



HELP IS HERE.

Mobile Crisis Services

We provide immediate, face-to-face support meeting individuals wherever they are, at home or in the community. This no-cost service offers timely support for people of all ages experiencing emotional, mental health, family, or relationship crises.

Open 24 hours a day,
7 days a week.

Scan for more info



How does Mobile Crisis work?

Available 24/7 anywhere in Frederick County

Free, confidential, and voluntary

Responds to mental health, substance use, or emotional distress

Comes to you: home, school, workplace, or community

Trained teams respond in person to de-escalate, assess, and support

Provide referrals, safety planning, and follow-up to help you feel safe, supported, and connected to care

For more information

301-662-2255 Frederick County Hotline
988 Suicide and Crisis Lifeline