



Hope 4 You, LLC

Resource Manual

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Purpose/Introduction

The purpose of the Hope 4 You's (H4Y) resource manual is to provide our clients with a list of a variety of services in the community. This is not meant to be an exhaustive list, but provides selected services that may be relevant to you. This manual provides basic contact information about each agency or service. To find out more information about a particular agency or service, please visit their website or contact them directly.

Hope 4 You Mission Statement

H4Y has a mission to offer Convenient Access, Recovery, and Personal and Professional Development to children/youth, adults, and families dealing with a range of mental health related challenges.

For some individuals and families struggling with mental illness, the hope of recovery and overcoming barriers may seem impossible. Therefore, H4Y believe in meeting your behavioral health needs in a mutual and confidential location to include the convenience of an individual's home and/or community.

Regardless of insurance status, H4Y offers free no obligation behavioral health screenings and consultations to individuals and families who may not be ready to fully address their mental health needs. We understand the decision to embark on a journey of recovery can be a difficult decision. However, we also understand the value of giving information to help make such an important decision. Even if a decision is made not to include H4Y in your mental health journey, we will offer recommendations and referrals to individuals and families that best meet their current needs.

Mental Health Facility or Agency	City	Phone Number	Website
VOAC	Bowie	240-696-2499	http://www.voachesapeake.org/
Medstar Southern Maryland (in patient)	Clinton	301-877-4450	http://www.medstarhealth.org/msmhc
Institute for Life Enrichment (ILE)	College Park	301-474-3750	
Vesta Inc	District Heights	240-296-6061	http://www.vesta.org
District Heights Family and	District Heights	301-336-7600	http://www.districtheights.org
Psychotherapeutic Rehab Services Inc	Hyattsville	301-499-6870	
Maryland Family Resource Inc	Hyattsville	301-333-2980	http://www.mfrinonline.com
RIMS Ctr for Enrichment/Development	Hyattsville	301-773-8201	http://www.rimsenrichmentcenter.com
Lantern Therapeutic Services	Hyattsville	301-306-2428	http://www.yourlantern.com
Essential Therapeutic Perspectives Inc	Hyattsville	301-577-4440	http://etperspectives.org/
Safe Journey House	Hyattsville	301-925-9120	http://www.safejourneyhouse1.com
Family Behavioral Services LLC	Hyattsville	301-270-3200	http://www.familybservices.com/
Aleks House/Lanham Outpatient	Lanham	301-429-6100	http://www.alekshousemd.com
HSC Outpatient Center-Lanham	Lanham	301-560-2285	http://www.HSHealth.org
Volunteers of America/Chesapeake	Lanham	301-306-0904	http://www.voachesapeake.org/
Vesta Inc	Lanham	240-296-6300	http://www.vesta.org
Mentor Maryland	Lanham	301-577-7931	http://www.thementornetwork.com
TATEIOMS LLC	Laurel	301-362-0090	http://www.tateioms.com
All Thats Therapeutic Inc	Oxon Hill	301-567-0400	http://www.allthatstherapeutic.com
VOAC	Riverdale	301-306-0904	http://www.voachesapeake.org/
iMIND Behavioral Health	Suitland	240-249-0989	http://www.imindhealth.net
Community Csl Mentoring and Services	Upper Marlboro	301-583-0001 x113	http://www.ccsmh.com/
Center for Therapeutic Concepts	Upper Marlboro	301-386-2991 x13	http://www.center4therapeuticconcepts.com/
QCI Behavioral Health	Upper Marlboro	301-643-3975	http://www.qcihealth.com

Substance Abuse Facility or Agency	City	Phone Number	Website
Lifestream Health Center	Bowie	301-860-0305	http://www.lifestreamhealth.com
CARE Consultants LLC	Clinton	301-856-2386	http://www.careconsultants1.com
Bridging the Gap Services	Clinton	240-318-5790	http://www.bridgingthegapmd.com/
Ryan Rehabilitation LLC	College Park	301-209-9200	http://ryanrehabilitation.com/
University Psychological Center Inc	College Park	301-345-1919	http://www.RNUPC.com
Setif Inc	College Park	301-446-3070 x102	http://www.setifinc.us
Fields and Fields Treatment Center LLC	District Heights	240-788-6125	http://fieldsandfieldstreatmentcenter.com/
A+ Counseling Center	Fort Washington	240-766-4194	http://acounseling.org
Utopia Health Center (UHC)	Greenbelt	301-220-2842	http://www.aboututopia.com
Life Spring Counseling and Consulting	Hyattsville	301-412-1242	http://lscounseling.net
Prince Georges County Health Dept	Hyattsville	301-583-5920	http://www.princegeorgescountymd.gov/1588/Health-services
Family Health Center	Hyattsville	301-779-2461	
MRB Counseling Services Inc	Hyattsville	301-326-4356	http://www.mrbcounseling.com
We Care Health Services Inc	Laurel	301-490-7995	http://www.marylandmethadone.com
MPB Group Inc	Laurel	301-317-5800	http://www.mpbhealth.com
MATclinics	Laurel	410-220-0720	http://www.matclinics.com
Price Odens ACT II Counseling Services	Laurel	301-498-5766	
Addiction Recovery Inc (in patient)	Laurel	301-490-5551	http://www.hopehousemd.org
Transformations LLC	Suitland	301-379-0987	http://www.drsothiagreen.com/
Ryan Rehabilitation LLC	Suitland	301-423-9250	http://ryanrehabilitation.com
Insight Treatment Centers	Suitland	301-423-0967	http://www.insighttreatmentcenters.net
Another Way Inc	Takoma Park	301-434-2622	http://www.addictiontreatmentsystems.com
Urban Counseling Institute	Temple Hills	301-278-7956	
IAFF Center of Excellence for	Upper Marlboro	240-681-6000 x1202	http://www.iaffrecoverycenter.com

Domestic Violence Services	City	Phone Number	Website
Still I Rise, Inc.	Clinton	301-868-4903	
Prince Georges County Domestic Violence Resources			https://www.princegeorgescountymd.gov/DocumentCenter/View/5121/List-of-Domestic-Violence-Resources-PDF

Housing	Website
MD Housing Search	https://www.socialserve.com/tenant/MD/index.html?ch=MARY
Need Help Paying Bills	https://www.needhelppayingbills.com/html/prince_george_clothing_closets.html

Furniture Services	City	Phone Number	Website
A Wider Circle		301-608-3504	
Habitat for Humanity Restore	Rockville & Silver Spring	301-947-3304	https://habitatmm.org/restore/restore.html
Mission of Love		301-608-3504	
Price Busters	Forestville	301-669-1925	https://www.pricebusters.com/forestville-md-furniture-store/

Clothing Services	City	Phone Number	Website
Community Outreach and Development	Capitol Heights	301-735-0121	
Help By Phone	Riverdale	301-699-9009	
Need Help Paying Bills			https://www.needhelppayingbills.com/html/prince_george_clothing_closets.html
Sowing Empowerment & Economic Development, Inc.	Riverdale	301-458-9808	

Legal Services	City	Phone Number
DC Bar Pro Bono Center	Washington, DC	202-737-4700
Neighborhood Legal Services Program	Washington, DC	202-832-6577

Government Services	Website
DC Department of Behavioral Health	https://dbh.dc.gov/
DC Mental Health Rehabilitation Providers	https://dbh.dc.gov/page/list-community-based-service-providers
DC Substance Abuse Assessment/Referral Centers and Treatment Providers	https://dbh.dc.gov/page/apra
Prince George's County Core Service Agency	https://www.marylandbehavioralhealth.org/prince-georges-county/