



## Public Health

Prevent. Promote. Protect.

### Frederick County Health Department

Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

## Getting Help

Maryland's Public Mental Health System (PMHS) provides inpatient and outpatient mental health services for individuals with mental illness, those with Medicaid and for others, because of the severity of their illness and their financial need, some services within the benefits package may be available. There may be a small fee or co-pay required for individuals non-eligible for Medicaid.

All services within the PMHS are provided based on eligibility and medical necessity criteria. A toll-free number for assistance or to answer questions 24 hours a day, 7 days a week.

**Call 1-800-888-1965.**

### Getting Immediate Assistance

Feeling overwhelmed to the point of feeling suicidal or homicidal, requires immediate attention.

If you believe you need urgent / emergency care, please contact your health practitioner, and/or seek assistance at your local emergency department.

Maryland Crisis Connect is available 24 hours/7 days a week to provide support, guidance and assistance.

**CALL 211, PRESS 1**

### How Do I Know if I or Someone Else Needs Mental Health HELP?

- you cannot cope with daily life;
- you feel sad, stressed or worried;
- you are not sleeping or eating well;
- you want to hurt yourself or others;
- you are troubled by strange thoughts (e.g., hearing voices).



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If you are not sure what to do, just call Optum Health at **1-800-888-1965**

### **Getting Help for a Substance Use Disorder (SUD)**

A range of Substance Use Disorder Services are available in Maryland through your [Local Health or Human Services Departments](#) for individuals with Medical Assistance or who are uninsured. There may be a sliding fee or co-pay required for individuals non-eligible for Medicaid.

All services within the public system are provided based on eligibility and medical necessity criteria.

### **Maryland Crisis Connect SUD Services**

#### **Call 211, Press 1**

Maryland Crisis Connect is available 24 hours/7 days a week to provide support, guidance and assistance on how to access SUD services, in addition to the current mental health crisis services provided by this hotline. Callers will also be given information about naloxone, recovery support and family services as available/appropriate in the individual's local area.

### **How Do I Know if I or Someone Else Needs Substance Use Disorder Help?**

You may need help if you are:

- Feeling that you have to use the drug regularly — this can be daily or even several times a day
- Having intense urges for the drug
- Over time, needing more of the drug to get the same effect
- Making certain that you maintain a supply of the drug
- Spending money on the drug, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use
- Doing things to get the drug that you normally wouldn't do, such as stealing
- Driving or doing other risky activities when you're under the influence of the drug
- Focusing more and more time and energy on getting and using the drug
- Failing in your attempts to stop using the drug
- Experiencing withdrawal symptoms when you attempt to stop taking the drug