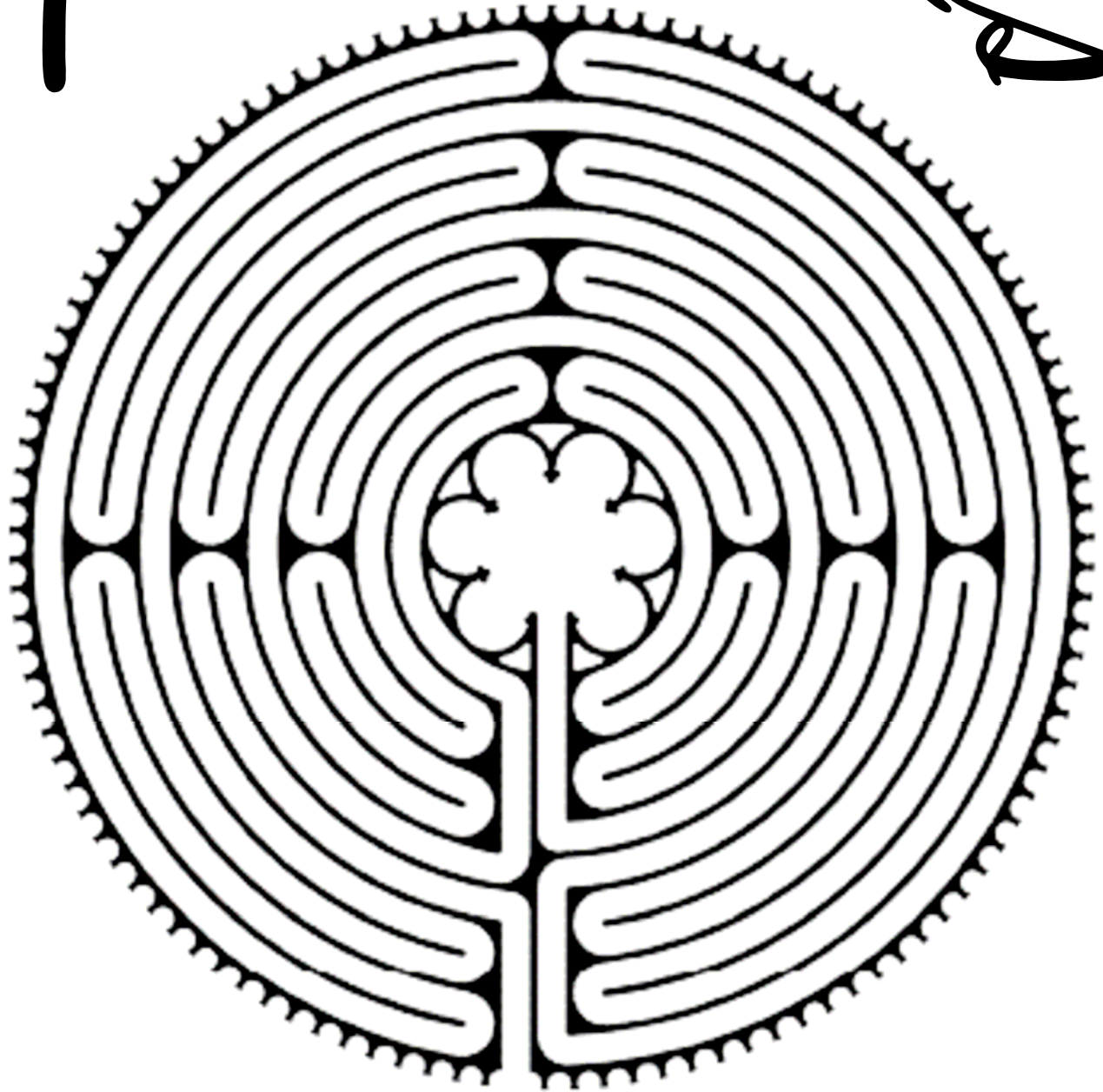


Resources



FREE! "CPR Anytime"

American Heart Association 20 minute Non-certificate CPR Training

CALL



CALL 911

ADULT CPR

BLOW



**TILT HEAD,
LIFT CHIN,
CHECK
BREATHING**



**GIVE TWO
BREATHS**

PUMP



**POSITION
HANDS IN THE
CENTER OF
THE CHEST**



**FIRMLY
PUSH DOWN
TWO INCHES
ON THE CHEST
30 TIMES**

**CONTINUE WITH TWO BREATHS
AND 30 PUMPS UNTIL HELP ARRIVES**

Learn CPR is a free public service supported by the University of Washington School of Medicine. Learn the basics of CPR - cardiopulmonary resuscitation. Updated with new CPR Guidelines issued by the American Heart Association and published in *Circulation*, Dec 13 2005.

