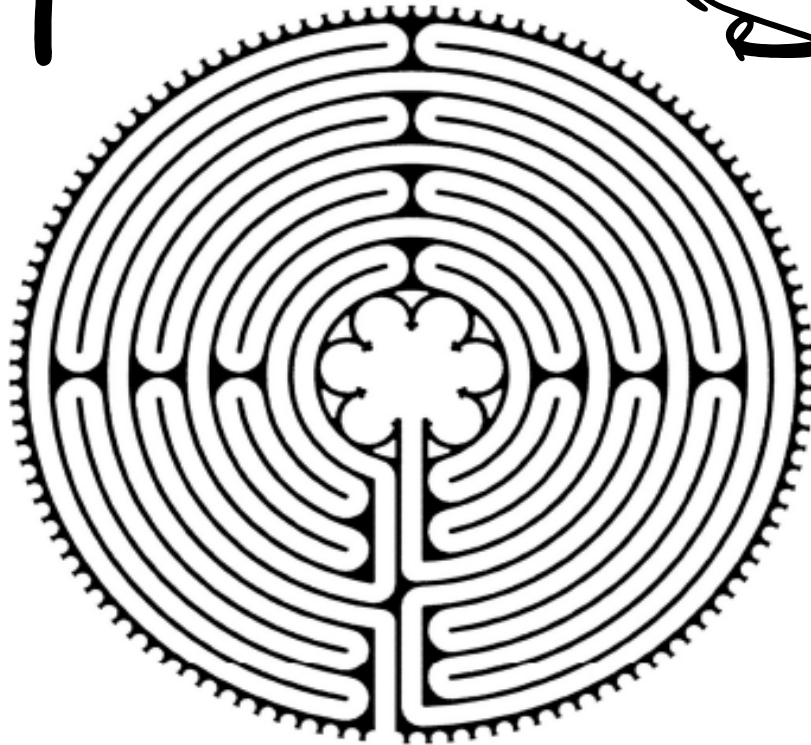


# Resources



 **HEALTH SERVICES**  
SUN 120 ♦ 410-777-2480 ♦ [bamays@aacc.edu](mailto:bamays@aacc.edu)



## **On Campus Medical Emergencies**

Contact the Department of Public Safety @ 410-777-1818  
Public Safety will notify the nurse on duty and 911

## **About Health Services...**

### **Hours**

Monday – Friday 8:30 am – 4:30 pm  
Additional evening hours during the Spring & Fall semesters

**Closed for professional development  
12p.m. to 4 p.m. the 2nd and 4th Thursday every month  
...Undergoing Training to Serve You Better!**

### **Location**

Health Services is conveniently located in the Student Union  
Room 120, between the Dining Hall and the College Store

### **Free Services**

Blood Pressure Screening  
First Aid  
Health Information and Counseling  
Health Insurance Information  
Health Care Referrals  
Non-prescription medications  
20 Minute Basic Bystander CPR  
PPD testing for Health Professions  
Wellness displays and events  
Tobacco Cessation Counseling- Limited Hours

### **Annual Events**

Blood Drives every semester  
November- Flu Immunization Clinic  
April- Annual Health Fair

### **StressLess Room**

Student Union Room 125  
Human Touch Technology Massage Chair, Aromatherapy, Low  
Lighting, Meditation/Guided Imagery CD's & DVD's...

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**Please Contact AACC Health Services for  
more information  
410-777-2480  
bamays@aacc.edu**

# I.

## Health Insurance & Health Care Coverage

### I. Maryland Insurance Administration Publications

**Consumer Guide to Health Insurance;** <http://www.mdinsurance.state.md.us/sa/documents/CGHealth-12-10-web.pdf>

**Tips on Shopping for Health Insurance;** <http://www.mdinsurance.state.md.us/sa/documents/MIAhealthshoppingtips11-09rev.pdf>

**The new federal health care reform law: Dependent Health Coverage Up to Age 26;** <http://www.mdinsurance.state.md.us/sa/documents/ConsumerAdvisory-HealthCoverageDependents2010.pdf>

Free print copies of these publications may be obtained by contacting the Maryland Insurance Administration at 1-800-492-6116

### 2. Health Care Coverage

#### **Anne Arundel County Department of Health**

REACH (Residents Access to a Coalition of Health)

Phone: 410-222-4531 or 410-222-4532 Espanol: 410-222-7023

Eligibility based on a minimum and maximum income scale. Anne Arundel County Department of Health and the Anne Arundel County Medical Society, Inc. partner with community doctors and health care providers to offer low cost health care services.

[http://aahealth.org/commhlth\\_reach.asp](http://aahealth.org/commhlth_reach.asp)

#### **Primary Adult Care (PAC) Program**

1-800-654-9728

Eligibility based on a maximum income scale, young adults may not be claimed as dependents on their parents income taxes.

<http://www.dhmf.maryland.gov/mma/pac/index.htm>

Chart comparing PAC providers; <http://www.maps-md.com/>

#### **The Maryland Health Insurance Plan**

A state administered health insurance program for Maryland residents without access to health insurance.

