LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

ALLEGANY COUNTY, MARYLAND		
PROVIDER NAME	INSURANCES ACCEPTED	SERVICES PROVIDED
Allegany County Health Department 12501 Willowbrook Road, Cumberland, MD Phone: 301-759-5280 Fax: 301-777-5630	Maryland Medicaid, Medicare (must bring proof of income), most private insurances (does not accept BlueChoice or Cigna), financial assistance available.	*Must be Allegany County resident. Individual/Family/Group (Adult/Child) Addictions Counseling Medication Management (must see counselor) Buprenorphine Services Intensive Outpatient Program (IOP) Transportation services
Brook Lane 1050 Industrial Blvd, Suite 18, Cumberland, MD Phone: 301-733-0331 ext. 7100 Fax 240-607-6632	Maryland Medicaid, Magellan, Quest, Tricare	Individual/ Family/Couples (Adult/Child) Medication Management
Committed to Change 200 Glenn Street, Cumberland, MD Phone: 240-580-1919 Fax: 240-362-7409	Maryland Medicaid	Individual/Family/Couples (ages 6 and up) Medication Management Psychiatric Rehabilitation Program Transportation services
Concerted Care Group 1050 W Industrial Blvd, Suite 16, Cumberland, MD Phone: 240-410-0885 Fax: 240-410-1097	Maryland Medicaid, Medicare	Individual Therapy (Mental Health/Addictions) Medication Management MAT - Methadone, Suboxone, Vivitrol, Sublocade Peer Support Addictions IOP
Lukas Behavioral Health 618 N Mechanic Street, Cumberland, MD Email: jlukas@lukasbh.org Phone: 301-876-4889 Fax: 240-362-7118	Maryland Medicaid, Medicare, UPMC, most private insurances	Individual Counseling (ages 5 and up) Medication Management
Maryland Wellness 519 N Mechanic Street, Cumberland, MD Phone: 301-777-9600 Fax: 301-245-6746	Maryland Medicaid, Medicare (not Humana Medicare), most private insurances, UPMC	Individual/Family/Couples Counseling (Adult/Child) Addictions Counseling Medication Management Psychiatric Rehabilitation Program Group Therapy Transportation services
Mountain Laurel Medical Center 22221 Westernport Road, Westernport, MD Phone: 240-774-0204 Fax: 301-533-3299	Maryland Medicaid, WV Medicaid, Medicare, most private insurances	*Must be established as primary care patient to receive services. Individual/Family/Couples Counseling (Adult/Child) Medication Management Primary Care Services Transportation services
Potomac Behavioral & Occupational Therapy 249 Henderson Avenue, Cumberland, MD Phone: 240-362-7444 Fax: 240-362-7388	Maryland Medicaid, Medicare, most private insurances (BCBS, UHC, Cigna, Tricare, Aetna, UPMC)	Individual/Family/Couples Counseling (Adult/Child) Addictions Counseling Medication Management/MAT Primary Care Services
UPMC Western Maryland 12502 Willowbrook Road, Suite 380, Cumberland, MD Phone: 240-964-8585 Fax: 240-964-8586	Maryland Medicaid, Medicare, most private insurances, UPMC, Financial assistance available	Individual/Family/Couples Counseling (Adult) Medication Management MAT - Buprenorphine Intensive Outpatient Program (IOP)
Villa Maria 308 Virginia Avenue, Cumberland, MD Phone: 667-600-2110 Fax: 667-600-4064	Maryland Medicaid	Individual/Family/Couples Counseling (Adult/Child) Medication Management Psychiatric Rehabiliation Program Specialty: LGBTQ+, grief, domestic violence, eating disorders
Zimela Wellness 758 Greene Street, Cumberland, MD Phone: 240-362-7077 Fax: 240-362-716	Maryland Medicaid, Medicare, most private insurances	Individual/Family/Couples Counseling (available only for MD Medicaid patients) (Ages 5 and up) Addictions Counseling Medication Management MAT - Buprenorphine Services
Anchor Counseling Center 111 S George Street Cumberland, MD Phone: 443-328-4946 Fax: 443-539-8173 Website: anchorcounselingcenters.com	Maryland Medicaid, BCBS, Cigna, Aetna, UHC, UMR	Individual/Family/Couples (Ages 14 and up) Medication Management (must see counselor) Speciality: Addiction, gender issues/LGBTQIA, grief, anxiety, EMDR Telehealth