Please print this guide, cut it out, pin it to your wall, Xerox it for a friend or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

<http://depts.washington.edu/learncpr/>

images reproduced with permission

Basic Life Support for Healthcare Providers

Pages 4-6, 4-7 & 4-10 2. Figures #6, 8, 14A & 14B.

copyright 1997, American Heart Association

This is a free guide it is an informational resource, and cannot replace real CPR or first aid training. Please try to attend a CPR training course in your community and help save a life.

***Are you uninsured or underinsured?
Do you need medical care
or a physical?***

**THE
GOVERNOR'S
WELLMOBILE
*Is coming to AACC!!!***

The Wellmobile is a clinical learning site for University of Maryland students in the undergraduate, graduate and doctoral programs offered at the School of Nursing. These students will come to Arnold campus & provide low cost health care to AACC staff and students for 4-6 hours a week.

\$10 Medical Visit

\$20 Physical

Contact AACC Health Services for day, location, hours of operation, & appointments

410-777-2480

Student Union Room 120

bamays@aacc.edu

****CAMPUS MEDICAL EMERGENCIES****

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

HEALTH SERVICES HOURS

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

HEALTH SERVICES LOCATION

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

FREE SERVICES

Blood Pressure Screening
First Aid
Health Information and Counseling
Health Insurance Information
Medical/Mental Health Referrals
Non-prescription medications
PPD testing for Health Professions
Wellness displays and events
Tobacco Cessation- Limited Hours

ANNUAL EVENTS

Blood Drives
November- Flu Immunization Clinic
December- Annual Craft Show & Sale Fundraiser
March- American Cancer Society Daffodil Days Fundraiser
April- Annual Health Fair

MISCELLANEOUS

STRESS-LESS ROOM– Student Union Room 125!

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

FREE!“CPR Anytime”

American Heart Association 20 minute
Non-certificate CPR Training

FOR MORE INFORMATION

Phone 410-777-2480

E-mail bamays@aacc.edu

www.aacc.edu/healthservices

Table of Contents

Health Insurance & Health Care Coverage Resources

Health Care Coverage

Individual Insurance Policies

Student Insurance Policies

Health & Wellness Services

Free, low cost, sliding scale Prescriptions

Low cost, sliding scale Dental Services

Free, low cost, sliding scale Medical Services

Free, low cost, sliding scale Mental Health Services

Free, low cost, sliding scale Women's Health Services

Specialized Services

Homeless Services

Hotlines

National Hotlines

Local Hotlines

Health Insurance & Health Care Coverage

Maryland Insurance Administration Consumer Guide to Health Insurance

<http://www.mdinsurance.state.md.us/documents/CGHealth-06-07-temp-web.pdf>

A free print copy of this booklet may be obtained by contacting the Maryland Insurance Administration at 1-800-492-6116

HEALTH CARE COVERAGE

Anne Arundel County Department of Health

REACH (Residents Access to a Coalition of Health)

http://aahealth.org/commhlth_reach.asp

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

Espanol: 410-222-7023

Anne Arundel County Department of Health and the Anne Arundel County Medical Society, Inc. have partnered with community doctors and other health care providers to offer low cost health care services through the **REACH** Program.