[www.marylandhealthinsuranceplan.state.md.us](http://www.marylandhealthinsuranceplan.state.md.us)

#### **Medical Assistance for Families**

1-800-456-8900

Comprehensive health care to parents and other family members caring for children. Eligibility depends on family size and income. The annual income limit is about \$20,500 for a family of three.

<http://dhmf.state.md.us/ma4families>

### **3. Private Insurance for Individuals**

<http://www.mdinsurance.state.md.us/sa/documents/CarriersIndMkt08-18-10-Web.pdf>

#### **Aetna Life Insurance Company**

Aetna Advantage Plans  
2201 Renaissance Blvd. P.O. Box 61516 King of Prussia, PA 19406-9573  
1-800-MY-Health  
[www.aetna.com/members/individual.html](http://www.aetna.com/members/individual.html)

#### **CareFirst BlueChoice, Inc.**

(formerly Capital Care, Inc.)  
10455 Mill Run Circle Owings Mills, MD 21117  
410-356-8000 or 1-800-544-8703  
[www.carefirst.com](http://www.carefirst.com)

#### **CareFirst of Maryland, Inc.**

(trading as CareFirst BlueCross BlueShield)  
10455 Mill Run Circle Owings Mills, MD 21117  
410-356-8000 or 1-800-544-8703  
[www.carefirst.com](http://www.carefirst.com)

#### **Coventry Health and Life Insurance Company**

Little Falls Center II  
2751 Centerville Road, Suite 400 Wilmington, DE 19808-1627  
[www.cvty.com](http://www.cvty.com)  
**Contact:** MaryBeth Bendel at Coventry Health Care of Delaware, Inc.  
6310 Hillside Court, Suite 100 Columbia, MD 21046  
1-866-212-5305 X7159  
[mxquerrero@cvty.com](mailto:mxquerrero@cvty.com)

#### **Golden Rule Insurance Company**

7440 Woodland Drive Indianapolis, IN 46278-1719  
1-800-444-8990  
[www.goldenrule.com](http://www.goldenrule.com)

#### **Group Hospitalization & Medical Services, Inc.**

(trading as CareFirst BlueCross BlueShield)  
10455 Mill Run Circle Owings Mills, MD 21117  
410-356-8000 or 1-800-544-8703  
[www.carefirst.com](http://www.carefirst.com)

#### **John Alden Life Insurance Company**

501 West Michigan Avenue Milwaukee, WI 53203  
1-800-394-4296  
[www.assuranthealth.com](http://www.assuranthealth.com)

#### **Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.**

KPMAS Membership Accounting  
P.O. Box 6306 Rockville, MD 20849-6306  
301-816-6700 or 1-800-777-7902  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

**Mega Life and Health Insurance Company**

Customer Service Department  
P.O. Box 982010 North Richland Hills, TX 76182-8010  
1-800-527-5504  
www.megainsurance.com

**Time Insurance Company**

(formerly Fortis Insurance Company)  
501 West Michigan Avenue Milwaukee, WI 53203  
1-800-553-7654  
www.assuranthealth.com

**United American Insurance Company**

P.O. Box 8080  
McKinney, TX 75070-8080  
**Contact:** Ann Braswell, Vice President of Policy Service 972-529-5085  
www.unitedamerican.com

**4. Student Insurance Policies**

**USI Affinity Collegiate Insurance Resources**

Student accident and sickness insurance. This brochure can be obtained through Health Services (410-777-2480)

**Student Insurance**

<http://www.studentinsuranceagency.com>  
Student injury and sickness insurance plans.

**5. Veterans Insurance Policies**

**Veterans Administration**

Returning service members, who served on active duty in a theater of combat have special eligibility for five years. 1-877-222-VETS, M-F, 8a.m.-8p.m  
<http://www.va.gov/healtheligibility/>

**TRICARE Reserve Select (TRS)**

Premium-based, worldwide health plan that qualified National Guard and Reserve members may purchase.  
<https://www.dmdc.osd.mil/appj/trs/index.jsp>

## **II.**

# **Health & Wellness Services**

### **6. Free/Low Cost Prescriptions**

#### **MedBank of Maryland**

MEDBANK provides access to prescription medications for chronically ill, low-income, underinsured/uninsured Maryland residents. 1-877-435-7755  
[www.medbankmd.org](http://www.medbankmd.org)

#### **Partnership for Prescription Assistance**

Pharmacy assistance program.  
1-888-477-2669 [www.pparx.org](http://www.pparx.org)

#### **Anne Arundel County Department of Health Prescription Discount Program**

Available to **ALL** Anne Arundel County Residents, use Group #586  
[www.scriptsave.com](http://www.scriptsave.com)

#### **Peoples Community Health Center**

Phone: 410-467-6040 [www.Peopleschc.org](http://www.Peopleschc.org)  
People's offers substantially discounted medications to its uninsured patients through a drug program available to Federally Qualified Health Centers and Veteran Administration organizations. They also have access to free pharmaceuticals for chronic conditions, which are renewed in three-month increments

**Wal-Mart & Sam's Club Pharmacy**<http://www.walmart.com/catalog/catalog.gsp?cat=546834&fromPageCatId=5431> Wal-Mart & Sam's Club offer over 300 different \$4 prescription drugs (You do not need to be a Sam's Club member to use their pharmacy) To view a printable list of qualifying drugs <http://i.walmart.com/i/if/hmp/fusion/genericdruglist.pdf>

