

WHERE CAN I GET HELP DURING COVID-19?

NEED ASSISTANCE?
SOMEONE TO TALK TO?
WORRIED ABOUT YOUR MENTAL
HEALTH OR SUBSTANCE ABUSE?



Public Health
Prevent. Promote. Protect.

Somerset County
Health Department

Mental Health Crisis

Contact Affiliated Sante Eastern Shore
Mobile Crisis at
1-888-407-8018

Life Crisis Hotline

Available 24/7 by calling 211

If you do not have a behavioral
health provider and need one or
have questions regarding a
behavioral health provider...

Contact the Wellness & Recovery
Center at 410-621-5739