

Shady Grove Adventist Hospital.....	240 826 6000
Suburban Hospital	301 896 3100
Washington Adventist Hospital	301 891 7600
Women's Cancer Control Program	240 777 1750

EDUCATION & VOCATIONAL ASSISTANCE

Family Discovery Center	301 424 2989
MD Multicultural Youth Center	301 495 0441x226
Montgomery College	
Adult ESOL & GED	301 962 8950
Montgomery College, Evening/Saturday	
High School Program.....	301 279 5188
MCPS Interim Instructional Services...	301 517 8261

TEEN PARENT SUPPORT PROGRAMS

African Amer. Health Program/SMILE..	240 777 1833
Aspire Counseling Healthy Mothers/ Healthy Babies	301 978 9750
Crittenton Services	301 565 9333
Early Head Start	
Lourie Ctr/Down County	301 984 4444
FSI/Up County	301 840 3272
Healthy Families Montgomery	301 840 3232
Holy Cross Health	
Teen Pregnancy Program	301 754 7163

YOUTH SERVICES SUPPORT PROGRAMS

FSI Youth Services	240 683 6580
FSI Youth Services Upcounty.....	301 972 0307
Identity, Inc.	301 963 5900
Kensington/Wheaton Youth Services...	301 933 2818
Rockville Youth, Fam. & Com. Svcs	240 314 8310
YMCA Youth & Family Services	301 593 1160

EMERGENCY FOOD AND/OR SUPPLIES

A Wider Circle	301 608 3504
Bethesda Cares.....	301 907 9244
Bethesda HELP	301 294 4888
C-4 Clothes Closet.....	301 989 8742
CASA de Maryland.....	301 431 4185
Catholic Charities.....	301 942 1856 x102
Damascus HELP	301 253 4100
First Baptist Food Closet.....	301 585 5454
Gaithersburg HELP	301 216 2510
Germantown HELP	301 482 1320
Interfaith Clothing Center	301 424 3796
MANNA Food Center	301 424 1130
Mid-County United Ministry (MUSST)...	301 929 8675
Olney HELP	301 774 4334
Rockville FISH.....	301 564 0800
Salvation Army	301 515 5354
Shepherd's Table	301 585 6463
Silver Spring/Wheaton HELP	301 585 4357
St. Martin of Catholic Church	301 840 1830
TESS Center	240 773 8260
WUMCO/W Upper MC HELP	301 972 8481

Montgomery County TEEN HELP CARD 2016



www.montgomerycountymd.gov/311

For calls made outside of Montgomery County: 240-777-0311
301-251-4850 TTY

MONTGOMERY COUNTY AREA HEALTH CENTERS

Germantown	240 777 3380
Silver Spring.....	240 777 3160

MC Office of Eligibility Support Services

Germantown	240 777 3591
Rockville	240 777 3120
Silver Spring.....	240 777 3066

CRISIS ASSISTANCE & DOMESTIC VIOLENCE

MoCo Crisis Center	240 777 4000
Abused Person Crisis Line.....	240 777 4673
Alcohol Hotline.....	800 527 5344
Family Justice Center.....	240 773 0444
Maryland Youth Crisis Hotline.....	800 422 0009
MHA Hotline (call or text).....	301 738 2255
MC Youth Crisis Hotline (call or text) ..	301 738 9697
National Runaway Hotline	800 786 2929
National Suicide Prevention Hotline	800 273 8255



This card is printed and distributed by
Montgomery County Interagency Coalition
on Adolescent Pregnancy (ICAP)

UPDATED JUNE 2016

Rape/Sexual Assault Crisis (VASAP)...	240 777 4357
The Trevor Lifeline (LGBTQ).....	866 488 7386
Suicide Helpline	800 784 2433
Treehouse Child Assessment Center ...	240 777 4699
United Way First Call for Help.....	800 492 0618

INFORMATION & REFERRAL

ICAP Website	www.mccicap.org
MC Website.....	www.montgomerycountymd.gov
MC Database.....	www.infomontgomery.org
ACCESS to Behavioral Health	240 777 1770
Child Support Enforcement.....	800 332 6347
ChildLink.....	240 777 4769
Client Services Center for HealthChoice.....	240 777 1635
Latino Health Initiative.....	240 777 3221
MC Child Passenger Safety (car seat) ..	240 777 2223
MC Immunization Hotline	240 777 1050
MD Medicaid for Pregnant Women	800 456 8900
Mont. Co. Care 4 Kids Program	301 628 3438
Su Familia Family Health Helpline (Spanish)	866 783 2645

CHILD CARE

Childcare Subsidy Program Info.....	240 777 1177
Children's Resource Center.....	240 777 3110
LOCATE Childcare.....	877 261 0060
ChildLink.....	240 777 4769

NUTRITION

Cooperative Extension Services.....	301 590 9638 x4
SHARE Food Program.....	301 864 3115
WIC.....	301 762 9426

FAMILY PLANNING INFO & PREGNANCY SVCS.

Montgomery County Area Health Centers	
Germantown	240 777 3380
Silver Spring.....	240 777 3160
Emergency Contraception Hotline	800 584 9911
Mary's Center	240 485 3160
Planned Parenthood of Metropolitan Washington	
Gaithersburg.....	301 208 1300
Silver Spring.....	301 608 3448
Frederick.....	301 662 7171
STD/HIV/AIDS County Clinic	240 777 1760
CCI-TAYA Silver Spring	301 565 0914
CCI-TAYA/FSI Gaithersburg.....	240 790 3334

PARENTING SUPPORT

Adoptions Together	301 439 2900
Birthright	301 946 3339
Center for Adoption Support and Education	301 476 8525
Centro Tepeyac.....	301 946 1022
Gabriel Project.....	800 264 3565
Germantown Pregnancy Choices.....	301 916 5433
Rockville Pregnancy Clinic	301 770 4444
Shady Grove Pregnancy Center	301 963 6223

GENERAL HEALTH CARE PROGRAMS

Care for Your Health*	240 844 2552
Children's National Medical Center.....	202 476 5000
CCI Health & Wellness Centers (toll-free)**	866 877 7258
CCI Dental	240 720 0510
Holy Cross Hospital Health Center* ...	301 557 1940
Mansfield Kaseman Clinic*	301 917 6800
Mary's Center**	240 485 3160
Mercy Clinic*	240 773 0325
Mobile Medical Care, Inc.*	301 493 2400
Muslim Comm. Center Health Clinic* ..	301 384 2166
Pan Asian Volunteer Health Clinic*	240 599 6858
Peoples Community Wellness Ctr.*	301 847 1172
Proyecto Salud*	301 260 1073
Spanish Catholic Center**	301 434 8985

* = adults only ** = children & adults

SPECIAL ASSISTANCE OR COUNSELING

Aspire Counseling	301 978 9750
Chesapeake Counseling Associates	301 231 9001
Conflict Resolution Center of MC	301 652 0717
Holy Cross Hospital	301 754 7000
Hospice Caring, Inc.....	301 990 0085
Infants & Toddlers Program	240 777 3997
IPO-Bereavement Info & Referral	240 777 1289
Jewish Social Services.....	301 816 2633
Mont. Co. Access to Behav. Health	240 777 1770
Montgomery General Hospital	301 774 8882