### **7. Free/Low Cost Dental Services**

#### **Annapolis Outreach (Stanton) Center**

FREE dental care for uninsured county residents, appointment necessary.  
Stanton Community Center, 92 West Washington Street Annapolis, MD 21401  
443-481-3599

#### **University of MD, Baltimore College of Dental Surgery**

Treatment by dental & dental hygiene students, supervised by faculty.  
650 West Baltimore Street Baltimore, Maryland 21201  
410-706-7101 Email: [clinicInfo@dental.umaryland.edu](mailto:clinicInfo@dental.umaryland.edu)  
<http://www.dental.umaryland.edu/patientinfo/index.html>

#### **Peoples Community Health Center, Dental Services**

Greenmount Avenue Baltimore, MD & 5517 Ritchie Highway Brooklyn Park, MD  
410-467-6040  
[www.Peopleschc.org](http://www.Peopleschc.org)

## **8. Free/Low Cost Medical Services**

### **Anne Arundel Medical Center**

- Annapolis Outreach Center  
Stanton Community Center  
92 W. Washington Street  
443-481-3599

- Community Health Center  
1419 Forest Dr. Annapolis, MD  
410-990-0050

### **Arundel House of Hope Day and Resource Center in Glen Burnie.**

Free primary care clinic open to uninsured individuals living 200 percent below the federal poverty line - a family of four making less than \$44,100 a year or an individual making less than \$21,660.

514 N. Crain Highway  
Glen Burnie MD 21061  
410-863-4888

### **Owensville Primary Care (FOHC)**

134 Owensville Road West River, MD 20778  
410-867-4700 Fax:410-867-8759

### **People's Community Health Center (FOHC, 2 Sites)**

Anne Arundel Family Health Center  
5517 Ritchie Highway Brooklyn Park, MD 21225  
Pioneer City Family Health Center  
8341 Pioneer Drive Severn, MD 21144  
410-467-6040

### **Family Health Centers of Baltimore (FOHC)**

4115 Ritchie Highway Brooklyn Park, MD 21225  
410-355-0343

### **Anne Arundel County Department of Health**

for a full list of free & low cost services go to: <http://aahealth.org/index.asp>

#### **HIV/AIDS FREE Confidential Testing**

Phone: 410-222-7108

#### **Sexually Transmitted Diseases Referral & Treatment \$30.00**

Phone: 410-222-7382

#### **Women, Infants and Children (WIC) Program**

Phone: 410-222-6797

#### **Reproductive Health Services for Teens and Young Adults**

Reproductive health exams and contraception resources for young men and women up to 24 years of age.

Phone: 410-222-7144

#### **FREE Pregnancy Testing & Emergency Contraception for county**

residents any age

Phone: 410-222-7144

## **9. Free/Low Cost Mental Health Services**

### **Annapolis Veteran's Center @ AACC**

Truxal Library Room 119

Need help readjusting to civilian life? Support groups and counseling available. 410-777-4838 or 410-605-7826 for more information.

### **Anne Arundel Abuse Counseling Center**

410-571-8341 or 410-974-6760

45 Old Solomons Island Road #204 Annapolis, MD 21403

Free counseling services for up to one year for: Victims of actual or attempted rape, sexual assault, and sexual abuse, child and adolescent victims of physical, sexual, or emotional abuse and neglect, Adult survivors of physical, sexual, or emotional child abuse and neglect, family members and partners of victims.

### **Anne Arundel Community College Distressed Students Counseling Services**

410-777-7111

Although the college years can be your best years, they can also be very stressful. Occasionally, stressors can become unmanageable and interfere with learning and may lead to frustration, helplessness, anger and/or depression. If you experience any of these feelings, or have concerns about a fellow classmate or college friend, we encourage you to seek help from Counseling, Advising and Retention Services (CARS).

<http://www.aacc.edu/advising/CounservCrisInte.cfm>

### **Anne Arundel Community College Substance Abuse Education Office**

410-777-2527

Campus-wide offers :prevention/education programming for Anne Arundel Community College, referrals for those seeking treatment or recovery, and support for persons in recovery throughout their attendance at AACC

<http://www.aacc.edu/substanceabuse/>

### **Anne Arundel County Department of Health, Mental Health & Addictions**

410-222-0100

### **Community Warmline**

410-768-5522

Hours: 24 hours a day, 7 days a week

"Community Warmline" provides Anne Arundel County Residents in crisis with supportive assistance and links to community resources.

### **Peoples Community Health Center**

Phone: 410-467-6040

Mental Health therapy & counseling, Addictions Services

[www.Peopleschc.org](http://www.Peopleschc.org)

### **Pro Bono Counseling Project**

FREE mental health counseling for uninsured/underinsured individuals who live or work in Maryland. 110 West Rd. Baltimore, MD 21204

410-825-1001 Toll Free 1-877-323-5800

## **10. Free/Low Cost Reproductive Health Services**

### **Anne Arundel County Department of Health**

(for a full list of free & low cost services go to: <http://aahealth.org/index.asp>)

**HIV/AIDS** FREE Confidential Testing

Phone: 410-222-7108

**Sexually Transmitted Diseases** Referral & Treatment \$30.00

Phone: 410-222-7382

**Women, Infants and Children** (WIC) Program

Phone: 410-222-6797

**Reproductive Health Services for Teens and Young Adults**

Reproductive health exams and contraception resources for young men and women up to 24 years of age.

