

Mental Health Contacts

The Mental Health Center

1180 Professional Court
Hagerstown, Maryland 21740
Phone: 301-791-3045, Option#2

Behavioral Health Services (Meritus)

1116 Medical Campus Road, Suite 2989
Hagerstown, Maryland 21742
Phone: 800-635-2774 or 301-766-7600

QCI Behavioral Health

201 North Burhans Boulevard
Hagerstown, Maryland 21740
Phone: 301-791-2660

Walnut Street Mental Health

24 North Walnut Street
Hagerstown, Maryland 21740
Phone: 301-393-3437

Washington County Health Department

1302 Pennsylvania Avenue
Hagerstown, Maryland 21742
Phone: 240-313-3310

Cactoctin Counseling Center

228 East Washington Street
Hagerstown, Maryland 21740
Phone: 301-745-6697
Info-hagerstown@catoctincounseling.com

Ruth Ann Seidman

Licensed Clinical Psychologist
38 South Potomac Street, Suite 302
Hagerstown, Maryland 21740
Phone: 301-992-3065
ruthannseidmanphd@myactv.net

Jenna Taylor, LCPC

Independent Practices at Prospect Cottage
113 South Prospect Street
Hagerstown, Maryland 21740
Phone: 301-745-1900, ext. 307
info@prospectcottage therapies.com

Chambersburg Pennsylvania Counseling Services

75 South Main Street
Chambersburg, Pennsylvania 17201
Phone: 717-262-4969

Postpartum Support

Postpartum Education for Patients

Phone: 805-564-3888
www.sbpep.org

Postpartum support international – For information on treatment, support groups and resources

Phone: 800-944-4773
www.postpartum.net

National Women’s Health Information

800-994-WOMAN

Depression during and after pregnancy: A resource for women, their families and friends

U.S. Department of Health and Human Services
<http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/index.html>

Postpartum Progress

<http://www.postpartumprogress.com>

The Online Postpartum Depression Support Group

www.ppdsupportpage.com

Maryland Support Groups (free)

Pregnancy and Postpartum Support Group (Hagerstown)

Robinwood Professional Center
11110 Medical Campus Road, Suite 122B (Green Entrance)
Hagerstown, Maryland 21742
Register online: <http://www.meritushealth.com> or 888-803-1518
First Tuesday of each month

PPD Support Group, Silver Spring

Holy Cross Resource Center
9805 Dameron Drive
Silver Spring, Maryland 20910
First & Third Sunday of each month (6:00pm – 7:30pm)
mdpostpartum@gmail.com

Sinai Hospital Postpartum Support Group, Baltimore

2401 West Belvedere Avenue
Baltimore, Maryland 21215
Resource room on ground floor
Contact: Sara Daly, LCSW-C – skdaly@lifebridgehealth.org or 410-601-7832
Wednesdays (2:30pm – 4:00pm)

New Mothers Postpartum Support Group, Olney

Montgomery General Hospital
Phone: 301-774-8881, Option#3
Mondays (10:00am – 11:30am)