



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

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

If You Are in Crisis

- **24/7 Crisis Line:** 988
- **24/7 National Domestic Violence Hotline:** call 1-800-799-7233; text “START” to 88788; or go to <https://www.thehotline.org/>
- **Maryland Domestic Violence Programs:** find your local domestic violence program and 24/7 hotline here: <https://www.mnadv.org/get-help/domestic-violence-service-providers/> **Some programs are able to offer free counseling.*

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

Blue Waves Counseling, LLC

- **Owner & Therapist:** Elizabeth Blumenfeld, LCSW-C
- **Specialties:** Domestic Violence & Sexual Assault; Trauma & Post-Traumatic Growth; ADHD & Executive Functioning; Toxic Work, Family, & Friend Relationships
- **Accepts:** Aetna, Blue Cross and Blue Shield, Ascension (SmartHealth), Carelon Behavioral Health, Cigna, Kaiser, Quest Behavioral Health, Self-pay
- **Phone Number:** 410-205-5436
- **Email:** Elizabeth@BlueWavesLLC.com

**Accepting adult clients and supervisees in Maryland and Virginia*



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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?>



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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/>

Culturally-Specific Therapist Directories

Therapy for Black Girls

- Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.
- Search for a therapist who offers in-office or online services.
- **Website:** <https://providers.therapyforblackgirls.com/region/maryland/>

Asians for Mental Health Directory

- Asians for Mental Health was created to help Asians feel seen, heard, and empowered in their journeys towards better mental health.
- Search for a therapist by insurance type, speciality, and more.
- **Website:** <https://asiansformentalhealth.com/maryland>

Inclusive Therapists

- Inclusive Therapists offers a safer, simpler way to find a therapist, counselor, healer, or coach committed to Racial, 2SLGBTQIA+, Neurodivergence, and Disability Justice.
- Search for a therapist by identity, insurance type, sliding scale fees, office accessibility, cultural knowledge, etc.
- **Website:** <https://www.inclusivetherapists.com/united-states/maryland>