

## Behavioral Health Urgent Care vs. ER

**Behavioral Health Urgent Cares** provides the community with an additional layer of behavioral health support and—when appropriate—serves as an alternative to the emergency room (ER) for mental health evaluation and treatment.

Behavioral health urgent cares should still be utilized in cases of:

- clients with mild to moderate symptoms, like depression, anxiety, and suicidal ideation— an opportunity to get help immediately
- people exhibiting symptoms of mental illness for the first time
- individuals with co-occurring disorders (multiple disorders)
- those with acute mental illness that is becoming more frequent or severe

### Emergency Assessments- Behavioral Health Urgent Cares:

#### **Luminis Health Doctors Community Medical Center Behavioral Health Pavilion**

8200 Good Luck Road,

Lanham, MD 20706

301-623-4350

Behavioral health walk-in urgent care is open Monday-Friday, 8 am-5:30 pm for non-life-threatening behavioral health needs.

#### **Arundel Lodge Behavioral Health Urgent Care Center**

Hospital Pavilion South

2002 Medical Parkway

Annapolis, Maryland 21401

It is located on the 4th floor of the Sajak Pavilion and can be accessed directly via the entrance on the 4th floor of garage D.

(443) 590-3224

Business Hours Monday – Friday 9:00am to 5:00pm

#### **Sheppard Pratt - Psychiatric Urgent Care – Towson**

6501 N. Charles Street

Baltimore, MD 21204

410-938-5302

Monday – Friday, 10:00 a.m. – 9:00 p.m.; Saturdays 11:00 a.m. – 3:00 p.m.; Closed on Sundays.

#### **Sheppard Pratt - Baltimore/Washington Campus Psychiatric Urgent Care**

7220 Discovery Drive

Elkridge, MD 21075

410-938-5302

Monday – Sunday, 10:00 a.m. – 10:00 p.m

#### **Advanced Behavioral Health: Open Access**

532 Baltimore Blvd,

Westminster, MD 21157

(301) 345-1022

Monday (10:00am-2:00pm), Wednesday (2:00pm-6:00pm) Friday(11:00am-3:00pm)

**Emergency rooms** can be overwhelming and overstimulating. With bustling activity, bright lights, and lots of noise, the ER can be a chaotic environment. Additionally, there are often long wait times and hold times, and there may not be instant access to a psychiatrist available.

An ER should still be utilized in cases of:

- A suicide attempt or suicidal thoughts with the intention of hurting oneself.
- Self-harm that requires medical treatment.
- Active psychosis or behaviors that are causing aggression, agitation, or paranoia.
- Side effects from medication.
- Any unsafe behaviors.
- Active overdose.
- Uncontrolled mania.

**Emergency Assessments (open 24 hours/ day) Hospitals/ER:**

**Children's National Medical Center**

111 Michigan Avenue NW, Washington, DC  
(888) 884-2327

**Psychiatric Institute of Washington**

4228 Wisconsin Avenue Northwest, Washington, DC  
888- 397-8819

**Dominion Hospital**

2960 Sleepy Hollow Rd, Falls Church, VA  
(703) 536-2000

**Montgomery County Crisis Center**

1301 Piccard Dr, Rockville, MD  
(240) 777-4000

**Adventist HealthCare Shady Grove Medical Center**

9901 Medical Center Dr, Rockville, MD  
240-826-6000

**Adventist HealthCare Germantown Emergency Center**

19731 Germantown Rd, Germantown, MD  
301-444-8000

**Medstar Southern Maryland Hospital Center**

7503 Surratts Rd. Clinton, MD 20735  
301-868-8000

**University of Maryland Medical Center - Pediatric ER**

22 South Greene Street Baltimore, MD 21201  
410-328-6335

**St. Mary's Hospital**

25500 Point Lookout Road Leonard Town, MD 20650  
301-475-6227

**ChAMPS of Catholic Charities – for DC residents ONLY**

1001 Lawrence St., NE Washington, DC 20017  
ChAMPS Hotline: (202) 481-1440

Home/school same day services at no charge

**UPMC Western Maryland**

12500 Willowbrook Road Cumberland, MD 21502  
240-964-1399