Crisis Hotlines * Open 24 hours/day every day of the week

If you are in crisis, please call 911 and/or the [National Suicide Prevention Lifeline](#)
(1-800-273-8355), and proceed to your nearest hospital as appropriate.

District of Columbia

DC Department of Behavioral Health Access HelpLine
1(888)7WE-HELP or 1-888-793-4357

Maryland

Anne Arundel Crisis Hotline (called the Crisis Warmline)
410-768-5522

Baltimore Emergency Mental Health Services
410-931-2214 or dial 2-1-1

Frederick County's Mental Health Association
301-662-2255 or dial 2-1-1

Howard County
Grassroots Crisis Intervention Center & Hotline
410-531-6677 or dial 2-1-1

Montgomery County Crisis Center
240-777-4000 or dial 2-1-1

Prince George's County Mental Health Crisis Hotline
dial 2-1-1

Virginia

Arlington County Emergency Mental Health Services
703-228-5160

City of Alexandria Emergency Mental Health Services
703.746.3401

Fairfax County Emergency Mental Health Services
703-573-5679

Loudoun County Emergency Mental Health Services
703-777-0320