

# LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

## ALLEGANY COUNTY, MARYLAND

<b>Allegany College of Maryland (ACM)</b> Nurse Managed Wellness Clinic (Allied Health #115) Cumberland, MD 21502 Website: <a href="http://www.allegany.edu">www.allegany.edu</a> Phone: 240-964-8585 or 301-784-5670	**Current ACM Students ONLY**	Individual/Couples/Family Counseling (ACM Students ONLY - no fee)
<b>Allegany Counseling &amp; Consulting</b> Jerilyn Jackson, LCPC / Sondra Wine, ADT 36 Greene Street, Cumberland, MD 21502 Phone: 301-724-1697 (same # for fax)	Maryland Medicaid, BC/BS, UHC, most private insurances	Individual/Family/Couples Counseling (Adult/Child 5 yrs and older) Addictions Counseling Telehealth services available
<b>Allegany County Health Department</b> 12501 Willowbrook Road, Cumberland, MD 21502 Website: <a href="https://health.maryland.gov/allegany">https://health.maryland.gov/allegany</a> Phone: 301-759-5280 / Fax: 301-777-5630	Maryland Medicaid, Medicare, most private insurances, DOES NOT accept BlueChoice, financial assistance available (must provide proof of income) *must be Allegany Co. resident and bring photo id and insurance card	Individual/Family/Group Counseling (Adult/Child) Addictions Counseling Medication Management (must see counselor) Buprenorphine Services Intensive Outpatient Program (IOP) Transportation services In-person services only
<b>Allegany Family Health</b> 90 Main Street, Westport, MD 21562 Website: <a href="http://www.alleganyfamilyhealth.com">www.alleganyfamilyhealth.com</a> Phone: 301-359-5145 / Fax: 301-359-5178	MD & WV Medicaid, Medicare, most private insurances	Primary Care Services Medication Management
<b>Ascensions Wellness</b> 618 N Mechanic Street, Cumberland, MD Website: <a href="https://ascensionswellness.com">https://ascensionswellness.com</a> Phone: 301-298-9671 / Fax: 301-723-7057	Maryland Medicaid, Medicare, Cigna	Individual Counseling (Adult/Child) Medication Management
<b>Best Life Therapy</b> Gabriela Weston, MSW, LCSW-C 323 Paca Street, Cumberland, MD 21502 Email: <a href="mailto:gweston109@gmail.com">gweston109@gmail.com</a> Phone: 301-268-6536 / Fax: 301-769-5786	Medicaid, Medicare, BCBS, United Healthcare, UMR, Cigna	Individual Counseling (Adult/Family) Offering in-person and telehealth sessions.
<b>Christian Counseling Services</b> Dr. Seth Ramer, LCSW 1100 W Industrial Blvd, Cumberland, MD Phone: 301-895-3117	Medicare, MD Physicians Care most private insurance, WV Medicaid (Aetna Better Health)	Individual/Family/Couples Counseling (Adult/Child) Addictions Counseling
<b>Committed to Change</b> 200 Glenn Street, Cumberland, MD 21502 Website: <a href="http://www.committedtochange.com">www.committedtochange.com</a> Phone: 240-580-1919 / Fax: 240-362-7409	Maryland Medicaid	Individual/Family/Couples Counseling (Adult/Child 6 yrs and older) Medication Management Psychiatric Rehabilitation Program Transportation services Telehealth as a last resort only
<b>Courage to Climb</b> 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 21502	Maryland Medicaid	Individual/Family Counseling **must be dual-diagnosed to receive services Mental Health/Addictions Counseling Offering in-person and telehealth services
<b>Covenant Christian Counseling</b> 907 Seton Drive, Cumberland, MD 21502 Website: <a href="http://covenantcounselingministries.org">covenantcounselingministries.org</a> Phone: 301-777-0633/ Fax: 240-362-7110	Maryland Medicaid, Medicare, most private insurances	Christian-Based Individual/Family Counseling (Adult/Child) Group Counseling In-person services only
<b>Dr. Davis Dayhoff, PhD</b> 7 Market Street, Cumberland, MD 21502 Phone: 301-759-3360	Most private insurances	Individual Counseling (Adult)
<b>Dr. Debra Schaaf, PhD</b> 7 Washington Street, Cumberland, MD 21502 Phone: 301-724-5544	Maryland Medicaid, Medicare, most private insurances	Individual Counseling (Adult/Adolescents 13 yrs and older)
<b>Donna Rice, LCSW-C</b> 650 N. Mechanic St., Cumberland, MD 21502 Phone: 301-722-5500	Medicare, BC/BS	Individual Counseling
<b>Dr. Helene Robbins-Nester</b> 12012 Green Ridge Rd, Flintstone, MD 21530 Phone: 609-433-2622	Most private insurances	Neuropsychological Evaluations Individual Counseling (Adult) Equine Therapy
<b>Dr. Jim Miller, PhD &amp; Helen Miller, LCPC</b> 153 Baltimore Street, 3rd Floor Suite 1 Cumberland, MD 21502 Phone: 301-724-4081	Maryland Medicaid, Medicare, UMR, most private insurances	Individual/Couples/Family Counseling (Adult/Child)

## LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

<p><b>Dr. Kevin Peterson, PhD</b>            9 Market Street, Cumberland, MD 21502            Website: <a href="http://www.petersonpsychological.com">www.petersonpsychological.com</a>            Phone: 301-759-3360</p>	<p>Most private insurances</p>	<p>Individual/Couples/Family Counseling (Adult/Child)            Addictions Counseling            Psychological Testing (MMPI)</p>
<p><b>Dr. Kevin Simonson, PhD</b>            101 Braddock Road, Frostburg, MD 21532            Phone: 845-913-6725</p>	<p>Contact provider for additional information regarding insurances accepted.</p>	<p>Psychological Testing</p>
<p><b>Dr. Robert Lynn, MD</b>            134 Baltimore Street, Cumberland, MD            Phone: 301-777-0620 / Fax: 301-777-2906</p>	<p>Maryland Medicaid, Medicare, most private insurances</p>	<p>Medication Management</p>
<p><b>Dr. Steven Hartsock, PhD</b>            Baltimore Street, Cumberland, MD 21502            Phone: 301-777-9005</p>	<p>Maryland Medicaid, Medicare, most private insurances</p>	<p>Individual Counseling (Adult)</p>
<p><b>Dr. Trina Redmond, PhD</b>            6 Water Street, Frostburg, MD 21532            Phone: 301-759-6319</p>	<p>Maryland Medicaid (not MD Physicians Care), Medicare, most private insurances (not Cigna)</p>	<p>Individual Counseling (Adult)</p>
<p><b>Family Crisis Resource Center (FCRC)</b>            Cumberland, MD            Website: <a href="http://www.familycrisisresourcecenter.org">www.familycrisisresourcecenter.org</a>            Phone: 301-759-9244</p>	<p>***services available to victims and survivors of domestic violence, assault/abuse</p>	<p>Individual/Family Counseling            Group Counseling            Emergency Shelter            Case Management</p>
<p><b>Footprints to Hope Counseling</b>            15820 McMullen Hwy Unit A, Cresaptown, MD            Website: <a href="http://www.footprintstohope.com">www.footprintstohope.com</a>            Phone: 240-522-0885 / Fax: 410-885-2543</p>	<p>MD Medicaid, Highmark BCBS, UHC</p>	<p>Individual/Family/Couples Counseling (Adult/Child 3 yrs and older)            Addictions Counseling            Group Counseling            Telehealth services available</p>
<p><b>Frostburg State University (FSU) CAPS</b>            101 Braddock Road, Frostburg, MD 21532            Website: <a href="http://www.frostburg.edu">www.frostburg.edu</a>            Phone: 301-687-4234 / Fax: 301-687-3065</p>	<p>***Current FSU Students ONLY***</p>	<p>Mental Health/Addictions Counseling            Group Counseling            Crisis Intervention            Medication Management</p>
<p><b>Hopeful Origins</b>            Nadia Swanson, NP            31 Baltimore St, Suite 111, Cumberland, MD            Phone: 410-420-8300/ Fax: 443-267-0020            Email: <a href="mailto:psychiatry@hopefulorigins.com">psychiatry@hopefulorigins.com</a></p>	<p>Medicare, Medicaid, Blue Cross, Cigna</p>	<p>Medication Management only            Patient can self-schedule on line at <a href="http://hopefulorigins.com">hopefulorigins.com</a></p>