INDIVIDUAL INSURANCE POLICIES

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

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

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

Celtic Insurance Company

Sears Tower

233 South Wacker Drive, Suite 700

Chicago, IL 60606-6393

312-332-5401

www.celtic-net.com

Coventry Health and Life Insurance Company

Little Falls Center II

2751 Centerville Road, Suite 400

Wilmington, DE 19808-1627

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

Fortis Insurance Company

P.O. Box 624

Milwaukee, WI 53201-0624

1-800-553-7654, Ext. 3465

www.fortishealth.com

Golden Rule Insurance Company

7440 Woodland Drive

Indianapolis, IN 46278-1719

1-800-444-8990

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

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

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

Optimum Choice, Inc. (Corporate Headquarters)

4 Taft Court

Rockville, MD 20850

301-838-5681 or 1-800-544-2853 ext. 5900

www.mamsi.com

CONTACTS FOR SPECIFIC REGIONS

Anne Arundel Charlesanna Harvin 443-716-1120 or 1-800-297-1352

130 Admiral Cochrane Drive, Suite 101

Annapolis, MD 21401

Baltimore Vicki Hall 410-581-7550 or 1-800-272-5577

10045 Red Run Blvd., Suite 320

Owings Mills, MD 21117

Hagerstown Kelly Witmer 301-745-3261 or 1-800-335-9141

1850 Dual Highway, #205

Hagerstown, MD 21740

Rockville Joe Torchia 301-545-5900

4 Taft Court

Rockville, MD 20850

Salisbury Ryan Gordon 443-260-0876 or 1-800-336-6934

2009 Northwood Drive

Salisbury, MD 21801

Physicians Mutual Insurance Company

2600 Dodge Street

Omaha, NE 68131-2671

Contact: Gary Robinson, Agent 410-879-4574

112 South Main St., Suite 100

Bel Air, MD 21014-3818

www.physiciansmutual.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

STUDENT INSURANCE POLICIES

American Campus Insurance Series

<http://www.aacc.edu/healthservices/healthinsurance.cfm>

American Campus Insurance Series

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

Student accident and sickness insurance. This brochure can be viewed online using the policy number available from Health Services (410-777-2480)

Student Insurance

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

Student injury and sickness insurance plans.

Health & Wellness Services

FREE/LOW COST/SLIDING SCALE PRESCRIPTIONS

Anne Arundel County Department of Health

Prescription Discount Program

Available to **ALL** Anne Arundel County Residents, use Group #586

www.scriptsave.com

Peoples Community Health Center

Phone: 410-467-6040

www.Peopleschc.org

People's offers substantially discounted medications to its uninsured patients through a relatively unknown benefit called the "340b 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 (up

(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>

To learn facts about a specific drug

http://www.walmart.com/pharmacy/drug_info_search.jsp

FREE/LOW COST/SLIDING SCALE DENTAL SERVICES

Annapolis Outreach (Stanton) Center

Stanton Community Center

92 West Washington Street Annapolis, MD 21401

(443) 481-3599

FREE dental care, **appointment necessary.**

Baltimore College of Dental Surgery Dental School

General Information: 410-706-7101

Adult Care: 410-706-7102

Children: 410-706-4213

Dental and dental hygiene students provide the majority of the treatment, supervised by faculty engaged in teaching, research and patient care.

<http://www.dental.umaryland.edu/patientinfo/>

Peoples Community Health Center

Phone: 410-467-6040

www.Peopleschc.org

Greenmount Avenue Baltimore

Dental Services

Complete Palliative and Restorative Care (fillings, cleanings, extractions, etc.)

Dentures

Dental X-Ray on site

Root Canals and other minor surgical interventions

FREE/LOW COST/SLIDING SCALE MEDICAL SERVICES

Annapolis Outreach (Stanton) Center

Stanton Community Center

92 West Washington Street Annapolis, MD 21401

(443) 481-3599

FREE medical care, **appointment necessary.**

Anne Arundel County Department of Health

Free and sliding fee scale services; for a full list of resources & services

go to: <http://aahealth.org/index.asp>

HIV/AIDS FREE Anonymous Testing

Phone: 410-222-7108

Sexually Transmitted Diseases Referral & Treatment

Phone: 410-222-7108

Women, Infants and Children (WIC) Program

Phone: 410-222-6797

Family Planning

Phone: 410-222-7144

Comprehensive birth control services and supplies Free pregnancy testing

Maternity Services and Pregnancy Testing

410-222-7381 Annapolis Health Center

410-222-6625 North County Health Services

FREE Pregnancy Testing

Men's Health Services

Phone: 410-222-4468

Sliding scale Health Services for young men up to 24 years of age

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

Reproductive Health Services

Phone: 410-222-7145

Pregnancy planning, pre-conception counseling, contraceptive methods information, health education, physical examinations, Pap tests, breast examinations, STD information and free pregnancy testing.

