

## Therapeutic Empowerment and Wellness, LLC

Phone: 302-495-9773

Website: <https://www.therapeuticempowerwellness.com>

Therapeutic Empowerment and Wellness, LLC (TEW) is a therapy, life coaching, and holistic wellness agency that seeks to provide culturally competent, family oriented, and community-focused mental wellness/behavioral health care services to individuals, groups, and families of all ages and backgrounds.

### MENTAL HEALTH HOTLINES

**Suicide & Crisis Lifeline** | 988

**Crisis Text Line** | Text HOME to 741741

**Maryland 211** | 211

**Maryland Crisis Hotline** | 1-800-422-0009

**Prince George's County Suicide & Crisis Hotline** | 301-864-7130

**Prince George's County Crisis Response Team** | 301-429-2185

**Washington, DC Access Helpline** | 1-888-793-4357

**Postpartum Depression Hotline** | 1-800-773-6667

### MERCY HOUSE

Mountain top Emergency Resource Center for You

As an extension of the **St. Stephen Baptist Church**, the MERCY House demonstrates God's love by alleviating human needs in the community. Although our main activity is providing FREE clothing, shoes, accessories, and household items, we coordinate and participate in several outreach efforts in the community throughout the year. Through several community partnerships, we connect people to resources in a multitude of areas including shelter referrals, mental health and health care, employment, domestic violence, caregiving, and veteran's affairs.

Visit us on 1st and 3rd Saturdays from 9AM to 12PM at 4402 Cedell Place, Temple Hills, MD 20748.

**Email:** [MercyHouse@ssbcm.org](mailto:MercyHouse@ssbcm.org)

**Website:** [www.ssbcm.org/mercy-house](http://www.ssbcm.org/mercy-house)



ST. STEPHEN BAPTIST CHURCH

# MERCY HOUSE

# Mental Health Resource Guide

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

*- Philippians 4:6-7*



Bishop Lanier C. Twyman, Sr.  
St. Stephen Baptist Church  
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Temple Hills, MD 20748  
[www.ssbcm.org](http://www.ssbcm.org)

## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health problems have nothing to do with being lazy or weak, and many people need help to get better. People with mental health problems can get better and many recover completely.

## COUNSELING SERVICES

### Community Advocates for Family & Youth (PG County)

**Phone:** 301-882-2002, Text NOMORE to 71441

**Website:** [www.cafyonline.org](http://www.cafyonline.org)

CAFY's 24/7 helpline is a confidential resource that provides immediate support, guidance, and assistance to individuals experiencing emotional distress, trauma, or emergencies. Staffed by trained professionals and volunteers, our helpline offers a safe space for individuals to seek advice, share their feelings, and find practical solutions during difficult times.

### iMind Behavioral Health

**Phone:** 240-249-0989

**Website:** <https://imindhealth.net>

iMind Behavioral Health offers a unique comprehensive approach to streamline care and provide convenient and efficient mental health treatment.

### National Alliance on Mental Illness

**Phone:** 240-467-5948

**NAMI HelpLine:** 1-800-950-6264 or text "HelpLine" to 62640

**Website:** <https://www.nami.org> , <https://namipgc.org>

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

### Progressing Life in the Community

**Phone:** 202-842-4570

**Website:** <https://plccommunity.org>

Progressing Life in the Community (PLC) was founded in 1983 as a nonprofit, community-based organization dedicated to improving the delivery of mental health services to individuals and families.

## RESOURCES

### DC Department of Behavioral Health

**Phone:** 1-888-793-4357

**Website:** <https://dbh.dc.gov>

The Department of Behavioral Health provides prevention, intervention and treatment services and supports for children, youth and adults with mental and/or substance use disorders including emergency psychiatric care and community-based outpatient and residential services.

### FindTreatment

**Phone:** 1-800-662-4357

**Website:** <https://findtreatment.gov>

FindTreatment.gov is a confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

### JED Foundation

**Phone:** 212-647-7544

**Website:** <https://jedfoundation.org>

JED equips America's teens and young adults with the skills and support they need to grow into healthy, thriving adults.

### Maryland Family Resource, Inc.

**Phone:** 301-333-2980

**Website:** <https://www.mfrinconline.com>

Maryland Family Resource, Inc. is a behavioral health organization that provides a range of outpatient mental health and rehabilitation services to children, adolescents and adults in Prince Georges County, MD and the surrounding area.

### Metropolitan Behavioral Health Services

**Phone:** 301-851-5954

**Website:** <https://mbhshelps.org>

Metropolitan Behavioral Health Services (MBHS) provides quality behavioral health care by using a person centered, family involved, and community-based approach.