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Allegany Counseling & Consulting Jerilyn Durst, LCPC / Sondra Wine, ADT 36 Greene Street, Cumberland, MD Phone: 301-724-1697 Fax: same as phone	Maryland Medicaid, BC/BS, UHC, most private insurances	Individual/Family/Couples (Ages 5 and up) Addictions Counseling
Best Life Therapy 323 Paca Street, Cumberland, MD 21502 Email: gweston109@gmail.com Phone: 301-268-6536 Fax: 301-769-5786	Maryland Medicaid, Medicare, BCBS, Carefirst, United Healthcare, UMR, Cigna	Individual Counseling (Adult/Family) Speciality: Grief, end of life, aging adjustment, depression anxiety Telehealth
Christian Counseling Services Dr. Seth Ramer, LCSW 1100 W Industrial Blvd, Cumberland, MD Phone: 301-895-3117	Most private insurances	Individual/Family/Couples (Adult/Child) Addictions Counseling
Courage to Climb Sarah Stahl, LCPC,CAC-AD Phone: 240-727-5203 Shelly Warnick, LCADC, LCPC Phone: 301-697-4196 31 Baltimore St, Suite 107/108, Cumberland, MD	Maryland Medicaid	Individual/Family Counseling **must be dual-diagnosed to receive services Mental Health/Addictions Counseling
Covenant Counseling Ministries 907 Seton Drive, Cumberland, MD 21502 Phone: 301-777-0633 Fax: 240-362-7110	Maryland Medicaid, WV Medicaid, Medicare	Christian-Based Individual/Family Counseling (Adult/Child) Group Counseling Speciality: Grief/domestic violence
Dr. Debra Schaaf 7 Washington Street, Cumberland, MD Phone: 301-697-4808 Fax: 877-395-1553	Maryland Medicaid, Medicare, most private insurances	Individual Counseling (ages 13 and up)
Dr. Kevin Simonson 203 E Main Street, Frostburg, MD Phone: 845-913-6725	Contact provider for additional information regarding insurances accepted.	Psychological Testing
Dr. Steven Hartsock 81 Baltimore Street, Cumberland, MD Phone: 301-777-9005 Fax: 301-777-3022	Maryland Medicaid, Medicare, most private insurances	Individual Counseling (Adult)
Dr. Trina Redmond 6 Water Street, Frostburg, MD Phone: 301-759-6319	Maryland Medicaid (not MD Physicians Care), Medicare, most private insurances (not Cigna)	Individual Counseling (Adult)
Family Crisis Resource Center (FCRC) Cumberland, MD Phone: 301-759-9244	***services available to victims and survivors of domestic violence, assault/abuse	Individual/Family/Group Counseling (Adult/Child) Emergency Shelter Case Management
Med First Walk-In Clinic Jeremy Hunt, CRNP & Crystal Walls, CRNP 15 South Centre Street, Cumberland, MD Phone: 240-362-7279 Fax: 240-362-7096	Maryland Medicaid, Medicare, accepts most private insurances, UPMC	Medication Management MAT - Suboxone, Subutex, Zubsolv, Sublocade Primary Care Services
Steeple City Psychological Services 932 National Highway, Lavale, MD Phone: 717-808-8400 Fax: 717-781-2078	Carefirst Blue Cross/Blue Shield, Medicare, UPMC, Cigna, Self-Pay	Individual/Family Counseling (Adult/Adolescents) Psychological Testing Medication Management
Tas Behavioral Health Dr. Linda Nkongchu, DNP, PMHNP-BC 31 Baltimore Street, Suite 104, Cumberland, MD Phone: 240-599-5177 Fax: 240-599-5027	Medicare, Maryland Medicaid, most private insurance plans	Individual Therapy (ages 13 and up) Medication Management Speciality: Women's Mental Health: perinatal depression, anxiety, postpartum OCD, PMDD *only accepts MD residents
Veteran Affairs (VA) Cumberland Outpatient Clinic 200 Glenn Street, Cumberland, MD 21502 Phone: 301-724-0061 Fax: 301-724-0069	**Available to active military, naval or air service, current/former members of the Reserves or National Guard who were called to active duty. Please call the VA for additional information regarding veterans eligibility.	Individual Counseling (Veterans) Medication Management Primary Care/Speciality Services Case Management
WVU Medicine Lavale Medical Center 922 National Highway, Cumberland, MD Phone: 240-362-7294 Fax: 240-362-7366	West Virginia Medicaid, Maryland Physicians Care, Aetna Better Health, Medicare, Most private insurance	*Requires new patient paperwork completed prior to being scheduled. Individual/Family/Couples Counseling (Ages 7 and up) Primary Care Services

