

## **Mental Health/Specialty Treatment Providers (non-emergency)**

### **St. Mary's County**

#### **Care Mind Health** (formerly Axis Group) (Telemedicine only)

20945 Great Mills Road, Suite 203 Lexington Park, MD 20653 301-363-2575

Mental health counseling, Psychiatry: Ages 2 years and up

Accepts: Blue Cross Blue Shield, Carefirst, Aetna, Cigna, United Behavioral Health, and other major health insurers.

[www.caremindhealth.com](http://www.caremindhealth.com) Email: [support@caremindhealth.com](mailto:support@caremindhealth.com)

#### **Hope & Healing Therapy**

23140 Moakley Street, Suite 6 Leonardtown, MD 20650 301-690-8404

Outpatient Therapy

Accepts: Self pay, CareFirst Blue Cross & Blue Shield/Blue Choice, Tricare

\$150 for initial assessment for individuals (60-minute session) \$125 for individual sessions (40-50 minutes).

[www.hopehealingtherapy.com](http://www.hopehealingtherapy.com) Email: [courtney@hopehealingtherapy.com](mailto:courtney@hopehealingtherapy.com)

#### **Serenity Place, LLC**

22655 Washington St #5, Leonardtown, MD 20650 301-690-8008

23076 Three Notch Road Suite 304, California, MD 20619

Outpatient Therapy

BlueCross/Blue Shield (CareFirst), Tricare, Cigna, Medicaid (state insurance), Aetna and Magellan.

Some providers are limited on which insurance they accept, but feel free to call and ask.

[www.serenityplacellc.com](http://www.serenityplacellc.com) Email: [appointment@serenityplace.biz](mailto:appointment@serenityplace.biz)

#### **Inner Peace Therapeutic Services, LLC (Telehealth & In-person)**

23127 Three Notch Rd Suite 101/102, California, MD 20619 301-866-6333

Outpatient Therapy

\$125-200 per 50-minute session for the initial intake, family, and couples counseling. \$125-200 for 50-min individual sessions.

Accepts: Aetna, Anthem, BlueCross and BlueShield, CareFirst, Cigna, Humana, MHN, Magellan, Optum, TRICARE, TriWest, UnitedHealthcare, VA, Out of Network

[www.innerpeacets.org](http://www.innerpeacets.org) Email: [admin@innerpeacets.org](mailto:admin@innerpeacets.org)

#### **Empowered Connections (Telehealth & In-person)**

25482 Point Lookout Rd #201a, Leonardtown, MD 20650 301-690-0779

2972 Penwick Lane, #101, Dunkirk, MD 20754

4416 East-West Hwy, #205, Bethesda, MD 20814

Outpatient Counseling Specializing in Women, Teens, and LGBTQ+ -Ages 8 & up

Session fees are \$85 for a 30-minute session, \$135 – \$160 for the standard 50-minute therapy session.

Out-of-network provider Accepts: No Insurance Directly but will provide a 'SuperBill' which lists all the necessary & required information needed to seek reimbursement from your insurance company.

[www.empoweredconnections.net](http://www.empoweredconnections.net) Email: [hello@empoweredconnections.net](mailto:hello@empoweredconnections.net)

**Chesapeake South Therapeutic Group, LLC.** (Telehealth only)

23077 Three Notch Road, Suite 302 California, MD, 20619 240-297-7849

The May Professional Building

Mental Health Counseling aged 6 and up

Accepts: Blue Cross Blue Shield, Care First, Tricare

[www.chesapeakesouththerapeuticgroupllc.com](http://www.chesapeakesouththerapeuticgroupllc.com)

Email: [info@chesapeakesouththerapeuticgroupllc.com](mailto:info@chesapeakesouththerapeuticgroupllc.com)

**Pathways Inc**

44065 Airport Dr. Hollywood MD 20636 301-373-3065 ext.241

21155 Lexwood Drive, Suite D, Lexington Park, MD 20653 301-373-3065 ext.339

501 Main Street, Suite 203, Prince Frederick, MD 20678301 373-3065 ext. 241

2670 Crain Highway Waldorf, MD 20601 301-374-9137

Outpatient Clinic: Tele - Psychiatric Medication management, mental health counseling, Telepsych, onsite translator Accepts: Medicaid, Medicare, most private insurance, contact for full information

