COMMUNITY RESOURCES

- **Crisis Resources**
  - Baltimore County DSS: 410-887-TIME (8463)
  - Baltimore County Crisis Response: 410-931-2214
  - COVID Updates: [https://www.baltimorecountymd.gov/News/COVID19/](https://www.baltimorecountymd.gov/News/COVID19/)
  - Crisis text line: Text the word ‘HOME’ to 741741 for free 24-hour support
  - Maryland Food Bank: 410-737-8282 – Halstead Distribution every 4th Wednesday
  - 211 Maryland: 211, [https://211md.org/](https://211md.org/)
  - Maryland Suicide and Crisis Hotline: 1-800-422-0009
  - National Suicide Prevention Crisis Text Line by texting TALK to 741741
  - National Suicide Prevention Lifeline at 1-800-273-TALK
  - TurnAround, Inc 8503 LaSalle Road Towson, MD 21286 - 410-377-8111

- **Community Based Resources:**
  - Community Assistance Network: [https://www.canconnects.org/](https://www.canconnects.org/)
    Location: Hillendale Gate Apartments
    6600 Wycombe Way
    Baltimore, MD 21234
    P: 410-285-4674 ext. 126
    Fax: 410-321-9016/ 410-823-5302

  - Baltimore Rental Assistance: [https://www.baltimorecountymd.gov/Agencies/socialservices/financialassistance/evictionpreventionprogram.html](https://www.baltimorecountymd.gov/Agencies/socialservices/financialassistance/evictionpreventionprogram.html)


  - State Board of Elections: [https://elections.maryland.gov/](https://elections.maryland.gov/)

- **Counseling Services:**
  - Thrive Behavioral Health - 8967 Yellow Brick Road Rosedale, MD 21237
    410-780-5203 (O) 410-599-9091 (C) [https://thrivebh.com/](https://thrivebh.com/)
1. **Balance Point**: Balance Point Wellness, LLC - 5820 York Road, Baltimore, MD 21212 (https://bpointwellness.com/index.html)
2. **Villa Maria Behavioral Health Services of Towson**: 1220 East Joppa Rd Building B - Suite 332 Towson, MD (https://www.catholiccharities-md.org/services/villa-maria-community-resources-behavioral-health-clinics/)
3. **Brighter Stronger Foundation – Autism and Related Services**: 6 Nashua Court Suite B-E Baltimore, Maryland 21221 (https://www.brighterstrongerfoundation.com/)

**Social Emotional Learning Tools for at Home:**

- **Virtual Calming Tool Resource**: https://district196org.finalsuite.com/about/calm-room
- **Host your own family dance-off**:
  - Play [dance video games](https://www.commonsensemedia.org/lists/dance-games) like Just Dance or Dance Dance Revolution ...
  - Complete [GoNoodle](https://www.gonoodle.com/) movement and mindfulness activities as a family
  - [https://youtu.be/lvAj2DwERds](https://youtu.be/lvAj2DwERds)