	Current ACM Students ONLY (no fee)	Individual Counseling
Frostburg State University Student Counseling Center 101 Braddock Road, Frostburg, MD Phone: 301-687-4234 Fax: 301-687-3065	Current FSU Students ONLY (no fee)	Mental Health/Addictions Counseling Group Counseling Crisis Intervention Medication Management

GARRETT COUNTY, MARYLAND		
PROVIDER NAME	INSURANCES ACCEPTED	SERVICES PROVIDED
Garrett County Health Department 1025 Memorial Drive, Oakland, MD Oakland: Phone: 301-334-7680 / Fax: 301-334-7681 Phone: 301-895-5458 / Fax: 301-334-7671	Maryland Medicaid, Medicare, most private insurances, Sliding fee scale (available for qualified Maryland residents)	*Must be Garrett County Resident Individual/Family/Couples Counseling Addictions IOP School-Based Services Addictions Counseling/Peer Support Medication Management (MH/MAT)
Garrett Regional Behavioral Health Center 69 Wolf Acres, Oakland, MD 21550 Phone: 301-533-2190 / Fax: 301-533-2198	Maryland & WV Medicaid, Medicare, Tricare, UMR, most private insurances	Individual/Family/Couples Counseling (Adult/Child) Addictions Counseling Medication Management (MH/MAT) Primary Care Services
Lukas Behavioral Health 257 Oakland Drive, Suite 103, Oakland, MD Email: jlukas@lukasbh.org Phone: 301-876-4889 Fax: 240-362-7118	Maryland Medicaid, Medicare, UPMC, most private insurances	Individual/Family/Couples Counseling (ages 5 and up) Medication Management
Maryland Coalilation of Families Serving Allegany and Garrett County Website: www.mdcoalition.org Phone: 443-741-8682	Services are free, available to parents and caregivers of child/adult/elderly individuals with mental health, substance abuse, or gambling addictions	Family Peer Support Specialist Case Management/Referral Linkage Support Groups
Maryland Wellness 232 E Alder Street, Oakland, MD Phone: 301-777-9600 Fax: 301-245-6746	Maryland Medicaid, Medicare (not Humana Medicare), most private insurances, UPMC	Individual/Family/Couples Counseling (Adult/Child) Addictions Counseling Medication Management Psychiatric Rehabilitation Program Group Therapy Transportation services
Mountaintop Counseling and Wellness 12584 National Pike, Grantsville, MD 21536 Phone: 301-895-8047	MD Medicaid, PA Medicaid, UHC, BCBS, Cigna, Peak Health, Aetna	Individual Counseling (Adult/Child)
Mountain Haven Wellness & Recovery Center 206 East Alder Street, Oakland, MD 21550 Phone: 301-334-1314 Fax: 301-334-1035	Services are free, available to individuals 18 years and older with mental health, substance use and co-occuring disorders.	Support Groups Linkage/Referrals Information/Education Opportunities Daily Meal/Transportation
Mountain Laurel Medical Center Oakland: 1027 Memorial Dr, Oakland, MD Phone: 301-533-3300 / Fax: 301-533-3299 Grantsville: 104 Parkview Dr, Grantsville, MD Phone: 844-652-8735 / Fax: 301-895-5494	Maryland Medicaid, Medicare, Most private insurances	**Must be established as primary care patient to receive these services Mental Health Counseling (Adult/Child) Medication Management Primary Care Services Transportation services
Quest for Hope Counseling Nate Maust, LCPC 3231 Chestnut Ridge Rd. Grantsville, MD 21536 Email: nate@questforhopecounseling.com Phone: 301-450-7274 Fax: 301-238-8044	Maryland Medicaid, PA Medicaid, UPMC, CareFirst, Aetna, UHC, UMR, 90 Degree Benefits, Peak, Alliance, Cigna/ Evernorth Sliding scale	Individual/Couples/ Family (Ages 4 & up) Faith-Based Services In-person and telehealth EMDR,trauma, depression, anxiety, co-occuring disorder

