



# BEHAVIORAL HEALTH RESOURCES

for County staff

Here to help you

## CRISIS WARMLINE

Available 24/7  
(410) 768-5522

## TREATMENT REFERRAL LINE

Available 8:00 am -  
4:30 pm  
(410) 222-0117

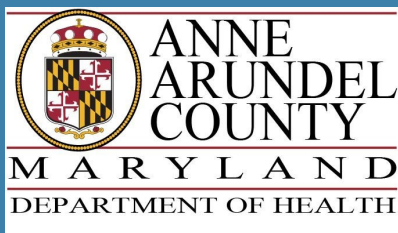
## CRISIS TEXT LINE

Text HELLO to 741741.  
Free, 24/7, confidential  
crisis support by text.

## NETWORK OF CARE

Provider Directory  
[maryland.networkofcare.org](http://maryland.networkofcare.org)

## WEBSITES THAT CARE



## TAKE CARE OF YOURSELF

Employee Assistance Program  
[portal.bhsonline.com](http://portal.bhsonline.com)  
Mind Resilience  
[mindresilience.org](http://mindresilience.org)  
Operation Courage  
[theoperationcourage.com](http://theoperationcourage.com)

## HELPFUL APPS



PTSD Coach



MindShift



Hazelden



CBT Thought Diary



Calm