



Family Restoration and Healing Center Resource List

This listing is intended for information purposes and is not an endorsement of services provided by any of the organizations listed:

Family Restoration and Healing Center, Inc.

www.360wholeness.org

Provides life skills training and job readiness services for youth and adults. Trainings include positive youth development, risk avoidance, and parenting education. Provides individual and family counseling. We focus on behavioral health and wholeness.

Services 24/7 Virtual Resource Center

<http://services247.umd.edu/>

Developed by Univ of MD. Services 24/7 is an online directory for residents of Prince George's County looking for organizations that provide human services from afterschool programs, to housing and foreclosure assistance, to veteran services. We serve two purposes:

1. Connecting citizens of Prince George's County with resources they need to enhance their quality of life; and
2. Connecting volunteers in our county to nonprofits in order to increase their capacity to serve.

2017 Prince George's County Behavioral Health Providers List

<https://www.princegeorgescountymd.gov/DocumentCenter/View/17499>

Issued by Prince George's County Health Dept. This listing of Behavioral and Mental Health Providers is designed to help you locate providers in your community that offer services that will help you, your family, and your community become healthier and happier.

Prince George's One-Stop Career Center

<http://www.pgcedc.com/prince-george-s-one-stop-career-center>

Developed by Prince George's County Economic Development Corporation. Provides services such as career guidance, job search, skills assessments, pre-employment workshops, and resume development, re-entry assistance, skills training, labor market information, resource materials, veteran services, ABE/GED/ESL programs, supportive services and referrals. Services are available for adults and youth (14-21 years old)

PG County's Directory of Community Resources

https://destinypowerpurpose.org/wp-content/uploads/2015/09/Prince_Georges_County_Resource_Guide.pdf

Directory of resources for PG County, organized by topic. Resources include those focused on abuse & assault, advocacy, alcohol and drugs, clothing banks, food banks, mental health, crisis hotlines, homelessness, housing emergencies, parent/family support & services, support groups, employment, legal, pregnancy/infants, foreign born services, GED programs, Social Services, Health Department, Hospitals, and more.

Prince Georges County Family Resource Guide

[file:///C:/Users/OwnerPC/Downloads/PG%20County%20Family%20Resource%20Guide 1.pdf](file:///C:/Users/OwnerPC/Downloads/PG%20County%20Family%20Resource%20Guide%201.pdf)

The Center for Early Childhood Education and Intervention at the University of Maryland, College Park has partnered with Prince George's County Public Schools (PGCPS) to identify organizations and resources available to young children and families throughout Prince George's County. This resource guide includes a compilation of agencies throughout Prince George's County as well as informative websites that address children's health and parenting. Topics include: autism, childcare, insurance, parent-child engagement, food assistance, housing, speech/language/hearing, mental health, summer camps, websites for resources. The guidebook was developed through a partnership with: Health and Human Services Department of Human Services, Children, Youth and Families Division · Maryland State Dept of Education (MSDE) · Prince George's County Even Start Family Literacy Program (Even Start) · Prince George's County Head Start (PGCHS) · Prince George's County Public Schools (PGCPS) · University of MD Center for Early Childhood Education and Intervention (CECEI)

Montgomery County Public Schools - Regulation on Bullying, Harassment, or Intimidation

<http://www.montgomeryschoolsmd.org/departments/policy/pdf/jhfra.pdf>

Dial 2-1-1 / <http://www.211md.org/>

If you or a loved one are experiencing thoughts of suicide or a mental health crisis, or need assistance with substance abuse and addiction, dial 2-1-1 for assistance. Mental health specialists are available 24 hours a day, seven days a week to provide immediate assistance and referrals for long term support. 211 is free, confidential, multilingual and available 24 hrs/day.

TEXT 741741

Crisis Text Line

<https://www.crisistextline.org/how-it-works/>

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a Crisis Counselor trained to bring texters from a hot moment to a cool calm.

Dial 311

Call 3-1-1 for information about **municipal programs and services**, such as garbage collection, snow removal, and transit. Some of the departments that can be contacted through 3-1-1 are:

* Department of Public Works * Sanitation * Animal Control * Health and Human Services

311 is **free, multilingual** and available **during business hours**.

SAMHSA Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

If you or someone you know shows any of these symptoms for two weeks or more, in relation to an incident of mass violence... Call the [Disaster Distress Helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline) at **1-800-985-5990** or text **TalkWithUs to 66746f** or support and counseling. The Disaster Distress Helpline is a national hotline that provides 24/7, year-round crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Standard text and data message rates will apply when texting from mobile phones

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

TTY: 1-800-799-4889

Website: www.suicidepreventionlifeline.org

Information about Mental Health

<http://www.MentalHealth.gov>

Mental Health First Aid

www.mentalhealthfirstaid.org

A national program to teach skills to recognize & respond to signs of mental illness and substance use.

Addressing Bullying

<http://www.stopbullying.gov>

Substance Abuse and Mental Health Services Admin (SAMHSA)

<http://www.SAMHSA.gov>

SAMSHA Behavioral Health Treatment Services Locator

<https://www.samhsa.gov/find-help>

Crisis Hotline: 800-422-0009 (includes locating treatment & rehab clinics for uninsured)

SAMHSA Coping Tips for Traumatic Events and Disasters

<https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

National Institute on Drug Abuse

- Drug facts for teens, games, downloads, videos, parent info, etc.
<https://www.drugabuse.gov/children-and-teens>
- Materials to link teens to science based facts to **SHATTER THE MYTHS**® about drugs
<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>
- Transcript from 2017 Teen Chat Day
<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists/search?year=2017>
- Teens Chat Day Fast Facts
<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists/chat-day-fast-facts/2017>

Maryland Department of Human Resources: Directory of Maryland Emergency Shelters and Transitional Housing Programs (as of Feb 2015).

https://dhcd.maryland.gov/HomelessServices/Documents/Homeless_Shelters_Update_02_2015.pdf

(The most up-to date version of this directory is available online at www.dhr.maryland.gov)

Prince George's County Emergency Shelters

<https://www.princegeorgescountymd.gov/1672/Emergency-Shelter>

Phone: 301-909-6362

HOMELESS HOTLINE: 888-731-0999 or 301-864-7095

Website includes eligibility, required documentation, arriving at shelter, shelter rules, community assistance, your rights, your responsibilities, interpretation services.