<p><b>Hope Station</b>            632 N Centre Street, Cumberland, MD 21502            Website: <a href="http://ocamd.org">ocamd.org</a>            Phone: 240-362-7168 / Fax: 240-362-7170</p>	<p>Services are free, available to individuals 18 years and older with mental health, substance use and co-occurring disorders.</p>	<p>Support Groups            Linkage/Referrals            Information/Education Opportunities            Daily Meal/Transportation</p>
<p><b>Maryland Wellness</b>            (formerly BACHS and Aspen Wellness)            519 N Mechanic Street, Cumberland, MD 21502            Phone: 240-362-7439 or 301-777-9600            Fax: 240-362-7516 or 301-841-7977</p>	<p>Maryland Medicaid, Medicare, most private insurances</p>	<p>Individual/Family/Couples Counseling (Adult/Child)            Addictions Counseling            Medication Management            Psychiatric Rehabilitation Services            Transportation services            Telehealth services available</p>
<p><b>Mountain Laurel Medical Center</b>            22221 Westport Road,            Westport, MD 21562            Website: <a href="http://www.mtnlaurel.org">www.mtnlaurel.org</a>            Phone: 240-774-0204 / Fax: 301-533-3299</p>	<p>Maryland Medicaid, Medicare, most private insurances</p>	<p><b>**Must be established as primary care patient to receive services</b>            Individual/Family/Couples Counseling (Adult/Child)            Medication Management            Primary Care Services            Transportation services</p>
<p><b>Potomac Behavioral &amp; Occupational Therapy</b>            249 Henderson Avenue, Cumberland, MD            Phone: 240-362-7444 / Fax: 240-362-7388</p>	<p>Maryland Medicaid, Medicare, most private insurances</p>	<p>Individual/Family/Couples Counseling (Adult/Child)            Addictions Counseling            Medication Management            Primary Care Services            Telehealth services available</p>
<p><b>Pressley Ridge Outpatient Mental Health</b>            327 Beall Street, Suite 2, Cumberland, MD            Website: <a href="http://www.pressleyridge.org">www.pressleyridge.org</a>            Phone: 301-724-8413/ Fax: 301-724-8417</p>	<p>Maryland Medicaid</p>	<p>Individual/Family Counseling (Adult/Adolescents)            Group Counseling            Medication Management            Addictions Counseling/Peer Support            Case Management            Recovery to Work</p>
<p><b>Steeple City Psychological Services</b>            517 E Oldtown Road, Cumberland, MD 21502            Website: <a href="http://steeplecitypsyc.com">steeplecitypsyc.com</a>            Phone: 717-808-8400 / Fax: 717-781-2078</p>	<p>Medicare, most private insurances</p>	<p>Individual/Family Counseling (Adult/Adolescents)            Psychological Testing            Medication Management</p>

## LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

<p><b>UPMC Western Maryland</b> 12502 Willowbrook Road, Suite 380, Cumberland, MD 21502 Website: <a href="http://www.wmhs.com">www.wmhs.com</a> Phone: 240-964-8585 / Fax: 240-964-8586</p>	<p>Maryland Medicaid, Medicare, most private insurances, Financial assistance available</p>	<p>Individual/Family/Couples Counseling (Adult) Medication Management Buprenorphine Services (Individual/Group) Intensive Outpatient Program (IOP)</p>
<p><b>Veteran Affairs (VA)</b> <b>Cumberland Outpatient Clinic</b> 200 Glenn Street, Cumberland, MD 21502 Website: <a href="http://www.va.gov">www.va.gov</a> Phone: 304-263-0811 or 800-817-3807 Fax: 301-724-0069</p>	<p><b>**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.</b></p>	<p>Individual Counseling (Veterans) Medication Management Primary Care/Specialty Services Case Management</p>
<p><b>Villa Maria</b> 308 Virginia Avenue, Cumberland, MD 21502 Phone: 667-600-2110 / Fax: 667-600-4064</p>	<p>Maryland Medicaid</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Medication Management Psychiatric Rehabilitation Program Telehealth services available</p>
<p><b>WVU Medicine Lavale Medical Center</b> (Formerly Chapman and Associates) 922 National Highway, Cumberland, MD 21502 Website: <a href="http://wvmedicine.org">wvmedicine.org</a> Phone: 240-362-7294 / Fax: 240-362-7366</p>	<p>West Virginia Medicaid, Maryland Physicians Care, Aetna Better Health, Medicare, Most private insurance</p>	<p><b>**Requires new patient paperwork completed prior to being scheduled</b> Individual/Family/Couples Counseling (Adult/Child 7 yrs and older) Medication Management Primary Care Services Telehealth services available</p>
<p><b>Zealand Psychological Associates</b> 152 Bedford Street, Cumberland, MD 21502 Website: <a href="http://zealandpsychologicalassociates.com">zealandpsychologicalassociates.com</a> Phone: 301-722-8000 / Fax: 301-722-8001</p>	<p>Medicare, Most private insurances</p>	<p>Individual/Family/Couples Counseling (Adult/Child 7 yrs and older) Addictions Counseling Telehealth services available</p>
<p><b>Zimela Wellness</b> 11602 Bedford Road, Cumberland, MD 21502 Website: <a href="http://www.zimelawellness.com">www.zimelawellness.com</a> Phone: 240-362-7077 / Fax: 240-362-7161</p>	<p>Maryland Medicaid, Medicare, most private insurances</p>	<p>Individual/Family/Couples Counseling (Adult/Child 5 yrs and older) Addictions Counseling Medication Management Buprenorphine Services Telehealth available after initial session in-person</p>

### GARRETT COUNTY, MARYLAND

<p><b>Dove Center</b> 882 Memorial Drive, Oakland, MD 21550 Website: <a href="http://www.gcdovecenter.org">www.gcdovecenter.org</a> Phone: 301-334-6255 / Fax: 240-488-1125 Domestic Violence/Sexual Assault Crisis Line 301-334-9000</p>	<p><b>***services available to victims and survivors of domestic violence, assault/abuse, dating violence, stalking</b></p>	<p>Emergency Shelter Individual Counseling (Adult/Child) School-based Counseling Services Group Counseling Case Management Crisis Intervention</p>
<p><b>Garrett County Health Department</b> 1025 Memorial Drive, Oakland, MD Website: <a href="http://www.garretthealth.org">www.garretthealth.org</a> Phone: 301-334-7680 / 301-895-3111 Fax: 301-334-7681 / 301-334-7671</p>	<p>Maryland Medicaid, Medicare, most private insurances, Sliding fee scale (available for qualified Maryland residents)</p>	<p>Individual (Adult/Child) /Family/Couples Counseling Addictions Intensive Outpatient Program (IOP) School-Based Services Addictions Counseling/Peer Support Services Medication Management Community Health Services</p>
<p><b>GRMC Regional Behavioral Health Center</b> 69 Wolf Acres, Oakland, MD 21550 Website: <a href="http://www.grmc-wvmedicine.org">www.grmc-wvmedicine.org</a> Phone: 301-533-2190 / Fax: 301-533-2198</p>	<p>Maryland &amp; WV Medicaid, Medicare, Tricare, UMR, most private insurances</p>	<p>Mental Health Counseling (Adult/Child) Addictions Counseling Medication Management Primary Care Services</p>
<p><b>Maryland Coalition of Families</b> Serving Allegany and Garrett County Website: <a href="http://www.mdcoalition.org">www.mdcoalition.org</a> Phone: 443-741-8682</p>	<p>Services are free, available to parents and caregivers of child/adult/elderly individuals with mental health, substance abuse, or gambling addictions</p>	<p>Family Peer Support Specialist Case Management/Referral Linkage Support Groups</p>
<p><b>Mindful Roots LLC</b> Sabrina Tasker, LCSW-C, LICSW, CTT 21287 Garrett Hwy. Oakland, MD 21550 Website: <a href="http://mindfulrootsllc.clientsecure.me">mindfulrootsllc.clientsecure.me</a> Phone: 304-435-8892</p>	<p>Aetna, Anthem, Cigna, BCBS, Maryland Medicaid, United Healthcare, UMR</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Parent-Child Interaction Therapy (18 months &amp; up)</p>

## LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

<p><b>Mountain Haven Wellness &amp; Recovery Center</b>                  206 East Alder Street, Oakland, MD 21550                  Website: <a href="http://www.ocamd.org">www.ocamd.org</a>                  Phone: 301-334-1314 / Fax: 301-334-1035</p>	<p>Services are free, available to individuals 18 years and older with mental health, substance use and co-occurring disorders.</p>	<p>Support Groups                  Linkage/Referrals                  Information/Education Opportunities                  Daily Meal/Transportation</p>
<p><b>Mountain Laurel Medical Center</b>                  Website: <a href="http://www.mtnlaurel.org">www.mtnlaurel.org</a></p> <p><b>Oakland:</b> 1027 Memorial Dr, Oakland, MD                  Phone: 301-533-3300 / Fax: 301-533-3299</p> <p><b>Grantsville:</b> 104 Parkview Dr, Grantsville, MD                  Phone: 844-652-8735 / Fax: 301-895-5494</p>	<p>Maryland Medicaid, Medicare, Most private insurances</p>	<p><b>**Must be established as primary care patient to receive these services</b>                  Mental Health Counseling (Adult/Child)                  Medication Management                  Primary Care Services                  Transportation services</p>

**Crisis Line Resources**

UPMC Western Maryland 24/7 Crisis Line 240-964-1399  
 National Suicide Prevention Life 1-800-273-8255  
 Crisis Textline: Text HOME to 741741

