hotline	301-662-2255
National Poison Center Rape	800-222-1222
Crisis Hotline Frederick	301-662-8800
Memorial Hospital	
Crisis Services	240-566-3521
Suicide Prevention Hotline	800-784-2433

## **Law Enforcement**

Frederick City Police	301-600-2100
Frederick County Sheriff	301-600-1046
Maryland State Police	301-600-4151
Dept. of Juvenile Services	240-629-3030

## **Legal Services**

Maryland Legal Aid 301-694-7414

## **Hospitals**

Frederick, Md.:	
Frederick Memorial Hospital	240-566-3300
Psychiatric Services	240-566-3521
Rockville, Md.: Adventist Behavioral Health	301-251-4500
Olney, Md.: MedStar Montgomery Medical	855-633-0207

Bethesda, Md.:

Center

Suburban Hospital 301-896-3100

## **Helpful Websites**

NAMI Information Helpline www.nami.org/helpline

Mental Health Association of Frederick
County
www.fcmha.org

Mental Health America www.mentalhealthamerica.net

National Institute of Mental Health www.nimh.nih.gov

American Psychological Association www.apa.org

Prescription Drug Information www.rxlist.com

Depression and Bipolar Support Alliance www.dbsalliance.org

Anxiety and Depression Association of America www.adaa.org

Schizophrenia and Related Disorders Alliance of America www.sardaa.org

National Education Alliance for Borderline Personality Disorder www.borderlinepersonalitydisorder.com

> Dual Recovery Anonymous www.draonline.org

Please Note that NAMI Frederick County offers this listing for general information, not as specific recommendations.