

**MONTGOMERY COUNTY  
TEEN HELP CARD – 2016**

**Montgomery County Information Line 311**

Montgomery County Area Health Centers	
Germantown	240 777 3380
Silver Spring	240 777 3160
Montgomery County Office of Eligibility Support Services	
Germantown	240 777 3591
Rockville	240 777 3120
Silver Spring	240 777 3066

**CRISIS ASSISTANCE & DOMESTIC VIOLENCE**

MoCo Crisis Center	240 777 4000
Abused Person Crisis Line	240 777 4673
Alcohol Hotline	800 527 5344
Family Justice Center	240 773 0444
Maryland Youth Crisis Hotline	800 422 0009
MHA Hotline	301 738 2255
MC Youth Crisis Hotline	301 738 9697
National Runaway Hotline	800 786 2929
National Suicide Prevention Hotline	800 273 8255
Rape/Sexual Assault Crisis (VASAP)	240 777 4357
The Trevor Lifeline (LGBTQ)	866 488 7386
Suicide Helpline	800 784 2433
Treehouse Child Assessment Center	240 777 4699
United Way First Call for Help	800 492 0618

**INFORMATION & REFERRAL**

ICAP website	<a href="http://www.mccicap.org">http://www.mccicap.org</a>
MC Website	<a href="http://www.montgomerycountymd.gov">http://www.montgomerycountymd.gov</a>
MC database	<a href="http://www.infomontgomery.org">http://www.infomontgomery.org</a>
ACCESS to Behavioral Health	240 777 1770
Child Support Enforcement	800 332 6347
ChildLink	240 777 4769
Client Services Center for HealthChoice	240 777 1635
Latino Health Initiative	240 777 3221
MC Child Passenger Safety (car seat)	240 777 2223
MC Immunization Hotline	240 777 1050
MD Medicaid for Pregnant Women	800 456 8900
Mont Co. Care 4 Kids Program	301 628 3438
Su Familia Family Health Helpline (Spanish)	866 783 2645

**CHILD CARE**

Childcare Subsidy/Program's Info Line	240 777 1177
Children's Resource Center	240 777 3110
LOCATE Childcare	877 261 0060
ChildLink	240 777 4769

**NUTRITION**

Cooperative Extension Services	301 590 9638 x4
SHARE Food Program	301 864 3115
WIC	301 762 9426

**FAMILY PLANNING INFO & PREGNANCY SERVICES**

Montgomery County Area Health Centers	
Germantown	240 777 3380
Silver Spring	240 777 3160
Emergency Contraception Hotline	800 584 9911
Mary's Center	240 485 3160
Planned Parenthood of Metropolitan Washington	
Gaithersburg	301 208 1300
Silver Spring	301 608 3448
Frederick	301 662 7171
STD/HIV/AIDS County Clinic	240 777 1760
CCI-TAYA Health Connection Sil. Spring	301 565 0914
CCI-TAYA Gaithersburg	240 790 3334

**PARENTING SUPPORT**

Adoptions Together	301 439 2900
Birthright	301 946 3339
Center for Adoption Support & Education	301 476 8525
Centro Tepeyac	301 946 1022
Gabriel Project	800 264 3565
Germantown Pregnancy Choices	301 916 5433
Rockville Pregnancy Clinic	301 770 4444
Shady Grove Pregnancy Ctr.	301 963 6223

**GENERAL HEALTH CARE PROGRAMS**

Care for Your Health *	240 844 2552
Children's National Medical Center	202 476 5000
CCI Health & Wellness Centers (toll-free)**	866 877 7258
CCI Dental	240 720 0510
Holy Cross Hospital Health Center *	301 557 1940
Mansfield Kaseman Clinic *	301 917 6800
Mary's Center **	240 485 3160
Mercy Clinic *	240 773 0325
Mobile Medical Care, Inc. *	301 493 2400
Muslim Comm. Center Health Clinic *	301 384 2166
Pan Asian Volunteer Health Clinic *	240 599 6858
Peoples Community Wellness Ctr. *	301 847 1172
Proyecto Salud *	301 260 1073
Spanish Catholic Center **	301 434 8985

\* = adults only    \*\* = children & adults

**SPECIAL ASSISTANCE or COUNSELING**

Aspire Counseling	301 978 9750
Chesapeake Counseling Associates	301 231 9001
Conflict Resolution Center of MC	301 652 0717
Holy Cross Hospital	301 754 7000
Hospice Caring, Inc.	301 990 0085
Infants & Toddlers Program	240 777 3997
IPO-Bereavement Info & Referral	240 777 1289
Jewish Social Services	301 816 2633
Mont. Co. Access to Behavioral Health	240 777 1770
Montgomery General Hospital	301 774 8882
Shady Grove Adventist Hospital	240 826 6000

Suburban Hospital	301 896 3100
Washington Adventist Hospital	301 891 7600
Women's Cancer Control Program	240 777 1750

**EDUCATION & VOCATIONAL ASSISTANCE**

Family Discovery Center	301 424 2989
MD Multicultural Youth Center	301 495 0441 X226
Mont. College Adult ESOL & GED	301 962 8950
Mont. College -Evening/Sat. HS Program	301 279 5188
MCPS Interim Instructional Services	301 517 8261

**TEEN PARENT SUPPORT PROGRAMS**

African Amer. Health Program/SMILE	240 777 1833
Aspire Counseling	
Healthy Mothers/Healthy Babies	301 978 9750
Crittenton Services	301 565 9333
Early Head Start	
Lourie Ctr/Down County	301 984 4444
FSA/Up County	301 840 3272
Healthy Families Montgomery	301 840 3232
Holy Cross Health Teen Pregnancy Prog.	301 754 7163

**YOUTH SERVICES SUPPORT PROGRAMS**

FSI/GUIDE Youth Services	240 683 6580
FSI/GUIDE Youth Services Upcounty	301 972 0307
Identity, Inc.	301 963 5900
Kensington/Wheaton Youth Services	301 933 2818
Rockville Youth, Family & Comm. Svces.	240 314 8310
YMCA Youth & Family Services	301 593 1160

**EMERGENCY FOOD and/or SUPPLIES**

A Wider Circle	301 608 3504
Bethesda Cares	301 907 9244
Bethesda HELP	301 294 4888
C-4 Clothes Closet	301 989 8742
CASA de Maryland	301 431 4185
Catholic Charities	301 942 1856 x102
Damascus HELP	301 253 4100
First Baptist Food Closet	301 585 5454
Gaithersburg HELP	301 216 2510
Germantown HELP	301 482 1320
Interfaith Clothing Center	301 424 3796
MANNA Food Center	301 424 1130
Mid-County United Ministry (MUSST)	301 929 8675
Olney HELP	301 774 4334
Rockville FISH	301 564 0800
Salvation Army	301 515 5354
Shepherd's Table	301 585 6463
Silver Spring/Wheaton HELP	301 585 4357
St. Martin of Catholic Church	301 840 1830
TESS Center	240 773 8260
WUMCO/W Upper MC HELP	301 972 8481

This card is printed & distributed by Montgomery County Interagency Coalition on Adolescent Pregnancy (ICAP)