Phone: 410-222-7144

**FREE Pregnancy Testing & Emergency Contraception**

Available to all uninsured/underinsured adult county residents

Phone: 410-222-7144

### **People's Community Health Center (FOHC, 2 Sites)**

410-467-6040

Anne Arundel Family Health Center

5517 Ritchie Highway Brooklyn Park, MD 21225

Pioneer City Family Health Center

8341 Pioneer Drive Severn, MD 21144

### **Planned Parenthood**

410-263-2100

929 West Street #305 Annapolis, MD 21401

<http://www.plannedparenthood.org/maryland/>

### **Pregnancy Clinic** (2 Locations)

The Pregnancy Clinic is a non-profit, faith-based medical clinic that provides free services to those facing an unexpected pregnancy.

650 Ritchie Hwy Severna Park, MD 21146 410-431-5000

4341 Northview Drive Bowie, Maryland 20716 301-262-1330

<http://www.pregnancyclinic.org/>

### **Sex, Etc**

Comprehensive sexuality information

<http://sexetc.org/>

## **11. Emergency Medical Care**

The hospitals listed below will make financial assistance available on a sliding fee scale at least up to 200% of the Federal poverty Level for hospital **In-Patient Care** determined to be necessary by the hospital. These hospitals will also provide 100% free hospital care to all Maryland residents below 150% of Federal poverty Level who have less than \$10,000 in net assets.

**Speak with the hospital's billing office for more information**

<http://www.dhmh.maryland.gov/mma/pac/pdf/2008/>

HealthServicesLowIncomeAdultsUpdateJune2008Final2.pdf

**Anne Arundel Medical Center**

443-481-1000  
2001 Medical Parkway Annapolis, MD 21401-3030  
<http://www.aahs.org>

**Baltimore Washington Medical Center**

410-787-4000  
301 Hospital Dr. Glen Burnie, MD 21061-5899  
<http://www.bwmc.umms.org>

**Harbor Hospital Center**

410-350-3200  
3001 S. Hanover St. Baltimore, MD 21225-1290  
<http://www.harborhospital.org>

**12. Tobacco Cessation Services**

**Anne Arundel Community College Health Services**

Free American Lung Association "Freedom from Smoking" counseling  
410-777-2480 <http://www.aacc.edu/healthservices/tobaccoprevcess/>

**Anne Arundel County Department of Health Learn to Live**

Free counseling and quit smoking aids for AA county adults age 18 and above.  
410-222-7979 [http://aahealth.org/ltl\\_smokcessation.asp](http://aahealth.org/ltl_smokcessation.asp)

**Maryland Smoking Stops Here**

<http://www.smokingstopshere.com/>

**Maryland Tobacco Quit Line**

Free smoking cessation, quit plan, coaching, information and referrals. 1-800-QUITNOW (1-800-784-8669) [www.smokefree.gov](http://www.smokefree.gov)

**13. Eating Disorders Treatment**

**John Hopkins Eating Disorder Program**

410-955-3863  
600 N. Wolfe Street, Meyer 101  
Baltimore, MD 21287  
[www.hopkinsmedicine.org/Psychiatry/Clinical/eatingdisorders.html](http://www.hopkinsmedicine.org/Psychiatry/Clinical/eatingdisorders.html)

**Center for Eating Disorders at Sheppard Pratt**

6535 North Charles Street, Suite 300  
Baltimore, MD 21204 410-938-5252 [www.eatingdisorder.org](http://www.eatingdisorder.org)

**14. Miscellaneous Resources**

**AACC HELPLINK**

410-777-2511 (after hours messages will be returned on the next business day)  
HELP LINK is a service for students experiencing a financial crisis involving:  
tuition, textbooks/course materials, housing, living expenses, transportation,  
child care. Monday-Friday, 8:30 a.m. to 4:30 p.m. Student Union Room 224  
[HELPLINK@aacc.edu](mailto:HELPLINK@aacc.edu)

### **AACC Substance Abuse Education Office**

410-777-2527

Campus-wide prevention/education programming, referrals for those seeking treatment or recovery support

<http://www.aacc.edu/substanceabuse/>

### **BG&E Community Resource Purple Book**

If you are having difficulty paying bills, the 'Purple Book' can help.

[http://http://www.bge.com/vcmfiles/BGE/Files/Custom%20Service/PurpleBook\\_English.pdf](http://http://www.bge.com/vcmfiles/BGE/Files/Custom%20Service/PurpleBook_English.pdf)

### **Home Energy Programs (OHEP)**

1-800-352-1446 <http://www.dhr.state.md.us/ohep/index.php>

The **MARYLAND ENERGY ASSISTANCE PROGRAM (MEAP)** provides assistance with home heating bills. Limited assistance is available to replace broken or inefficient furnaces.

