

Has COVID-19 impacted your mental health?

You are not alone.



Teletherapy and Medication Management

Behavioral Health Partners of Frederick, a Sheppard Pratt program, is *accepting new clients* for secure telehealth appointments - same-day scheduling now available!

NEW: Individual Trauma Therapy

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT): Ages 5+

Cognitive Processing Therapy (CPT): Ages 12+

NEW Online Group Therapy Programs

Anger Management Group

Tuesdays, 5 – 6 p.m.

Ages 16 – 21

Coping Skills Group

Wednesdays, 4 – 5 p.m.

Ages 16 – 21

Living with Uncertainty: Coping with Anxiety & COVID-19 Group

Mondays, 4 – 5 p.m.

Ages 18+

Parenting Strategies & Stress Management During COVID-19

Wednesdays, 2 – 3 p.m.

Parents 18+

Enroll today. Call 301-663-8263 ext. 301.

We accept most insurances

