




Who We Are

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots organization for those with mental illness and their families. NAMI is dedicated to improving lives through education, support, and advocacy.

NAMI Frederick County is an affiliate of NAMI Maryland and NAMI National.

NAMI provides:

-  **RESOURCES**
Information about mental illnesses, mental health care, treatment and recovery.
-  **EDUCATION and SUPPORT**
Free programs and support for families and individuals living with mental illness.
-  **ADVOCACY**
Get informed about State and National mental health care issues.

Local, state and national NAMI:

NAMI of Frederick County

4 East Church Street,
Frederick, Maryland 21701
240-379-6186

info@namifcmd.org | www.namifcmd.org

NAMI Maryland

10630 Little Patuxent Parkway, Suite # 475
Columbia, MD 21044
410-884-8691

info@namimd.org | www.namimd.org

NAMI National

3803 N. Fairfax Drive, Suite # 100
Arlington, VA 22203
703-524-9094 | www.nami.org

Support for Family Members

The support groups offered by NAMI Frederick County allow individuals and families to connect with others facing similar challenges.

The groups provide an opportunity to listen and share in a friendly confidential setting with trained facilitators.

Family Member Support Group

Meets:

First Thursday of each month
7:00—8:30PM
Good Shepherd Lutheran Church
1415 W. 7th St., Frederick, MD

Family Member Support Group

Meets:

Third Wednesday of each month
6:30—8:00PM
All Saints Episcopal Church
106 West Church St., Frederick, MD

For information about Frederick NAMI support groups, contact:

SupportGroups@namifcmd.org

NAMI Family-To-Family

This free twelve week (30 hour) course is given twice a year by trained volunteers for families and friends/caregivers of persons with mental illness. Learn about mental illness and how to care for yourself while supporting a family member with mental illness.

To register for an upcoming class or for more information call 240-379-6186 or email: F2F@namifcmd.org



The National Alliance on Mental Illness (NAMI) of Frederick County, Maryland
Helping individuals and families affected by mental illness through support, education, advocacy and research.

240-379-6186
www.namifcmd.org

MAKE A DONATION TO NAMI FREDERICK COUNTY

Membership fees and donations allow NAMI Frederick to provide information, educational programs, and support groups in the community free of charge.

Send your tax-deductible contribution to:
NAMI Frederick County
4 East Church St.
Frederick, MD 21701

Membership Information

Individual, Family, or Business
Membership \$35
Limited Income Membership \$3

**Dues include membership to NAMI Maryland and NAMI National*

Thank you for supporting the mission of NAMI Frederick

Public Education Meetings

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

For more information go to www.namifcmd.org



NAMI Frederick County

www.namifcmd.org

240-379-6186

Your Local Voice on Mental Illness

Learn about NAMI Support Groups,
Educational Programs and
Mental Health Resources in
Frederick County

Education ♦ Support ♦ Advocacy

Support for Individuals with Mental Illness

NAMI Connection Consumer Recovery Support Group

This is a recovery support group program for adults living with mental illness. This group provides a place that offers respect, understanding, encouragement and hope.

To confirm the current meeting times and location or for more information visit www.namifcmd.org

Way Station Support Group for Individuals with Mental Illness and Their Families

301-662-0099

Meets:

Fourth Tuesday of each month
6:30—8:00 PM
Way Station
230 W. Patrick St., Frederick, MD

On Our Own of Frederick A Consumer Based Education and Advocacy Group

301-620-0555
www.onourownfrederick.org

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

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

Mental Health Resources

NAMI Frederick County	240-379-6186
Way Station, Frederick	301-662-0099
Way Station Crisis Line	301-624-4682
Mental Health Association of Frederick Co.	301-663-0011
Frederick County Health Department Behavioral Health and Substance Abuse	301-694-1755
WIC Women/Children	301-600-2507
On Our Own (Consumer)	301-620-0555
Pro Bono Counseling	877-323-5800
Villa Maria of Frederick Co.	301-694-6654
Brook Lane	800-342-2992

Transitional Housing/ Emergency Services

Advocates for the Homeless Families	301-662-2003
Frederick Community Action Agency Soup Kitchen/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
Keystone Services of MD	410-875-4694
Family Partnership of Frederick County	301-600-2206

Case Management

Keystone Services of MD	410-875-4694
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Crisis Information

Life Threatening Emergency	911
Info & Referral, Crisis Intervention	211
MD Youth Crisis Hotline	800-422-0009
Frederick County Hotline	301-662-2255
National Poison Center	800-222-1222
Rape Crisis Hotline	301-662-8800
Frederick Memorial Hospital Crisis Services	240-566-3521
Suicide Prevention Hotline	800-784-2433

Law Enforcement and Legal Services

Frederick City Police	301-694-2100
Frederick County Sheriff	301-600-1046
Maryland State Police	301-644-4151
Maryland Legal Aid	301-694-7414
Dept. of Juvenile Services	240-629-3030

Hospitals

Adventist Behavioral Health Rockville, MD	301-251-4545
Brook Lane Health Services Hagerstown, MD	800-342-2992
Partial Hospitalization Frederick	301-733-0330
Frederick Memorial Hospital Wellness Center	240-566-3300
Psychiatric Services	240-566-3521
Sheppard Pratt Health Baltimore, MD	410-938-3000

Helpful Websites

NAMI Information Helpline
www.nami.org/helpline

**Mental Health Association of
Frederick County**
www.fcmha.org

Mental Health America
www.nmha.org

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

American Psychological Assoc.
www.apa.org

Prescription Drug Information
www.rxlist.com

**Depression and Bipolar Support
Alliance**
www.dbsalliance.org

Anxiety Disorders Assoc of America
www.adaa.org

Schizophrenia Connection
www.SchizophreniaConnection.com

National Alliance for BPD
www.borderlinepersonality.com

Dual Recovery Anonymous
www.draonline.org

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