The **ELECTRIC UNIVERSAL SERVICE PROGRAM (EUSP)** is a state program to:

1. Help to pay current electric bills;
2. Help to pay past due electric bills; and,
3. Help with energy efficiency measures to reduce future electric bills.

The **UTILITY SERVICE PROTECTION PROGRAM (USPP)** protects low-income families from utility cut-offs and allows MEAP eligible households to establish even monthly payment program with their utility company.

The **WEATHERIZATION ASSISTANCE PROGRAM (WAP)** may provide home weatherization services such as weather stripping, caulking, plastic window covering, etc. 1-800-638-7781 [www.dhcd.state.md.us](http://www.dhcd.state.md.us)

### **Maryland Housing Search**

The housing locator allows people to locate available housing online 24 /7

<http://www.mdhousingsearch.org/>

### **Network of Care**

Search this regularly updated database of local health & wellness resources

<http://annearundel.md.networkofcare.org/mh/resource/find.cfm?fm=1>

## **15. Food Pantries/Soup kitchens**

### **Anne Arundel Community College Food Pantry**

410-777-2218 (call for hours)

Student Life Office non-perishable Food Pantry, Student Union Room 202

### **Anne Arundel County Food Bank**

[http://www.aafoodbank.org/Pantries\\_\\_Soup\\_Kitchens.html](http://www.aafoodbank.org/Pantries__Soup_Kitchens.html)

**Food Bank** gives away food, donated "gently used" appliances, furniture, medical equipment, baby items, cars and other items to help a needy families. Call them directly to schedule an appointment 410-923- 4255

**SOUP KITCHENS** Asbury UMC, Brooklyn Church of God, Brooklyn Heights UMC, Emmaus Center, First Baptist Church of Annapolis, Glen Burnie Adventist, Harundale Presbyterian Church & Salvation Army-Glen Burnie  
Call 410-923- 4255 for specific days, times and requirements.

## **16. Homeless Services**

### **Tips for getting help**

**BE PATIENT:** If it seems like you are jumping through an endless number of hoops to get things accomplished, you are right. There is a reason for this. The number of people who are applying for benefits is HUGE! The problem is that many of these people do not actually need the services, they are stealing them. So, the process is quite in depth to make sure not only that you need the services, but also that you are getting all of the services that you are entitled to. All of these agencies are really there to help.

**BE PERSISTENT:** You have to keep on top of things. Keep an ongoing diary of who you talked to, when you talked to them, and what you talked about. If they tell you to call back, make sure that you do. If you have a question, ask it. If you haven't received the letter or phone call they said you would, call them and ask why. Keep track of due dates. If you are not getting the help that you need, ask to talk to someone else or ask them who you need to talk to in order to answer your question or get the help you need.

**BE POLITE:** We have all had a rough day, but the people working at these agencies deal all day long with those people who are at the lowest point in their lives. They deal with cranky, short-tempered, frustrated people every day. Yes, they may be rude to you, but that is no reason to be rude to them. Many times a little kindness will go a long way. It is human nature and these people will be much more willing to help you if you are nice to them

**BE INFORMED:** Do your research ahead of time. Get on the internet or on the phone and start asking questions. Make an appointment to speak to someone at that agency for further information. Have a general idea of what you hope to get from that agency and whether or not you are eligible. Don't just assume that you are not eligible. The worst they can do is say no, but the best they can do is say YES!

**BE REALISTIC:** Sometimes you need to just swallow your pride and ask for and accept help. It is a sign of courage to do so, not weakness. Realize that these programs are there for a reason; they are going to help you get back on your feet and gain your independence back. The help you receive is your business, no one else's.

**Follow up on what you've done, don't be afraid to pick up the phone!**

### **Anchor House**

410-268-0182

206 West St. Annapolis, MD 21401

Transitional shelter, self-sufficiency support services.

### **AACC HELPLINK**

410-777-2511 (after hours messages will be returned on the next business day)

HELP LINK is a service for students experiencing a financial crisis involving: tuition, textbooks/course materials, housing, living expenses, transportation, child care. Monday-Friday, 8:30 a.m. to 4:30 p.m. Student Union Room 224  
HELPLINK@aacc.edu

**Anne Arundel County Food Bank**

410-923- 4255

Food Pantries & Soup Kitchens located throughout Anne Arundel County. Call for locations & times.

[http://www.afoodbank.org/Pantries\\_\\_\\_Soup\\_Kitchens.html](http://www.afoodbank.org/Pantries___Soup_Kitchens.html)

**Anne Arundel County Emergency Resources Directory-**

[www.aacounty.org/CountyExec/Resources/EmergencyResourceDirectory.pdf](http://www.aacounty.org/CountyExec/Resources/EmergencyResourceDirectory.pdf)

Listing of all emergency resources & contacts within Anne Arundel County

**Anne Arundel Department of Social Services**

410-269-4600 410-269-4700 (After hours)

80 West Street Annapolis, MD 21401

Emergency Placement, food, counseling, case management, & assistance applying for benefits.

**Anne Arundel County EOC**

410-626-1910

410-269-8447 (Northern County)

Heating & electric bill assistance

**BG&E Community Resource Purple Book**

If you are having difficulty paying bills, the 'Purple Book' can help.

