

Directory of Community Resources for Families

Local Health Services

Health Department of Frederick County		
1.	COVID-19 Information	https://health.frederickcountymd.gov/CivicAlerts.aspx?AID=271
2.	Community Health Services	301-600-1733
3.	Healthcare Connection and Preparedness	301-600-8888
4.	Behavioral and Mental Health Services	301-600-1755 or 301-600-1775
5.	Office of Planning, Assessment, and Communication	301-600-6005
6.	School Health Services	301-600-3312
Frederick County Health Department Program Guide		https://md-frederickcountyhealth.civicplus.com/DocumentCenter/View/1310/FCHD-Brochure--May-2017?bidId=

Local Hospitals

Frederick Health Hospital		
1.	COVID-19 Hotline	N/A
2.	Main Number	240-566-3300

Local Mental Health Resources

1.	Call 211 to be connected with appropriate mental health and other local community resources.	Call 211
2.	Mental Health Association of Frederick County (counseling, resources, crisis, system navigation)	www.fcmha.org Phone 211 or 301.663.0011
3.	Guide to Mental Health and Community Support Services (a comprehensive online guide to local resources)	fcmha.org/mhaguide
4.	Walk-in Behavioral Health Services (crisis support; no need for an appointment) 226 South Jefferson Street, Frederick MD 21701	https://fcmha.org/how-we-help/behavioral-health Phone 211 or 1-866-411-6803
5.	Elderly Mental Health Outreach (grant counseling program through the Frederick	https://health.frederickcountymd.gov/541/Elderly-Mental-Health-Outreach Office phone 301-600-11029

	County Health Department, ages 60 and older)	
6.	Substance use concerns, individuals of all ages, Frederick County Health Department	https://health.frederickcountymd.gov/131/Behavioral-Health-Services Phone 301-600-1755
7.	FCPS Coordinator of Mental Health Services	Lynn.davis@fcps.org ; 301-644-5306

Income Assistance Programs

1.	Frederick Community Action Agency	www.cityoffrederickmd.gov/183/Frederick-Community-Action-Agency Phone: 301-600-1506 or 301-600-3955
2.	Religious Coalition for Emergency Human Needs	Phone 301-631-2670
3.	Brunswick Ecumenical Assistance Committee on Needs (Brunswick area families only)	Phone 301-834-9718
4.	Middletown Valley People Helping People (Middletown, Myersville, Wolfsville only)	Phone 301-371-3119
5.	Mt. Airy Net (Mt. Airy area only)	301-829-0472
5.	Seaton Center (Lewistown area)	Phone 301-477-6102
6.	St. Vincent DePaul Society	Phone 301-662-4676
7.	Frederick County Department of Social Services	Phone 301-600-4555

American Red Cross Services and resources for families in time of crisis	Western MD Chapter: 1131 Conrad Court Hagerstown, MD 21740 Phone: (301) 739-0717
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Emergency Food Resources

1.	Frederick Community Action Agency, George L Shields Foodbank, 14 E All Saints Street, Frederick 21701	Monday, 2pm-4pm and 7pm-9pm; Wednesday 7-9pm; Tue-Thu-Fri 2pm-4pm. Contact: 301-600-1506
2.	Frederick Rescue Mission, 419 South St., Frederick MD 21701	Hours: Tue-Wed-Fri-Sat 1:30 to 3:30pm; Thu 5-7pm. Closed Mondays. Contact: 301-695-6633
3.	Walkersville/Glade Valley, 21 West Frederick St., Walkersville, MD 21793 (basement of Town Hall building)	Monday 6:30-7:30 pm, Thursday 1-3pm. Contact: 301-845-4229
4.	Greater Urbana Area Food Bank	Serving families in the Urbana, Oakdale and Linganore feeder patterns. Please Contact Jo @ 240-529-4815
5.	The Thurmont Food Bank, 10 Frederick Road, Thurmont, MD 21788	Tuesdays-Fridays 5:00 to 7:30 pm and Friday 4:00-6:00. Contact: 240-288-1865

6.	Middletown Food Bank, 301 W. Main Street, Middletown, MD 21769	Wednesday 1:00-3:00 and Saturday 9:00am-12pm. Contact: 301-371-3182
7.	Brunswick Food Bank, 601 East Potomac St., Brunswick, MD 21716	Thurs 6:30-8:30pm, and 1 st Saturday of each month, 9:30-12pm. Contact: 301-834-9718
8.	Emmitsburg, 502 E. Main Street, Emmitsburg, MD 21727	Tuesdays and Wednesdays 7pm-8pm Fridays 1pm-2pm Saturdays 10am-11am. Contact: 717-642-6963 evenings only
9.	Jefferson Food Bank, 3866 Jefferson Pike, Jefferson, MD 21755	1 st & 3 rd Saturday each month, 10-11:30am. Contact: 301-371-5721

COVID-19 Information Websites

1.	American Psychological Association: Five Ways to View Coverage of the Coronavirus	https://www.apa.org/helpcenter/pandemics
2.	COVID 19 – What You Should Know from Centers for Disease Control and Prevention	www.cdc.gov/coronavirus/2019-ncov/about/index.html
3.	Frequently Asked Questions from the Centers for Disease Control and Prevention	www.cdc.gov/coronavirus/2019-ncov/faq.html
4.	Psychology Today: Article on how to talk to your anxious child about the coronavirus	https://www.psychologytoday.com/us/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus
5.	World Health Organization of Coronavirus	https://www.who.int/health-topics/coronavirus

