



A Guide To Therapy, Crisis Support, and Low-Cost Care

If You Are in Crisis

- **24/7 Crisis Line:** 988
- **24/7 National Domestic Violence Hotline:** 800-799-7233
- **Website:** <https://www.thehotline.org/>

***Due to the nature of intimate partner violence and abuse, couples counseling is not recommended.**

If You Are Unable to Afford Therapy

Volunteers of America (VOA) Hope Center

- Offers free mental health services & will help you apply for insurance.
- Walk-ins welcome Monday – Friday from 10 – 11am.
- **Phone Number:** 1-833-HOPE VOA (467-3862)
- **Email:** hopecentermdintake@voaches.org
- **Locations:** Baltimore & Greenbelt, MD
- **Website:** <https://www.voachesapeake.org/locations/voa-hope-center-md/>

Pro Bono Counseling

- **Phone Number:** 410-825-1001
- **Anonymous/Confidential Warmline:** 410-598-0234 (Weekdays: 10am – 8pm)
- **Website:** <https://www.probonocounseling.org/>

Therapy Practice With Advanced Training on Intimate Partner Violence

- Located in Baltimore County, this practice offers virtual sessions.
- Includes the MindSpa, with state of the art meditation pod & hydromassage
- **Accepts:** Medicaid and most major insurance plans.
- **Phone Number:** 443-530-6921
- **Email:** Info@mindfulhealingworks.com
- **Website:** <https://mindfulhealingworks.com/>

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Extra Support When Weekly Therapy is Not Enough

Charlie Health offers a virtual Intensive Outpatient Program (IOP) for people who need more support than weekly therapy. The program includes a personalized treatment plan with a combination of individual and group therapy (9–12 hours per week), using a variety of evidence-based approaches. Charlie Health accepts most insurance plans, and group sessions are thoughtfully matched with others who share similar goals, connecting participants with peers from across the country.

- **Website:** www.charliehealth.com
- **Phone Number:** 986-206-0414

Support Groups Through The Center for a Healthy Maryland

- Educational Virtual Support Groups for Women Survivors of Intimate Partner Abuse/Violence: Virtual Monthly Group (one evening and one daytime)
- Support Group for Older Women (ages 60+): Virtual Monthly Group
- Support Group for Survivors with TBI: Virtual Monthly Group
- **Email:** dvcoalition@medchi.org

Support Groups for Men

- Virtual group every other Wednesday evening
- **Phone Number:** 301-662-8800
- **Website:** <https://www.heartlyhouse.org/get-help/counseling-services/>

Look for a Therapist Through Psychology Today

- You can enter different filters to find a therapist who takes your insurance, in a certain geographic region, or by specialty.
- **Website:** <https://www.psychologytoday.com/us/therapists/maryland?>

On-line Therapy Services

- You can enter different filters to find a therapist who takes your insurance, in a certain geographic region, or by specialty.
- **Email:** <https://growtherapy.com/start/grow-brd/>