[http://http://www.bge.com/vcmfiles/BGE/Files/Custom%20Service/PurpleBook\\_English.pdf](http://http://www.bge.com/vcmfiles/BGE/Files/Custom%20Service/PurpleBook_English.pdf)

**Directory of Maryland Emergency Shelters and Transitional Housing Programs**

<http://www.dhr.state.md.us/transit/pdf/homelist.pdf>

**Fouse Center**

410-609-1224

6401 Ritchie Hwy Glen Burnie, MD 21061

Transitional housing for homeless men

**Home Energy Programs (OHEP)**

1-800-352-1446 <http://www.dhr.state.md.us/ohep/index.php>

**The Arundel House of Hope**

Winter Relief– Emergency Shelter

All intakes are conducted Arundel House of Hope's Resource and Day Center in Glen Burnie at 514 North Crain Highway from 3:30- 4:00 pm. The Center is located across the street from Empire Towers (look for the blue awning)

Please call 410-863-4888 for more information.

## **17. Academic Health & Wellness**

**AACC Academic Support Center** offers various programs, services and tools for academic success:

**The Technology Learning Center**

(TLC- LIBRARY 112) 410-777-2751 or 410-777-2385 <http://www.aacc.edu/tclab/default.cfm>

**The Tutoring Office**

(LIBRARY 105 E) 410-777-2642

Tutoring labs, online & peer tutoring  
<http://www.aacc.edu/tutoring/default.cfm>

**The Testing Office**

Arnold SUN 240 410-777-2375

AMIL 112 410-777-2375

GBTC 208 410-777-2906

<http://www.aacc.edu/testing/default.cfm>

**Other Resources & Links**

<http://www.aacc.edu/tutoring/otherresources.cfm>

**Study Skills Links - Seek Optimum Skills (SOS)**

<http://www.aacc.edu/tutoring/SOSkills.cfm>

**AACC DISABILITY SUPPORT SERVICES**

Disability Support Services (DSS) provides equal access to educational opportunities for qualified students with disabilities.

410-777-2306 <http://www.aacc.edu/advising/DSSwelcome/>

**AACC English as a Second Language Department**

Are you a foreign student who wants to travel to the United States to learn English in a small, caring environment? Do you need to improve your English skills to enter into a graduate program in the United States? <http://www.aacc.edu/esl/>

**AACC Student Achievement and Success Program (SASP)**

SASP is designed to increase the academic success, graduation and transfer of minority, low income, under-prepared, and/or first generation degree students. 410-777-2530 <http://www.aacc.edu/SASP/>

**AACC Counseling, Advising and Retention Services (CARS)**

Free **Pathways to Success Workshops** on study skills, self-exploration, career decision-making, transfer planning, job searching, & online resources.

<https://www.aacc.edu/advising/file/Pathways.pdf>

**AACC Career and Transfer Resource Center (CTRC)**

The clearinghouse for services and resources to assist all AACC students and alumni with their career-related transfer needs. Services include individual career counseling, transfer advising, job search assistance, career assessments, career workshops, class presentation, career and transfer information.

<http://www.aacc.edu/careers/>

**AACC Truxal Library**

The Library's Research Process page offers a step-by-step procedure for tackling research.

<http://www.aacc.edu/library/StartResearch.cfm>

## **18. Campus Connections**

**Student Life Office**

410-777-2218 Student Union Room 202

Many opportunities for students to get involved in college life. Free passes to the Aquarium and Maryland Science Center and discounted tickets to Six Flags, the Renaissance Festival, movie theaters & more

<http://www.aacc.edu/studentlife/>

### **Student Clubs & Organizations**

Over 60 different clubs representing a wide range of academic, publication, performing groups, recreation & special interests.

<http://www.aacc.edu/studentlife/clubsandorgs.cfm> 410-777-2218

### **Campus Activities Board (CAB)**

Plans, promotes and produces social activities for the campus community. Activities include drive-in movies, coffeehouses, concerts, the Earth Day celebration, comedian performances, novelty acts and more. Students also have the opportunity to attend regional and national conferences

<http://www.aacc.edu/studentlife/CAB.cfm> 410-777-2218

### **Student Association**

The Student Association, governed by a student-elected executive committee, represents every student enrolled in the college.

<http://www.aacc.edu/studentlife/sa/> 410-777-2218

### **Leadership Opportunities**

During each academic year, Leadership Workshops are conducted and are open to all Anne Arundel Community College students. In some cases, student leaders attend off-campus Leadership Development opportunities as well. <http://www.aacc.edu/studentlife/leadership.cfm> 410-777-2218

### **Performing Groups**

AACC is home to a wide variety of talented performers. Students and community members comprise performing groups in music, dance, drama and poetry.

<http://www.aacc.edu/studentlife/perfgroups.cfm> 410-777-2218

### **Olson Pool**

Open hours are for students enrolled in credit courses, faculty & staff, and semester pass holders. A schedule is posted each semester.

<http://www.aacc.edu/physed/pool/> 410-777-2312

### **Fitness Center**

Two rooms with state-of-the-art cardiovascular fitness and weight training equipment. Open hours are for students enrolled in credit courses and college employees. A schedule is posted each semester.