Adolescent Health Services

Phone: 410-222-4468

For young women and men under 20 years of age.

Annapolis Health Center 410-222-7381

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

Women's Health Services

Annapolis Health Center 410-222-7381

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

Anne Arundel Family Health Center

410-467-6040

5517 Ritchie Highway Baltimore, MD 21225

Sliding scale medical care, appointment preferred.

Governors Well Mobile

1-866-228-9668

FREE medical clinic

Harundale Mall Value City Parking Lot

Aquahart Rd

Glen Burnie, MD 21061

Thursdays beginning at 10:00 am

Minute Clinic

410-727-4002 (call for services, fees, and hours)

<http://www.minuteclinic.com/en/USA/>

Walk in, no appointment needed; visits take approximately 15 minutes.

Certified Family Nurse Practitioners and Physician Assistants evaluate, diagnose and recommend treatments, including appropriate prescriptions for common family illnesses. Covered by most insurance plans

Annapolis CVS 2601 Riva Rd Annapolis

Bowie Plaza CVS 6920 Laurel Bowie Road (Bowie Plaza)

Millersville CVS 8124 Veterans Highway

Peoples Community Health Center

Phone: 410-467-6040

www.Peopleschc.org

People's offers medical, mental health and dental services, assistance in obtaining social service benefits, bus tokens and occasionally taxi service, and assistance with specialty referrals and follow-up. For uninsured patients they have access to free pharmaceuticals for chronic conditions, which are renewed in three-month increments, and they assist in reducing lab fee costs when possible.

Acute and Episodic Care for all Illnesses

Specialized Diabetes Management Program

Hypertension Management

Chronic Disease Management

Smoking Cessation

HIV/AIDS Diagnosis and Treatment

Complete STD Diagnosis and Treatment

Employment Physicals

Screening Services for TB, High Blood Pressure, Pregnancy
Walk-in service is available for urgent care at the following locations, but calling ahead is advised.

3011 & 3028 Greenmount Avenue Baltimore

5225 York Road Baltimore

5117 Ritchie Highway Brooklyn

808 N. Franklinton Road Baltimore

1111 Washington Boulevard Baltimore

1734 Maryland Avenue Baltimore

8341 Pioneer Drive in Severn

1301 N. Fulton Street Baltimore

FREE/LOW COST/SLIDING SCALE MENTAL HEALTH SERVICES

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 Counseling, Advising, and Retention Services

410-777-2307

Free short-term mental health counseling services provided to Anne Arundel Community College students by licensed clinical social workers

Anne Arundel County Department of Health Mental Health & Addictions

Adult Addictions Services 410-222-7428

Adolescent and Family Services 410-222-6785

Addictions treatment 410-222-6725

Adult Addictions Services, Community Treatment Services, Adolescent and Family Services.

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

www.Peopleschc.org

Mental Health

Individual Therapy

Family Counseling

Group Therapy opportunities available

Addictions Services

Harm Reduction

Drug Free Maintenance

Parole and Probation required services including urinalysis

Group Therapy opportunities available

Buprenorphine administration for detoxification

Pro Bono Counseling Project

323-5800

131 West Quadrangle

Baltimore, MD 21210

Pro Bono Counseling Project

323-5800

131 West Quadrangle

Baltimore, MD 21210

FREE/LOW COST/SLIDING SCALE WOMEN'S HEALTH SERVICES

Anne Arundel County Department of Health

Free and sliding fee scale services; for a full list of resources & services

go to: **<http://aahealth.org/index.asp>**

Women, Infants and Children (WIC) Program

Phone: 410-222-6797

Family Planning

Phone: 410-222-7144

Comprehensive birth control services and supplies Free pregnancy testing

Maternity Services and Pregnancy Testing

410-222-7381 Annapolis Health Center

410-222-6625 North County Health Services

FREE Pregnancy Testing

Reproductive Health Services

Phone: 410-222-7145

Pregnancy planning, pre-conception counseling, contraceptive methods information, health education, physical examinations, Pap tests, breast examinations, STD information and free pregnancy testing.

Adolescent Health Services

Phone: 410-222-4468

For young women and men under 20 years of age.

