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Below is a list of specialists to whom we usually refer our patients. Please call these offices and inquire if they participate with your insurance plan. If they do, make an appointment then call our office to request a referral if your insurance company requires one. Please notify our office at least 7 working days in advance of the appointment for the referral. If you have any further questions, please feel free to call our office!

## **URGENT MENTAL HEALTH CONCERNS**

### **FOR URGENT ISSUES - DIAL 211, then press 1**

#### **WHAT IS 211, PRESS 1?**

**211, Press 1** is an immediate, always-on-call suicide prevention, substance abuse intervention and mental health emergency assistance line. Dial 2-1-1 and Press 1. Crisis Specialists are also available to [chat](#) or text. Text your zip code to TXT-211 (898-211).

#### **HOW CAN 211, PRESS 1 HELP ME?**

Crises take many forms. Trained Crisis Specialists can help with depression, anxiety, mental health concerns, thoughts of suicide or self-harm, and substance and opioid abuse.

## **SUICIDE PREVENTION LIFELINE – DIAL 988**

### **SHEPPARD PRATT URGENT ASSESSMENT LINE**

DAYTIME HOURS/CALL FOR AN APPOINTMENT

410-938-4357

### **Harford County Health Dept. Division of Addiction Services**

24/7 Treatment Help      1-866-485-1916