<http://www.aacc.edu/physed/fitnesscenter.cfm> 410-777-2767

## **19. Emergency Preparedness**

### **American Red Cross**

Being prepared for emergencies is crucial at home, school, work and in your community. Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood, workplace or school or can confine you to your home. What would you do if basic services – water, gas, electricity or telephones – were cut off?

[http://www.redcross.org/services/prepare/0,1082,0\\_239\\_,00.html](http://www.redcross.org/services/prepare/0,1082,0_239_,00.html)

### **AACC Emergency Closing Procedures & Announcements**

Policies for snow, hazardous road conditions or other campus closing emergencies <http://www.aacc.edu/aboutaacc/inclementweather.cfm>

**Stay Informed!** Sign up to receive college closing notifications via E2Campus text messaging. <http://www.aacc.edu/stayinformed>

### **Are You Ready?**

Learn strategies that are common to all disasters/hazards.

[http://www.fema.gov/areyouready/basic\\_preparedness.shtm](http://www.fema.gov/areyouready/basic_preparedness.shtm)

[http://www.fema.gov/pdf/areyouready/areyouready\\_full.pdf](http://www.fema.gov/pdf/areyouready/areyouready_full.pdf)

### **Centers for Disease Control & Prevention, Emergency Preparedness and You**

Plan for disasters such as; hurricanes, tsunamis, acts of terrorism, and the threat of all emergencies much more effectively.

<http://www.emergency.cdc.gov/preparedness/>

### **Maryland Poison Control Center**

1-800-222-1222 Hours: 24 hours a day, 7 days a week Provides poisoning triage, treatment, education, and prevention services to all Marylanders.

<http://www.mdpoison.com/>

## **III. Hotlines**

### **20. Personal Crisis Intervention & Referral**

#### **Anne Arundel County Crisis Response System Community Warmline**

410-768-5522 Hours: 24 hours a day, 7 days a week

The "Community Warmline" links Anne Arundel County Residents in crisis with supportive assistance and linkages to resources within the community.

#### **2-1-1 Maryland**

24/7 statewide information and referrals for a variety of health and human service issues

Phone: 2-1-1

<http://www.211md.org>

#### **National Runaway Switchboard**

##### **1-800-RUNAWAY (786-2929)**

**Hours:** 24 hours a day, 7 days a week

Crisis intervention and travel assistance to runaways, Will relay messages to, or set up conference calls with, parents at the child's request. <http://www.1800runaway.org>

### **21. HIV/AIDS & STD**

#### **Anne Arundel County Dept of Health HIV/AIDS Hotline**

Phone: 410-222-7108

Monday-Friday 8:00 am to 4:00 pm HIV/AIDS & STD Hotline, FREE Testing, Referral & Treatment

#### **Anne Arundel County Dept of Health STD Hotline**

Phone: 410-222-7382

Monday-Friday 8:00 am to 4:00 pm HIV/AIDS & STD Hotline, Referral & Treatment \$30

**National AIDS Hotline**

800-342-AIDS (2437) TTY: 800-243-7889

24 hours a day, 7 days a week

Confidential information on HIV/AIDS referrals , testing, counseling, & services.

**National Sexually Transmitted Disease Hotline**

800-227-8922 TTY/TDD: 1-800-243-7889

Hours: 24 hours a day, 7 days a week

Anonymous, confidential information on sexually transmitted diseases (STDs), how to prevent them, and referrals to clinical and other services.

**22. Abuse, Domestic Violence & Sexual Assault**

**Anne Arundel County Domestic Violence Hotline, YWCA**

(410) 222-6800

Hours: 24 hours a day, 7 days a week domestic violence hotline and emergency shelter, legal services, and counseling for victims of domestic violence.

**Anne Arundel County Sexual Assault Crisis Center Hotline, YWCA**

410-222-7273 (410-222-RAPE) 24 hours a day, 7 days a week

Sexual assault crisis hotline, provides crisis intervention and counseling for adults, children, and families and accompaniment for sexual assault victims to a hospital, medical provider, or legal proceedings.

**Family Tree & Family Stress Hotline**

**1-800-243-7337** Hours: 24 hours a day, 7 days a week

Provides families with proven solutions to prevent child abuse and neglect.

<http://www.familytreemd.org/>

**National Domestic Violence/Child Abuse/Sexual Abuse Hotline 800-799-SAFE (7233) TTY 800-787-3224**

24 hours a day, 7 days a week Crisis interventions, referrals, services & shelters for victims of partner/spousal abuse. English & Spanish speaking advocates <http://www.ndvh.org/>

**RAINN National Rape Crisis Hotline**

**800-656-HOPE (4673)**

24 hours a day, 7 days a week

The Rape, Abuse & Incest National Network (RAINN) <http://www.rainn.org>

**23. Poisoning**

**Poison Control Center**

1-800-222-1222

24 hours a day, 7 days a week the Poison Center provides poisoning triage, treatment, education, and prevention services to all Marylanders.