Dove Center

882 Memorial Drive, Oakland, MD
Phone: 301-334-6255
Fax: 240-488-1125
Domestic Violence/Sexual Assault Crisis Line

301-334-9000

***services available to victims and survivors of domestic violence, assault/abuse, dating violence, stalking Emergency Shelter
Individual Counseling (Adult/Child)
School-based Counseling Services
Group Counseling
Case Management
Crisis Intervention

Crisis Line Resources

UPMC Western MD 24/7 Crisis Line 240-964-1399
National Suicide & Crisis Line Call or Text: 988
Baltimore Crisis Response (BCRI) 301-783-0011

Transportation Services

Allegany Co. Transit 301-722-6360 AllTrans 301-724-1255 Express Medical Transport (EMT)301-759-5123 Queen City Taxi 301-722-2800 **Local Homeless Shelter**

Union Rescue Mission 301-724-1585

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WEST VIRGINIA		
PROVIDER NAME	INSURANCES ACCEPTED	SERVICES PROVIDED
Burlington United Family Services 539 New Creek Highway, Keyser, WV Website: bumfs.org Phone: 304-788-2342 Fax: 304-788-2409	WV Medicaid	Individual/Family Counseling (Adult/Child) Parents as Teachers (children 5 yrs & under) Safe at Home (DHHR referral) Right from the Start (services for pregnant women, children ages 0-3) TRUST program (Addictions Counseling)
Eastern Psychological Services 278 N High Street, Romney, WV Phone: 304-822-3429 Fax: 304-822-7225	WV Medicaid, Medicare, most private insurances	Individual/Couples/Family Counseling (Adult/Child)
Family Crisis Center Locations in Mineral, Grant and Hardy County Website: familycrisiscenterwv.com Keyser, WV Phone: 304-788-6061 Petersburg, WV Phone: 304-257-4606 Romney, WV Phone: 304-822-8268	***services available to victims and survivors of domestic violence, assault/abuse, dating violence, and human trafficking	Crisis Intervention Counseling Linkage/Referrals Case Management Emergency Shelter Transportation Services Individual/Group Counseling
Hawse Health Romney: 22347 Northwestern Pike, Romney, WV Phone: 304-359-2008 Petersburg: 111 Grove Street, Petersburg, WV Phone: 304-257-2451 / Fax: 304-257-1263 Baker: 17978 SR 55, Baker, WV Phone: 304-897-5915 / Fax: 304-897-5917	Most private insurances, Sliding fee scale available based on income and	Individual/Family Counseling (Adult/Child) School-Based Counseling Services Crisis Intervention Primary Care Services
Martinsburg VA Medical Center 510 Butler Avenue, Building 213, Martinsburg, WV Phone: 304-263-0811	of the Reserves or National Guard who were called to active duty. Please call the VA for additional	Mental Health Counseling (Veterans) Medication Management Primary Care/Speciality Services Case Management Residential Rehabiliation Treatment Program
Miller Family Health Care 206 Jackson Ave, Moorefield, WV Phone: 304-530-5980 Fax 304-530-5981	WV Medicaid, Medicare, most private insurances	Individual Therapy Medication Management