[www.pathwaysinc.org](http://www.pathwaysinc.org)

**Vesta, Inc** (Telehealth)

22685 Three Notch Road, Suite 200, California MD 20619 301-863-4543/240-296-5860

22 Industrial Park Drive, Suite A, Waldorf, MD 20602 240-296-6030/301-638-7543

9301 Annapolis Road, Lanham, MD 20706 240- 296-6300

Outpatient Mental Health counseling Telepsych Services, Psychiatric Rehabilitation Program

Accepts: Medicaid, Medicare, Self-pay

[www.vesta.org](http://www.vesta.org) Email: [Info@Vesta.org](mailto:Info@Vesta.org)

**QCI St. Mary's, Calvert and Charles Counties:** (Telehealth & In-person)

5010 Regency Place, Suite 203, White Plains MD 20695 240-427-3554

Outpatient Mental health Clinic: Mental Health Counseling and Psychiatric medication management

Mobile therapy in St. Mary's County to those who qualify. Psychiatric medication management for ages 7 and up. Accepts: Currently accepting Medicare & Medicaid, Only

[www.qcihealth.com](http://www.qcihealth.com) Email: [info@qcihealth.com](mailto:info@qcihealth.com)

**Kathy Donigan LCSW-C, LLC** (Telehealth & In-person) Spanish Speaking

41665 Tudor Hall P.O. Box 1213 Leonardtown, MD 20650 240-431-1151 (call or text)

Families, Adolescents, Adults mental health counseling, Eating disorders

Accepts: Blue cross/Blue shield, Carefirst, Tricare, Self pay. Call for accepted insurance.

Email: [kathydonigantherapy@gmail.com](mailto:kathydonigantherapy@gmail.com)

**Calvert County:**

**Blue Sails Counseling**

225 Town Square Dr, Lusby, MD 20657 410-231-0488

Outpatient Mental Health Therapy (weekend availability Sat 9am-5pm Sun 3pm-6pm)

Accepts most major insurances

[www.bluesailscounseling.com](http://www.bluesailscounseling.com) Email: [info@bluesailscounseling.com](mailto:info@bluesailscounseling.com)

**Calvert County Behavioral Health**

20 Appeal Lane, Lusby, MD 20657

975 Solomons Island Rd N, Prince Frederick, MD 20678 410-394-0681 x410

Outpatient Mental Health Clinic: Mental health Counseling, Medication Management. Ages five and up  
Medicaid, CareFirst/BC/BS and most major insurances are accepted. For those without insurance,  
assistance may be available based upon income and/or other criteria.

[www.calverthealth.org](http://www.calverthealth.org)

**Therapy Café (Telehealth)**

65 Duke Street Suite 106 Prince Frederick, MD 20678 443-295-8955

Mental Health counseling ages 8 and up

Medicaid, Cigna, Aetna, Tricare, Blue Cross Blue Shield, self-pay, United Health, Magellan, and John  
Hopkins.

[www.thetherapycafe.com](http://www.thetherapycafe.com)

Email: [Karina@thetherapycafe.com](mailto:Karina@thetherapycafe.com)

**Charles County:****Charles County Health Department**

4545 Crain Highway White Plains MD, 20695 301-609-6900

Mental Health Outpatient: Medication Management, Mental health Therapy. Ages 6 and up  
Medicare & Medicaid [www.charlescountyhealth.org](http://www.charlescountyhealth.org)

**Healing Minds and Hearts (Telehealth Only)**

Waldorf, MD 20602 240-346-2289

Outpatient mental health counseling (Adults only)

Accepts: Carefirst, Blue cross/Blue shield, Cigna, Aetna, Tricare, Medicaid

[www.hmhsgr.com](http://www.hmhsgr.com) Email: [healingminds@hmhsgr.com](mailto:healingminds@hmhsgr.com)

Medication Management

**Dr. Osama Saleh and Associates**

301 Steeple chase Drive, Suite 101, Prince Frederick MD 20678 410-535-5602

Child/Adolescent/Adult psychiatry, all mental health medications, suboxone

Aetna Better Health Amerigroup CareFirst Cigna/Great West Conifer Federal BCBS Humana JAI JHHC EHP  
JHHC MAP JHHC PP

JHHC USFHP Kaiser Kaiser MA MCO MDPC Medicaid, RR MedStar Family Choice Multiplan/PHCS

University of Maryland Health Partners Tricare Standard and Prime UHC Community & State UHC,  
MAMSI, MDIPA.

