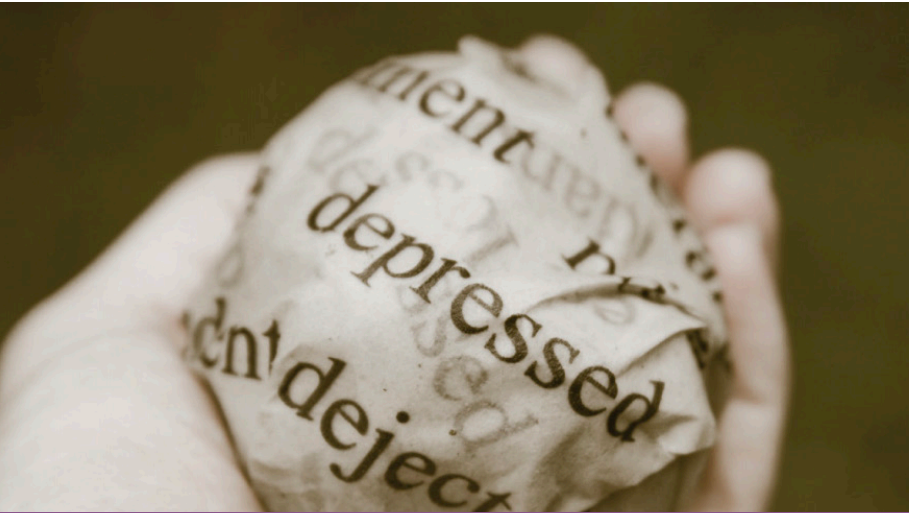




Walk-In Behavioral Health Services



What is Walk-In?

2020 has been a year filled with change, challenge, and crisis. If you or a loved one are beginning to struggle with daily life or begin to feel overwhelmed, MHA's Walk-In Services may be able to help.

Walk-In is a free service where a Crisis Specialist will meet with you to help resolve a current crisis or concern and assist with connections to ongoing support. Available to adults, youth and children (*under the age of 18 must be accompanied by a guardian*) who are:

-➤ **Experiencing an emotional, mental, family or relationship crisis**
-➤ **Experiencing suicidal thoughts**
-➤ **Experiencing symptoms such as anxiety, grief or depression, and needing connections to a therapist, psychiatrist or other programs**

How do I access Walk-In?

To ensure everyone in the community has access to our services, Walk-In Behavioral Health can be accessed in-person at our South Jefferson Street location or online through our virtual telehealth platform.

In-person Walk-In services follow CDC and Maryland Department of Health COVID-19 guidelines to protect the health and safety of our clients and staff.

If you prefer to access the Virtual Walk-In Service, visit [**fcmha.org/coronavirus**](https://fcmha.org/coronavirus).

Location:

226 South Jefferson Street,
Frederick, MD 21701

Hours of Operation:

Monday - Friday 10am - 10pm
Saturday and Sunday 10am - 6pm
No appointment is necessary

For Telephone Support:

Call 211 or 301-662-2255, available
24 hours a day, 7 days a week

[**www.fcmha.org**](https://www.fcmha.org)