**Mental Health/Substance Abuse**

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| **NAME** | **ADDRESS** | **PHONE** | **CONTACT** |
| **Burlington United Methodist Family Services, Inc.** | **316 E Oak Street****Oakland MD 21550** | **301-334-1285** | **Dawn Graves, Nancy Rotruck, Andrea Barnard****www.bumfs.org** |
| **CareFirst Wellness Center** | **13180F Garrett Hwy****Oakland MD 21550** | **301-533-8736****301-616-5707** | **Melita Friend** |
| **Garrett County Center for Behavioral Health** | **1025 Memorial Drive****Oakland MD 21550** | **301-334-7680** | **Jennifer Brenneman, Director****After Hours 301-501-3515** |
| **Garrett County Lighthouse;****Safe Harbor Crisis** | **20 E Oak Street****Oakland MD 21550** | **301-334-9126** | **Amy Jones****Matt Foley, Cody Kroll** |
| **Garrett Regional Medical Center (GRMC) ED** | **251 N Fourth Street****Oakland MD 21550** | **301-533-4000** | **Acute crisis emergency department** |
| **Garrett Treatment Center** | **233 E Alder Street****Oakland MD 21550** | **301-533-2888** | **Dr. Richard Perry, Erica Sherman** |
| **GRMC Health and Wellness** | **69 Wolf Acres Drive****Oakland MD 21550** | **301-533-2190** | **Kelly Rock** |
| **Lukas Behavioral Health** | **257 Oakland Drive** **Suite 103****Oakland MD 21550** | **301-876-4889****240-362-7118** | **James Lukas**[**www.lukasbh.org**](http://www.lukasbh.org) |
| **Maryland Wellness** | **232 E Alder Street****Oakland Md 2550****519 N Mechanic Street****Cumberland MD 21502** | **301-777-9600** | **Ryan VanNosdeln** |
| **Mindfulness Therapy** | **3473 Chestnut Ridge Road****Grantsville, MD 21536** | **301-723-2855** |  |
| **NAME** | **ADDRESS** | **PHONE** | **CONTACT** |
| **Mountaintop Counseling and Wellness** | **12584 National Pike****Grantsville MD 21536** | **301-895-8047** | **Amy Wright****mcw@outlook.com** |
| **Mt. Haven Wellness and Recovery** | **Alder Street****Oakland MD 21550** | **301-334-1314** | **Kathy Schrock** |
| **Mt. Laurel Medical Center Integrated Behavioral Health** | **1027 Memorial Drive****Oakland MD 21550** | **301-533-3300 (O)****844-652-8735 (G)****240-774-0204 (M)** | **Jessica Janey****(O) Oakland, (G) Grantsville,****(M) McCoole** |
| **PrimeCare Medical Inc.** | **GC Detention Center****Oakland MD 21550** | **301-334-7248** | **GC Detention Center residents only** |
| **Quest for Hope Counseling** | **PO Box 55****3231 Chestnut Ridge Road****Grantsville MD 21536** | **301-450-7274 (P)****301-238-8044 (F)** | **Nate Maust****nate@questforhopecounseling.com** |
| **Substance Use Disorder Resource Center** |  | **301-859-0290** | **Erin-Ruth Natividad****SUDRC@ReachMaryland.com** |
| **UPMC Western Maryland** | **12500 Willowbrook Road****Cumberland MD 21502** | **240-964-7000** | **Adult psychiatric inpatient unit** |
| **National Suicide Hotline** |  | **800-273-8255** |  |
| **Suicide & Crisis Lifeline** |  | **988** | **Call, Text 988, Chat online:****988 Lifeline.org** |
| **UPMC Crisis Hotline** |  | **240-964-1399** |  |