**24. Substance Abuse & Alcoholism**

**AL-ANON (and ALATEEN for younger members)**

1-888-425-2666, in Canada and the USA

Hours: Monday - Friday 8:00 am to 6:00 pm (EST)

A self-help recovery program for families and friends of alcoholics  
<http://www.al-anon.org/>

**SAMHSA's Center for Substance Abuse Treatment**

800-662-HELP (4357) 800-487-4889 (TDD) 877-767-8432 (Spanish)

Hours: 24 hours a day, 7 days a week

Information, support, treatment options and referrals for drug/alcohol problems

<http://findtreatment.samhsa.gov/>

## **25. Suicide Prevention**

**Anne Arundel County Crisis Response System Community Warmline**

410-768-5522 Hours: 24 hours a day, 7 days a week

**The National Hopeline Network**

1.800.SUICIDE (784-2433)

Hours: 24 hours a day, 7 days a week

Callers to 1.800.SUICIDE reach a trained counselor within two to three rings.

<http://www.hopeline.com>

**National Suicide Prevention Lifeline**

800-273-TALK (8255) TTY number: 1-800-799-4TTY (4889)

Hours: 24 hours a day, 7 days a week

Immediate assistance for individuals in suicidal crisis. [http://](http://www.suicidepreventionlifeline.org/)

[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

**The Trevor Lifeline**

866-4-U-TREVOR

The Trevor Lifeline is the only nationwide, 24 hours a day, 7 days a week crisis and suicide prevention lifeline for LGBTQ youth.

## **IV.**

### **Additional Medical Resources**

#### **26. Find A Doctor**

**Anne Arundel Medical Center**

**Find a doctor** <http://www.aahs.org/msd.php>

Ask AAMC (443) 481-4000 or (800) MD NURSE

**Baltimore Washington Medical Center**

**Find a physician** <http://physicians.bwmc.umms.org/>

410-787-INFO (4636) or 800-778-3236

**Harbor Hospital Center**

**Find a doc** <http://www.harborhospital.org/body.cfm?id=555555>

410-350-2563 Monday through Friday, from 9 a.m. to 6 p.m.

## **27. Walk In & Urgent Medical Care (Standard Fees)**

### **1st Medical Center of Annapolis**

410-956-6800  
20 Mayo Rd Edgewater, MD 21037

### **Antioch Primary Care LLC**

240-473-1090  
4700 Berwyn House Road College Park, MD 20740

### **CVS Pharmacy Minute Clinic**

1-866-289-2727  
Walk-in 8:00a-8:00p

- 8124 Veterans Highway Millersville, MD 21108
- 2601 Riva Road Annapolis, MD 21401

### **Concentra Medical Center**

410-553-0110

- 811 Cromwell Park Dr STE 104 Glen Burnie, MD 21061

410-379-3051

- 7377 Washington Blvd STE 101 Jessup, MD 21075

### **Immediate Care**

410-760-4500  
7010 Ritchie Highway Glen Burnie, MD 21061

### **Patient First Neighborhood Medical Center**

443-573 - 0564  
8105 Ritchie Highway Pasadena, MD 21122

### **Righttime Medical Care**

888-808-6483  
Located throughout Anne Arundel County 11am-12 midnight 365 days/year

### **Walk-In Family Urgent Care**

410-544-6077  
31 Robinson Rd Severna Park, MD 21146  
Monday through Friday 4pm to 7pm

## **28. Free/Low Cost Titters, Lab Work, Immunizations, & Physicals**

### **Titters & Lab Work**

#### **The Annapolis Outreach/Stanton Center**

Free titters & labs for **uninsured** Health Professions students, must have a photo ID showing Anne Arundel county residency. Hours begin Tuesdays @12:30p and Wednesday @ 1:00p, students are encouraged to arrive as early as possible and will be fit into the schedule.  
92 West Washington Street Annapolis, MD 21401  
443-481-3599

## **Immunizations**

### **Anne Arundel County Department of Health**

MMR, Varicella, Tdap & Hepatitis B vaccines are offered to Health Professions students on a first come, first served basis. Vaccines are free; however, a \$10 donation is appreciated.

Contact the following health centers for a schedule of walk-in clinics or to make an appointment:

- Glen Burnie Health Center  
416 A Street, SW Glen Burnie, MD 21061  
410-222-6633
- Parole Health Center  
1950 Drew Street Annapolis, MD 21401  
410-222-7247

## **Physicals**

### **CVS Pharmacy Minute Clinic**

Physicals \$69- no lab work done

Walk-in 8:00a-8:00p 1-866-289-2727

- 8124 Veterans Highway Millersville, MD 21108
- 2601 Riva Road Annapolis, MD 21401

**Additional physical services found on "FREE/LOWCOST/SLIDING SCALE MEDICAL SERVICES" & "WALIN-IN & URGENT CARE" pages.**

*Anne Arundel Community College Health Services Resource Guide is for informational purposes only. It is not intended as a substitute for medical care and is not a complete listing of all available resources. Inclusion does not imply endorsement.*





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An equal opportunity, affirmative action, Title IX, ADA Title 504 compliant institution. Call Disability Support Services, 410-777-2306 or Maryland Relay 711, 72 hours in advance or e-mail [dss@aacc.edu](mailto:dss@aacc.edu) to request special accommodations. For information regarding Anne Arundel Community College's compliance and complaints concerning discrimination or harassment, call Karen L. Cook, Esq., AACC's federal compliance manager, at 410-777-7370 or Maryland Relay 711.