Mountain State Psychological Services 130 Center Street, Keyser, WV Phone: 304-788-1113 Fax: 304-788-2777	WV Medicaid, Medicare, most private insurances	Individual/Family/Marriage Counseling (Adult/Child) Addictions Counseling Case Management Psychological Evaluations
Mountaineer Community Health Center 783 Winchester Street, Paw Paw, WV Phone: 304-947-5500 Fax: 844-772-0872	WV Medicaid, Maryland Medicaid, Medicare, most private insurances	Primary Care Services Vivitrol/Addictions Counseling
Mountaineer Mental Health 285 West Birch Lane, Romney, WV Phone: 304-359-2380 Fax: 304-359-2393	WV Medicaid, most private insurances, Private pay, Sliding fee scale is available	Individual/Family/Marriage Counseling School-Based Counseling Services Peri-mental health (pregnancy/ post-partum) Trauma/ grief/ domestic violence Addictions Counseling/Peer Support Group Therapy (Addictions IOP) Case Management
New Creek Family Medicine Dr. William Thomas, MD 1234 New Creek Hwy, Keyser, WV Phone: 304-788-9320 Fax: 304-788-9323	WV Medicaid, Medicare, most private insurances	Medication Management Primary Care Services

Potomac Highland Guild Keyser: 3334 New Creek Hwy, Keyser, WV Phone: 304-788-2241 / Fax: 304-788-4022 Romney: 53 W Main Street, Romney, WV Phone: 304-822-3897 / Fax: 304-822-3731 Moorefield: 79 Robert C. Byrd Ind. Park Rd, Moorefield, WV Phone: 304-538-2302 / Fax: 304-538-7111 Petersburg: 7 Mtn View St, Petersburg, WV Phone: 304-257-1155 / Fax: 304-257-1945	WV Medicaid Medicare BCBS Sliding fee scale available based upon income, must be WV resident	Individual/Group/Family Counseling (Adult/Child) Addictions Counseling Medication Management Case Management Peer Support Services Crisis Intervention
Potomac State College Reynolds Hall 104A, Keyser, WV 26726 Phone: 304-788-6976 Campus Crisis Line: 304-788-6977	**Available to current Potomac State College students ONLY***	Individual Counseling Group Counseling
Trinity Family Healthcare 1 South Marsham Street, Romney, WV 26757 Phone: 304-359-2245 Fax: 304-359-2259 or 844-422-9877	underinsured patients income based	Individual Counseling Addictions Counseling Medication Management Primary Care Services
WVU Medicine Potomac Valley Hospital Behavioral Health 139 Plaza Drive, Keyser, WV 26726 Phone: 304-597-3577 Fax: 304-597-3548	IVVV Medicald MID Medicald	Individual Counseling Medication Management (telehealth available) Telehealth for med mgmt only
WVU Behavioral Medicine & Psychiatry 1 Medical Center Drive, Morgantown, WV 26506 Phone: 304-598-4214 / Fax: 304-293-8724	WV Medicaid, Medicare, most private insurances	Individual/Couples/Family Counseling (Adult/Child) Addictions Counseling Medication Management Group Therapy/IOP Services Case Management

<u>Crisis Line Resources</u> UPMC Western Maryland 24/7 Crisis Line:240-964-1399 National Suicide Crisis Line Call or Text: 988

HELP4WV Crisis Line: 844-435-7498

<u>Transportation Services</u>
LogistiCare (WV Medicaid Non-Emergency Transport Service): 844-549-8353