**Maryland 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

## LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

<b>WEST VIRGINIA</b>		
<p><b>Burlington United Family Services</b> 539 New Creek Highway, Keyser, WV 26726 Website: bumfs.org Phone: 304-788-2342 / Fax: 304-788-2409</p>	WV Medicaid	<p>Individual/Family Counseling (Adult/Child) Parents as Teachers (children 5 yrs &amp; under) Safe at Home (DHHR referral) Right from the Start (services for pregnant women, children ages 0-3) TRUST program (Addictions Counseling)</p>
<p><b>Eastern Psychological Services</b> 278 N High Street, Romney, WV 26757 Phone: 304-822-3429 / Fax: 304-822-7225</p>	WV Medicaid, Medicare, most private insurances	Individual/Couples/Family Counseling (Adult/Child)
<p><b>Family Crisis Center</b> Locations in Mineral, Grant and Hardy County Website: familycrisiscenterwv.com</p> <p><b>Keyser, WV</b> Phone: 304-788-6061 <b>Petersburg, WV</b> Phone: 304-257-4606 <b>Romney, WV</b> Phone: 304-822-8268</p>	***services available to victims and survivors of domestic violence, assault/abuse, dating violence, and human trafficking	<p>Crisis Intervention Counseling Linkage/Referrals Case Management Emergency Shelter Transportation Services Individual/Group Counseling</p>
<p><b>Hawse Health</b> Website: hawsehealth.com <b>Mathias:</b> 106 Harold K. Michael Dr, Mathias, WV Phone: 304-897-7400 / Fax: 304-897-7410</p> <p><b>Baker:</b> 17978 SR 55, Baker, WV 26810 Phone: 304-897-5915 / Fax: 304-897-5917</p> <p><b>Moorefield:</b> 8 Lee Street, Moorefield, WV Phone: 304-538-7707 / Fax: 304-538-7706</p> <p><b>Petersburg:</b> 111 Grove Street, Petersburg, WV Phone: 304-257-2451 / Fax: 304-257-1263</p>	WV Medicaid, Medicare, Private pay, Most private insurances, Sliding fee scale available based on income and number of individuals living in the household	<p>Individual/Family Counseling (Adult/Child) School-Based Counseling Services Crisis Intervention Medication Management Primary Care Services Dental Services</p>
<p><b>Home Base Inc.</b> Multiple Locations throughout West Virginia Website: www.homebaseinc.org <b>Keyser:</b> 273 New Creek Hwy, Keyser, WV Phone: 304-790-7326 / Fax: 304-790-7492</p> <p><b>Petersburg:</b> 312 N Main Street, Petersburg, WV Phone: 304-636-9314 / Fax: 304-636-9315</p>	WV Medicaid, Unicare, WV The Health Plan, Aetna Better Health	<p>Individual/Family Counseling (Children and Families) Case Management Group Counseling **services are provided in-home, telehealth, and in-office visits based on individuals needs.</p>
<p><b>Martinsburg VA Medical Center</b> 510 Butler Avenue, Building 213, Martinsburg, WV Website: www.martinsburg.va.gov Phone: 304-263-0811</p>	**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.	<p>Mental Health Counseling (Veterans) Medication Management Primary Care/Speciality Services Case Management Residential Rehabilitation Treatment Program</p>
<p><b>Mountain State Psychological Services</b> 130 Center Street, Keyser, WV 26726 Website: mountainstatepsych.com Phone: 304-788-1113 / Fax: 304-788-2777</p>	WV Medicaid, Medicare, most private insurances	<p>Individual/Family/Marriage Counseling (Adult/Child) Addictions Counseling Case Management</p>
<p><b>Mountaineer Community Health Center</b> 783 Winchester Street, Paw Paw, WV 25434 Website: mountaineerhealth.org Phone: 304-947-5500 / Fax: 844-772-0872</p>	WV Medicaid, Maryland Medicaid, Medicare, most private insurances	<p>Individual Therapy (Child/Adult) Medication Management Primary Care Services Vivitol/Addictions Counseling</p>
<p><b>Mountaineer Mental Health</b> 285 West Birch Lane, Romney, WV 26757 Website: mmhww.com Phone: 304-359-2380 / Fax: 304-359-2393</p>	WV Medicaid, BCBS, UMR, Private pay, Sliding fee scale is available	<p>Individual/Family/Marriage Counseling (Adult/Child) School-Based Counseling Services Addictions Counseling/Peer Support Group Therapy (Addictions IOP) Case Management</p>
<p><b>New Creek Family Medicine</b> Dr. William Thomas, MD 1234 New Creek Hwy, Keyser, WV 26726 Phone: 304-788-9320 / Fax: 304-788-9323</p>	WV Medicaid, Medicare, most private insurances	<p>Medication Management Primary Care Services</p>

## LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

<p><b>Potomac Highland Guild</b>          Website: potomachighlandsguild.com  <b>Keyser:</b> 3334 New Creek Hwy, Keyser, WV          Phone: 304-788-2241 / Fax: 304-788-4022</p> <p><b>Romney:</b> 53 W Main Street, Romney, WV          Phone: 304-822-3897 / Fax: 304-822-3731</p> <p><b>Moorefield:</b> 79 Robert C. Byrd Ind. Park Rd,          Moorefield, WV          Phone: 304-538-2302 / Fax: 304-538-7111</p> <p><b>Petersburg:</b> 7 Mtn View St, Petersburg, WV          Phone: 304-257-1155 / Fax: 304-257-1945</p> <p><b>Franklin:</b> 30 Maple Avenue, Franklin, WV          Phone: 304-358-2351 / Fax: 304-358-3671</p>	<p>WV Medicaid          Medicare          BCBS          Sliding fee scale available based upon          income, must be WV resident</p>	<p>Individual/Group/Family Counseling (Adult/Child)          Addictions Counseling          Medication Management          Case Management          Peer Support Services          Crisis Intervention          Residential Services</p>
<p><b>Potomac State College</b>          Reynolds Hall 104A, Keyser, WV 26726          Michelle House, MSW          Website: potomacstatecollege.edu          Phone: 304-788-6976          Campus Crisis Line 304-788-6977</p>	<p>**Available to current Potomac State college          students only</p>	<p>Individual Counseling          Group Counseling (Mindfulness, Grief Support, Resiliency          building)</p>
<p><b>Trinity Family Healthcare</b>          1 South Marsham Street, Romney, WV 26757          Website: trinityfamilyhc.com          Phone: 304-359-2245 / Fax: 304-359-2259</p>	<p>WV Medicaid, Medicare, most private          insurance, For uninsured or underinsured          patients income based sliding fee scales are          offered</p>	<p>Individual Counseling          Addictions Counseling          Medication Management          Primary Care Services</p>
<p><b>WVU Behavioral Medicine &amp; Psychiatry</b>          1 Medical Center Drive,          Morgantown, WV 26506          Phone: 304-598-4214 / Fax: 304-293-8724</p>	<p>WV Medicaid, Medicare, most private          insurances</p>	<p>Individual/Couples/Family Counseling (Adult/Child)          Addictions Counseling          Medication Management          Group Therapy/IOP Services          Case Management</p>

**Crisis Line Resources**

UPMC Western Maryland 24/7 Crisis Line: 240-964-1399  
 National Suicide Prevention Life: 1-800-273-8255  
 Crisis Textline: Text HOME to 741741  
 HELP4WV Crisis Line: 844-435-7498

**West Virginia Transportation Services**

Aging and Family Services of Mineral County: 304-788-5467  
 Hampshire County Committee on Aging: 304-822-4030  
 LogistiCare (WV Medicaid Non-Emergency Transport Service): 844-549-8353  
 Potomac Valley Transit Authority (PVTA): 304-257-1414  
 Valley Medical Transport: 540-536-2742  
 Yellow Transportation Taxi: 304-788-3531

