

Mental Health Resources

HOTLINES & CRISIS SUPPORT

- [Local Prince George's County Resources](#)
- [NAMI Prince George's County](#)
- [Childhelp National Child Abuse Hotline](#)
 - (800) 422-4453
- [Crisis Text Line Text HOME to 741741](#)
- [National Grad Crisis Line \(877\) 472-3457](#)
- [National Suicide and Crisis Lifeline 988](#)
 - [Chat online](#) or call
- [Gamblers Anonymous](#)
- [Maryland 211 Behavioral Health Support](#)
- [StrongHearts Native Helpline](#)
- [National Domestic Violence Hotline](#)
 - (800) 799-7233
- [Substance Abuse and Mental Health Services Administration National Helpline](#)
(800) 662-4357
- [Veterans Crisis Line](#)
 - 988, then PRESS 1 or Text 838255
- [National Sexual Assault Hotline](#)
 - (800) 656-4673
- [Alcoholics Anonymous](#)

FIND A THERAPIST

- [Minority Mental Health Resources](#)
- [Open Path Collective](#)
- [Psychology Today](#)
- [Therapy For Black Girls](#)
- [Local Therapist for Black Men & Women](#)
- [Therapy for Latinx](#)
- [Asian Mental Health Collective](#)
- [Vitality Health & Wellness Group](#)
- [Grow Therapy](#)

LEARN MORE

- [The Mental Health Coalition](#)
- [The Trevor Project](#)
- [Autistic Women & Nonbinary Network](#)
- [Nalgona Positivity Pride](#)
- [Mental Health America](#)
- [Eating Disorder Mental Health Guide](#)
- [Mental Health Association of Maryland](#)
- [Maryland Psychology Association](#)

MOBILE APPS

- | | | |
|-------------------------------------|---|---|
| • Sensory | • Wellness | • Tracking |
| ◦ <u>Heat Pad</u> | ◦ <u>MoodTools</u> | ◦ <u>Prosper: Self Care Companion</u> |
| ◦ <u>AntiStress</u> | ◦ <u>WRAP</u> | ◦ <u>Bearable</u> |
| ◦ <u>Fluid</u> | ◦ <u>Forest</u> | ◦ <u>Clue</u> |
| • Mindfulness | ◦ <u>Finch: Self-Care</u> | ◦ <u>MediSafe</u> |
| ◦ <u>Calm</u> | ◦ <u>Pet</u> | ◦ <u>I am Sober</u> |
| ◦ <u>Calm harm</u> | ◦ <u>Happify</u> | • Planning |
| ◦ <u>Worrydolls</u> | ◦ <u>Moodfit</u> | ◦ <u>Suicide Safety Plan</u> |
| ◦ <u>Headspace</u> | ◦ <u>Pause</u> | ◦ <u>Tiimo</u> |
| ◦ <u>Mindshift</u> | ◦ <u>Breathwork</u> | ◦ <u>Habitica</u> |



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**MENTAL
HEALTH**
Awareness

Mental Health Matters

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