**Aimee Alinsonorin Advance Counseling Services LLC**

14350 Solomons Island Rd S SUITE 202A, Solomons, MD 2068 410 326-2333

Please call for additional information

**Osaze Okoro Psychiatric Nurse Practitioner**

90 Holiday Drive, Solomons MD 20688 (667-910-8540)

Specializes in anxiety and attention deficit disorders  
\$150.00 per session, takes most insurances to include Aetna, Medicaid, Carefirst, United Healthcare, Maryland Medicaid

**Substance Use Treatment Providers:**

**Pyramid Healthcare LLC.**

44871 St. Andrews Church Rd, California MD 20619 301-997-1300 ext 2802  
Substance Use Treatment - Adults Only

**Project Chesapeake**

26845 Point Lookout Road, Suite 1, Leonardtown, MD 20650 240-309-4015

[pcleonardtown@projectchesapeake.com](mailto:pcleonardtown@projectchesapeake.com)

21 Industrial Park Drive, Suite 104D, Waldorf, MD 20602 301-818-0030

[pcwaldorf@projectchesapeake.com](mailto:pcwaldorf@projectchesapeake.com)

Sherry Lane, Prince Frederick, MD 20678 443-968-8331

[pcprincefrederick@projectchesapeake.com](mailto:pcprincefrederick@projectchesapeake.com)

Mental health Counseling, Psychiatric Medication Management. Ages 13 and up Cash or self-payment, Medicaid, Private health insurance

[www.projectchesapeake.com](http://www.projectchesapeake.com)

**Calvert County Health Department**

20 Appeal Lane, Lusby, MD 20657 410-394-0681

Mental Health and Substance Abuse treatment, mental health medication management

Medicaid, Medicare, Blue Cross Blue Shield, Cigna

**Specialty Treatment Providers:**

**Southern Maryland Dietitian** (Telehealth)

4560 Crain Hwy Suite 11, White Plains, MD 20695 240-270-1131

Accepts: Carefirst, BlueChoice, Blue Choice PPO/HMO, CareFirst FEP, Priority Partners, Aetna, Amerigroup, Cigna

[www.southernmarylanddietitian.com](http://www.southernmarylanddietitian.com) Email: [Info@SouthernMarylandDietitian.com](mailto:Info@SouthernMarylandDietitian.com)

**Eating Disorder Treatment Centers:**

**The Renfrew Center for Eating Disorders**

4416 East-West Hwy Suite 350, Bethesda, MD 20814 800- 736-3739

[www.renfrewcenter.com](http://www.renfrewcenter.com)

**Dr. Daisy & Co.**

121 Congressional Ln UNIT 701, Rockville, MD 20852 240- 449-4022

[www.drdaisy.com](http://www.drdaisy.com) Email: [needhelp@drdaisy.com](mailto:needhelp@drdaisy.com)

**LGBTQ Specialty Treatment Providers:**

**Chase Brexton Health Services**

1111 N Charles St, Baltimore, MD 21201 410- 837-2050 [www.chasebrexton.org](http://www.chasebrexton.org)

**Whitman-Walker Clinic**

1525 14th St NW Washington, DC 20005 202-745-7000 <https://www.whitman-walker.org/>

**Psychological Assessments**

**James E. Lewis, PhD**

22626 Mill Creek Drive Chaptico, MD 20621 301-769-4180

**Dr. Jennifer Willoughby, PHD**

25484 Point Lookout Rd Ste 303 Leonardtown, MD 20650 301-475-9660

[www.psycsvcs.com](http://www.psycsvcs.com) Email: [pscllc@verizon.net](mailto:pscllc@verizon.net)

**PM Kids**

23620 Three Notch Road Suite 101 Hollywood, MD 20636 240-585-7128 <https://www.pmkidz.com/>

ADHD Diagnosis & Management - Sees patients up to 25 years of age

Takes most insurances to include Tricare, Maryland Medicaid, and most private insurances

**Hotlines:**

**Maryland Crisis Line** 211

**Suicide Prevention** 1-800-273-8255

**Trevor Project** 1-866-488-7386 or text "Start" to 678-678

**Suicide or Crisis Line** (call or text) 988

**Protocall** 240-895-4200