

Help for a Mental Health Crisis

If you or someone you love is experiencing a mental health crisis, there is help—and hope—available. Learn about the services available to you.

Psychiatric Urgent Care

- In person, **walk-in clinic** offering immediate psychiatric triage for people of all ages
- Available in-person in **two locations**: Towson, MD and Elkridge, MD
- Patients are evaluated by a licensed clinician and referred to the appropriate level of mental healthcare
- **In network** with Maryland Medicaid and Medicare, as well as most commercial insurances
- Part of Sheppard Pratt's **continuum of care**—the nation's largest private, nonprofit provider of mental health services

988 National Hotline

- Call or text 988 for free, confidential support 24/7
- Trained crisis counselors listen, provide support, de-escalate crises, and connect people to local resources
- Not appropriate when there is an immediate danger to life or safety, a suicide attempt is in progress, or a medical emergency requires urgent intervention

Psychiatric Urgent Care Locations and Hours

Towson Campus

6501 N. Charles Street, Baltimore, MD 21204

Walk-In Hours:

Monday – Friday, 11 a.m. – 8 p.m.

Saturday, 11 a.m. – 3 p.m.

Phone: 410-938-5302

Baltimore/Washington Campus

7220 Discovery Drive, Elkridge, MD 21075

Walk-In Hours:

Monday – Friday, 11 a.m. – 8 p.m.

Sunday, 11 a.m. – 3 p.m.

Phone: 410-938-5302

If you or someone you know is experiencing an emergency or life-threatening situation and need immediate attention, please call 911.



Sheppard Pratt