**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** |  |