Annapolis Health Center 410-222-7381

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

Women's Health Services

Annapolis Health Center 410-222-7381

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

Peoples Community Health Center

Phone: 410-467-6040

www.Peopleschc.org

Six-month and Annual Gynecological Exams

Pap Tests

Colposcopy

Acute and Episodic Care

Complete STD Diagnosis and Treatment

Birth Control Counseling and Prescriptions

Pregnancy Testing

Prenatal and postnatal care on site

Access to free mammograms for eligible women

Severna Park Pregnancy Clinic

650 Ritchie Hwy

Severna Park, MD 21146 US

410.431.5000

&

Bowie Crofton Pregnancy Clinic

4341 Northview Drive

Bowie, Maryland 20716

301.262.1330

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

All services are FREE of charge.

They provide resources and help to those facing an unexpected pregnancy, as well as provide a range of other services including educational classes and STD testing.

Pregnancy Testing

Ultrasound for Viability

STD Testing

Confidential, Compassionate Care

Medical & Community Referrals

Post-Abortion Counseling

SPECIALIZED SERVICES

BG&E Purple Book

<http://www.bge.com/portal/site/bge/menuitem.a129bd0631281f9409c031e0da6176a0/>

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

The Cosmetic and Reconstructive Support (CRS) Program

http://www.ncadv.org/programs/CosmeticandReconstructiveSupport_118.html

The Cosmetic and Reconstructive Support (CRS) Program is the only direct service program that the National Coalition Against Domestic Violence (NCADV) Offers survivors cosmetic and reconstructive surgery and dentistry to repair the injuries received from a spouse or intimate partner.

MedBank

<http://www.medbankmd.org/>
1-877-435-7755

MEDBANK provides access to prescription medications for chronically ill, low-income, underinsured/uninsured Maryland residents.

The MedicAlert® 24-Hour Emergency Response Center

<https://www.medicalert.org/Main/24hour.aspx>
888-633-4298

Hours: 24hrs/day - 7 days/week

MedicAlert® provides identification and medical information in emergencies.

Passport Health

<http://www.passporthealthusa.com/main.html>
1-888-499-PASS (7277)

Provider of low-cost immunizations/vaccines

EATING DISORDERS SERVICES

National Association of Anorexia Nervosa & Associated Disorders

847-831-3438 (long distance)

Hotline hours: Monday-Friday, 9 am-5 pm Central Time
Anorexia, Bulimia & Compulsive Overeating hotline, counseling,
national network of free support

All services are free of charge.

<http://www.anad.org/site/anadweb/>

National Eating Disorders Association

1-800-931-2237

Live Helpline Hours:

Monday- Friday: 8:30 am - 4:30 pm Pacific
referrals to treatment options or support groups

<http://www.nationaleatingdisorders.org>

Center for Eating Disorders at Sheppard Pratt

6535 North Charles Street, Suite 300

Baltimore, MD 21204

410-938-5252

www.eatingdisorder.org

eatingdisorderinfo@sheppardpratt.org

Eating Disorders Institute of Maryland

1831-1 F Forest Drive

Annapolis, MD 21403

410-255-9626

John Hopkins Eating Disorder Program

600 N. Wolfe Street, Meyer 101

Baltimore, MD 21287

410-955-3863

www.hopkinsmedicine.org/Psychiatry/Clinical/eatingdisorders.html

lryan@jhmi.edu

Maria Nemec, LCSW-C

1507 Ritchie Hwy

Suite 102

Arnold, MD 21012

410-757-9570

HOMELESS SERVICES

Anchor House

410-268-0182

206 West St. Annapolis, MD 21401

Transitional shelter, self-sufficiency support services.

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

Fouse Center

410-609-1224

6401 Ritchie Hwy Glen Burnie, MD 21061

Transitional housing for homeless men

HAVEN

410-224-2437

Transitional to long-term housing for homeless HIV positive men. (Not an emergency shelter)

Hotlines

NATIONAL HOTLINES

ABUSE, DOMESTIC VIOLENCE, & SEXUAL ASSAULT

Childhelp USA® National Child Abuse Hotline

1-800-4-A-CHILD® (422-4453)

Hours: 24 hours a day, 7 days a week

Confidential, toll-free assistance to:

- Children who are being abused
- Frustrated parents who are seeking help
- Adults and children wanting to report cases of abuse
- Adult survivors of child abuse feeling unsafe or suicidal
- Adults requesting parenting tips & info

·Professionals

http://www.childhelpusa.org/report_hotline.htm

National Domestic Violence/Child Abuse/

Sexual Abuse Hotline

800-799-SAFE (7233)

TTY 800-787-3224

Hours: 24 hours a day, 7 days a week

Crisis intervention and referrals to local services and shelters for victims of partner or spousal abuse.

