

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



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



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.



National Alliance on Mental Illness

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 Agency	
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 Crisis Hotline Frederick	800-222-1222
Memorial Hospital	301-662-8800
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
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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 Center	855-633-0207
Bethesda, Md.:	
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.