

Community Resources for Mental Health

Organization	Description	Website
Mental Health and Wellbeing		
Mental Health America	Online MH screening tool	https://screening.mhanational.org/screening-tools/
Mental Health Matters	Excellent general resource	https://mhmyouth.org/
NAMI Howard County	Organization of families, friends and individuals whose lives have been affected by mental illness - support, education and advocacy.	https://namihowardcounty.org/
Children's Mental Health Matters	Maryland resource	https://www.childrensmentalhealthmatters.org/
Mental Health Matters Coalition	Horizon Foundation Howard County	https://www.thehorizonfoundation.org/mental-health-matters-coalition/
Mental Health Resources for Under-represented Communities	Mental health and suicide prevention resources for individuals from minority communities	https://afsp.org/mental-health-resources-for-underrepresented-communities/
Family Support		
Postpartum Support International (PSI)	Resources for support, education and local providers focusing on the emotional changes that women experience during pregnancy and postpartum, including postpartum depression.	https://www.postpartum.net/ Toll-free Helpline 800-944-4773
National Family Resiliency Center	Our mission is to help children and adults preserve a sense of family, foster healthy relationships regardless of family composition, and	https://www.nfrchelp.org/about

	constructively adjust to change throughout the family lifecycle.	
Howard County Dept of Health Child, Adult and Family Support	Resources for all ages, incl mental health & substance use screenings, referrals, intervention of youth suicide, support for teen pregnancy, teen parents, parenting groups, immigrant support,	https://www.howardcountymd.gov/health/child-adult-family-support
Aging and Support during illness		
Howard County Department of Aging and Independence	Main website	https://www.howardcountymd.gov/aging-independence
Howard County Medicare information	Medicare guidance	https://www.howardcountymd.gov/aging-independence/medicare-information
Respite Retreats	OUR MISSION IS TO PROVIDE RETREATS OF RESPITE TO CANCER PATIENTS, THEIR CAREGIVERS, AND FAMILIES AND TO ENCOURAGE HEALTHY LIVING FOR ALL.	https://respiteretreats.org/?mibextid=Zxz2cZ
National Alliance for Eating Disorders	Eating disorder help, support, and education	https://www.allianceforeatingdisorders.com/
Suicide Prevention		
American Foundation for Suicide Prevention - Maryland Chapter	Focus on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research& programs, reaching out to those who have lost someone to suicide.	https://afsp.org/chapter/maryland https://afsp.org/suicide-prevention-resources/
Maryland Department of Health Suicide Prevention	Resources for mental wellness, suicide prevention; includes links to general resources and	https://health.maryland.gov/bha/suicideprevention/

and Mental Health Resources for Asian/Pacific Islander Community	Asian/Pacific Islander resources.	Pages/mentalhealthresourcesfortheasianpacificislandercommunity.aspx
Grief and End of Life		
What's Your Grief	Grief support	https://whatsyourgrief.com/
Dying Your Way	End of Life preparation	https://dyingyourway.com/
Podcasts		
The Happiness Lab	Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.	https://podcasts.apple.com/us/podcast/the-gratitude-podcast/id1148411834