English and Spanish speaking advocates

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

RAINN National Rape Crisis Hotline

800-656-HOPE (4673)

Hours: 24 hours a day, 7 days a week

The Rape, Abuse & Incest National Network (RAINN)

<http://www.rainn.org>

CRISIS INTERVENTION & REFERRALS

Boys & Girls Town Suicide and Crisis Line

800-448-3000

(TDD) 800-448-1833

Hours: 24 hours a day, 7 days a week

Trained counselors provide support for both parents and children suffering from any problem.

<http://www.girlsandboystown.org>

Covenant House Hotline

800-999-9999

Hours: 24 hours a day, 7 days a week

Crisis line for youth, teens, and families.

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

The Gay and Lesbian National Hotline

1-888-THE-GLNH (1-888-843-4564)

Hours: Monday through Friday 4:00 pm to 12:00 am; Saturday 12:00 noon to 5:00 pm (Eastern Time)

<http://www.glnh.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>

EMERGENCY CONTRACEPTION

The National Women's Health Information Center

U.S. Department of Health and Human Services

Office on Women's Health

<http://www.4woman.gov/faq/econtracep.htm>

Plan B (progestin-only) is sold over-the-counter to women who are 18 years of age or older. Women under the age of 18 will need a prescription.

HIV/STI's

National AIDS Hotline

800-342-AIDS (2437)

TTY: 800-243-7889

Hours: 24 hours a day, 7 days a week

Anonymous, confidential information on HIV/AIDS referrals to local hotlines, testing, counseling, and clinical 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.

POISONING

Poison Control Center

1-800-222-1222

Hours: 24 hours a day, 7 days a week

The Maryland Poison Center provides poisoning triage, treatment, education, and prevention services to all Marylanders.

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 to local rehab centers for any drug or alcohol problem.

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

SUICIDE PREVENTION

Boys & Girls Town Suicide and Crisis Line

800-448-3000

(TDD) 800-448-1833

Hours: 24 hours a day, 7 days a week

Problem solving and crisis intervention for both parents and children.

<http://www.girlsandboystown.org>

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://www.suicidepreventionlifeline.org/>

LOCAL HOTLINES

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.

Anne Arundel County Department of Health

Free and sliding fee scale services; for a full list of resources & services go to: <http://aahealth.org/index.asp> Monday-Friday 8:00 am to 4:00 pm

HIV/AIDS FREE Anonymous Testing

Phone: 410-222-7108

Sexually Transmitted Diseases Referral & Treatment

Phone: 410-222-7256

Emergency Contraception Variable hours, call for appointment

Annapolis: 410-222-7381

Parole: 410-222-7247

North County: 410-222-6625

Anne Arundel County Sexual Assault Crisis Center Hotline

(410) 222-7273

(410-222-RAPE)

Hours: 24 hours a day, 7 days a week

The YWCA operates the 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.

First Call for Help

(410) 685-0525 in the greater Baltimore dialing area

(800) 492-0618 outside Baltimore

(410) 685-2159 TTY

Hours: 24 hours a day, 7 days a week

United Way of Central Maryland links callers with health and human services.

<http://www.uwcm.org/how/firstcall.cfm>

House of Ruth

Local & State of Maryland: 410-889-7884

Hearing Impaired: 711 (Maryland Relay)

Legal Hotline: 1-888-880-7884

Spanish Language Line: 410-554-8480

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

Hours: 24 hours a day, 7 days a week

Crisis counseling, safety planning, information, referral and pro-active advocacy for domestic violence victims, their families, and friends.

This is also a helpline for those who just need someone to talk to.

YWCA Domestic Violence Hotline

(410) 222-6800

Hours: 24 hours a day, 7 days a week

24-hour domestic violence hotline and emergency shelter, legal services, and counseling for victims of domestic violence.

Anne Arundel Community College Health Services Health & Wellness Resource Guide is for informational purposes only, it is not intended as a substitute for medical care. This is not a complete listing of all available resources, and inclusion does not imply endorsement.