

# RESOURCE GUIDE

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## **Orchard Grove Elementary School**

5898 Hannover Dr, Frederick, MD 21703  
240-236-2400

## **Mental Health Association Walk-in Behavioral Health Services**

226 South Jefferson Street, Frederick, MD 21701  
211 or 1-866-411-6803

At MHA's Walk-in Behavioral Health you will meet with a crisis specialist who will work with you to resolve your concerns and connect you with appropriate supports. Resources include suicide intervention, mental health, family, financial, and employment needs. Walk-in services are free of charge, available to all ages, available without an appointment. Hours are: Monday - Friday 12pm - 8pm, Saturday and Sunday 12pm - 4pm

## **Helping Hands**

St. Joseph-on-Carrollton Manor Church  
5843 Manor Woods Rd, Frederick, MD  
301-663-0907

Food Bank is open to anyone in the community and can be accessed by appointment.

\*there is also Information about available food banks for all members in the community at no cost. Please contact Mrs. Watson

## **Mission of Mercy**

22 South Market St., Suite 6D, Frederick, MD  
301-682-5683  
[main@amissionofmercy.org](mailto:main@amissionofmercy.org)

Dental and medical services for adults with no insurance.

## **Heartly House**

301-418-6610

Serving survivors of domestic violence, sexual abuse, and child abuse. Emergency shelter, legal services, counseling, 24 hour hotline/crisis intervention.

## **Legal Aid**

22 S. Market Street Suite 11 Frederick, Maryland 21701

301-694-7414

If you are low-income and need a lawyer, the Pro Bono Referral Program may be able to help. Pro Bono Referral Program links Frederick County, Maryland residents with volunteer attorneys who provide representation or legal advice at no charge in civil (non-criminal) cases.

The Pro Bono Referral Program also offers biannual pro bono clinics, where clients can meet with an attorney for brief free legal advice.

## **Buckeystown United Methodist Church**

3440 Buckeystown Pike, Adamstown, MD

240-608-5338

Food bank and clothes at no cost for everyone who needs it.

## **Frederick County Health Department**

350 Montevue Ln., Frederick, MD

301-600-1041

Medical and dental services for kids under 18 years old with no health insurance.

## **The Religious Coalition**

27 DeGrange St., Frederick, MD

301-631-2670

EMERGENCY SHELTER FOR HOMELESS ADULTS. The program operates year-round, seven days from 6:30pm-7:00am. It provides a safe refuge for adults who are homeless in our community. Clients are provided with beds, blankets, pillows and shower facilities. Personal hygiene products are available for those that need them.

## **EMERGENCY NUMBERS**

**Emergency line: 911**

**Maryland Mental Health and Substance Abuse: 211 or 1-866-411-6803**

**Suicide Prevention: 1-800-273-8255**

**Crisis Line: 1-800-422-0009**