Potomac Valley Transit Authority (PVTA): 304-257-1414

Yellow Transportation Taxi: 304-788-3531

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PENNSYLVANIA		
PROVIDER NAME	INSURANCES ACCEPTED	SERVICES PROVIDED
Alternative Community Resource Program Bedford: 185 Hospital Drive, Everett, PA Phone: 814-623-1212 Somerset: 1590 N Center Ave, Somerset, PA Phone: 814-445-1717	PA Medicaid, most private insurances	Individual/Group/Family Therapy Medication Management School-Based Services Peer Support Services
Bedford-Somerset DBHS Cornerstone Community Services Bedford: 1243 Shed Road, Bedford, PA Phone: 814-623-9173 / Fax: 814-623-1298 Somerset: 245 West Race St, Somerset, PA Phone: 814-443-4891 / Fax: 814-443-4898	PA Medicaid, UPMC Health Plan, Medicare, Contact for additional insurance plans accepted.	Individual/Family/Couples Counseling (Adult/Child) Group Counseling Mobile Mental Health Services Medication Management Crisis Intervention Psychiatric Rehabiliation Services Case Management Services Telehealth
Beal Counseling and Consulting 445 Westridge Road, Suite 103, Somerset, PA Phone: 814-444-9696 Fax: 814-444-0345	Highmark BCBS, Tricare, UPMC Health Plan, Penn Highlands, PA Medicaid, United Behavioral Health	Individual Counseling (Adult/Child) Medication Management MAT (Methadone, Buprenorphine, Naltrexone)
Croyle-Nielsen Therapeutic Associates 485 Berlin Plank Road, Somerset, PA Phone: 814-701-2898 Fax: 814-701-2917	PA Medicaid, UPMC, Medicare, Highmark, Aetna, Optum, Most private insurances	Individual/Family/Couples Counseling (Adult/Child) Senior Counseling (Dementia/Alzheimers, Life Transitions) Group Therapy EMDR, LGBTQ
Clarvida of Pennsylvania Bedford: 9528 Lincoln Hwy, Bedford, PA Phone: 814-623-5077/ Fax: 814-623-5405 Somerset: Georgian Place, Somerset, PA Phone: 814-444-0620	PA Medicaid (Access), BCBS, United Healthcare, Aetna	Individual/Family/Couples Counseling (Adult/Child) Group Therapy School-Based Therapy Services Psychiatric Evaluation Medication Management
Pile Psychological & Counseling Services 238 W. Union Street, Somerset, PA Phone: 814-443-1881 Fax: same as phone	BCBS, UPMC, Aetna, Cigna, PA Medicaid (Access)	Individual/Family/Couples Counseling (Adult/Child 12 yrs & older) School-Based Counseling
UPMC Altoona Behavioral Health Access Center 620 Howard Avenue, Altoona, PA Phone: 814-889-2289 or 800-540-4690	*call center provides services to connect individuals to resources and treatment through referral services	Case Management Crisis Support Mental Health (inpatient/outpatient services for adults/children) Substance Abuse Treatment (inpatient/outpatient, prevention programs) Referrals to local support resources
Altoona VA Medical Center James E. Van Zandt VA Medical Center 2907 Pleasant Valley Blvd, Altoona, PA Phone: 814-943-8164 Ext. 7305	**Available to active military, naval or air service, current/former members of the Reserves or National Guard who were called to active duty. Please call the VA for additional information regarding veterans eligibility.	Mental Health Counseling (Veterans) Medication Management Primary Care/Speciality Services Case Management Residential Rehabiliation Treatment Program

Crisis Line Resources

Bedford-Somerset Crisis Services 866-611-6467
National Suicide Crisis Life Call or Text: 988

Pennsylvania Transportation Resources

Bedford Transportation Taxi Company 814-623-2122 PA Medical Assistance Transportation Program Bedford, PA 814-623-9129

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