**PENNSYLVANIA**

## LOCAL OUTPATIENT MENTAL HEALTH RESOURCES

<p><b>Alternative Community Resource Program</b> Website: acrpkids.org</p> <p><b>Bedford:</b> 185 Hospital Drive, Everett, PA Phone: 814-623-1212</p> <p><b>Somerset:</b> 1590 N Center Ave, Somerset, PA Phone: 814-445-1717</p>	<p>UPMC Health Plan, Magellan, PA Medicaid, BCBS, Tricare, Please contact for additional insurance plans accepted</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Group Counseling Psychological Evaluation Medication Management</p> <p><b>**not accepting new patients currently, as of 4/12/21</b></p>
<p><b>Beal Counseling and Consulting</b> 445 Westridge Road, Suite 103, Somerset, PA Website: www.bealcounseling.com Phone: 814-444-9696 / Fax: 814-444-0345</p>	<p>BCBS, Tricare/Champus, UPMC Health Plan, Penn Highlands, PA Medicaid, United Behavioral Health, Sliding fee services available</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Addictions Counseling (Adult/Adolescent) Peer Based Recovery Support School-Based Therapy Services</p>
<p><b>Bedford-Somerset DBHS Cornerstone Community Services</b> Website: dbhs.co / ccsprovider.co</p> <p><b>Bedford:</b> 1243 Shed Road, Bedford, PA Phone: 814-623-9173 / Fax: 814-623-1298</p> <p><b>Somerset:</b> 245 West Race St, Somerset, PA Phone: 814-443-4891 / Fax: 814-443-4898</p>	<p>PA Medicaid, UPMC Health Plan, Medicare, Contact for additional insurance plans accepted.</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Group Counseling Mobile Mental Health Services Medication Management Crisis Intervention Psychiatric Rehabilitation Services Case Management Services</p>
<p><b>Croyle-Nielsen Therapeutic Associates</b> Website: www.c-nta.com 485 Berlin Plank Road, Somerset, PA 15501 Phone: 814-701-2898 / Fax: 814-701-2917</p>	<p>PA Medicaid, UPMC, Medicare, Most private insurances</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Senior Counseling (Dementia/Alzheimers, Life Transitions) Group Therapy</p>
<p><b>Family Behavioral Resources (FBR)</b> Website: familybehavioralresources.com</p> <p><b>Bedford:</b> 9528 Lincoln Hwy, Bedford, PA Phone: 814-623-5077</p> <p><b>Somerset:</b> Georgian Place, Somerset, PA Phone: 814-444-0620</p>	<p>PA Medicaid (Access), BCBS, United Healthcare, Aetna</p>	<p>Individual/Family/Couples Counseling (Adult/Child) Group Therapy School-Based Therapy Services Psychiatric Evaluation Medication Management</p> <p><b>***must be established with FBR therapy services to receive medication management.</b></p>
<p><b>Marker &amp; Struky Counseling Services</b> 419 Stoystown Road, Somerset, PA 15501 Phone: 814-445-6915 / Fax: 814-443-6019</p>	<p>Most private insurances</p>	<p>Individual/Family/Couples Counseling (Adult/Child)</p>
<p><b>Onstead Counseling Services</b> 267 Plank Road, Somerset, PA 15501 Website: www.onsteadcounsel.com Phone: 814-445-9930</p>	<p>BCBS, UPMC, Aetna, Medicare, United Healthcare</p>	<p>Individual/Couples Counseling (Adult)</p>
<p><b>Pile Psychological &amp; Counseling Services</b> 238 W. Union Street, Somerset, PA 15501 Phone: 814-443-1881 / Fax: same as phone</p>	<p>BCBS, UPMC, Aetna, Cigna, PA Medicaid (Access)</p>	<p>Individual/Family/Couples Counseling (Adult/Child 12 yrs &amp; older) School-Based Counseling</p>
<p><b>UPMC Altoona Behavioral Health Access Center</b> 620 Howard Avenue, Altoona, PA 16601 Phone: 814-889-2289 or 800-540-4690</p>	<p>*call center provides services to connect individuals to resources and treatment through referral services</p>	<p>Case Management Crisis Support Mental Health (inpatient/outpatient services for adults/children) Substance Abuse Treatment (inpatient/outpatient, prevention programs) Referrals to local support resources</p>
<p><b>Altoona VA Medical Center James E. Van Zandt VA Medical Center</b> 2907 Pleasant Valley Blvd, Altoona, PA 16602 Phone: 814-943-8164 Ext. 7305</p>	<p>**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.</p>	<p>Mental Health Counseling (Veterans) Medication Management Primary Care/Specialty Services Case Management Residential Rehabilitation Treatment Program</p>

**Crisis Line Resources**

Bedford-Somerset Crisis Services 866-611-6467  
UPMC Western Maryland 24/7 Crisis Line: 240-964-1399  
National Suicide Prevention Life: 1-800-273-8255

**Pennsylvania Transportation Resources**

Huntingdon-Bedford-Fulton Area Agency on Aging 814-623-8148  
Bedford Transportation Taxi Company 814-623-2122  
PA Medical Assistance Transportation Program Bedford, PA 814-623-9129