

# Social Services Available in the Metro DC Area

10-30-2013 - Working on updating this information, so if you find errors and have a suggested correction or addition, please take a moment and e-mail the error and corrections to me. Thanks!



If you have been seeking social services for yourself or others, now that Welfare has been "reformed," you know how hard it is to find needed and accurate information on what help is actually available.

The information below is in draft form and needs many corrections and additions, so please call to verify before going to any of the offices below.

Also, until more information on [DC](#) and [VA](#) is included, you may want to check out their state Social Services web pages below. State Social Services: [DC](#) • [Maryland](#) • [Virginia](#)

As a social worker in private practice in Maryland and DC, I found this information useful and thought why not share it.

My practice web page is at: [wteague.com](http://wteague.com)  
E-mail Corrections and Additions to me at: [services@wteague.com](mailto:services@wteague.com)

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[For more information, See the Web sites at the end of this page.](#)

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[\\* Alphabetical by name of Agency - on MD DHHS site](#)

<b><u>Services Index</u></b>	<b>Agency (Or Benefit)</b>	<b>Description</b>	<b>Eligibility</b>	<b>Contacts</b>
Affordable Care Act (ACA)	<a href="#">Affordable Care Act</a> often called Obama Care.	Adults are now required to have health insurance by April 1st, 2014. ACA connects you to insurance carriers and if you qualify based on your income you may receive a discount. For DC or MD to qualify for medicaid you must make 15,000 or less.	Find out if you qualify for medicaid or a subsidy go to <a href="#">Health insurance costs and savings calculator</a> . <a href="#">Apply online:</a>	1-800-318-2596  TTY: 1-855-889-4325
	<a href="#">Ley de Cuidado de Salud a Bajo Precio</a> (Affordable Care Act, ACA, en inglés).	Desde octubre del 2013, las personas menores de 65 años de ingresos medios que no sean elegibles para obtener seguro de salud a través de sus empleadores, de Medicaid o de Medicare, pueden aplicar para subsidios disponibles a través de estos mercados de seguros que operan los estados.	Esta <a href="#">calculadora</a> ilustra las primas y subsidios para las personas que compran seguro médico por su propia cuenta en el nuevo mercado de seguros de salud (o de intercambio) creado por la Ley de Cuidado de Salud a Bajo Precio (Affordable Care Act, ACA, en inglés). <a href="#">Solicitar aquí</a>	1-800-318-2596  TTY: 1-855-889-4325

**We encourage people to take advantage of the new ACA. Why? ACA is far from perfect, but can benefit most people because:**

- **Some of the benefits of the ACA policy are that insurance companies can no longer discriminate against people with pre-existing conditions.**
- **It also expands Medicaid in many states so many more disabled, poor and uninsured will get care.**
- **ACA provides subsidies to lower the premiums for many.**
- **insurance companies are now offering lower prices and better plans than what was previously available (less fake plans)**
- **More Americans will be insured under the ACA improving overall care and health.**

**But.....**

- **But ACA will not meet the needs of all, non-participating young people, some working poor and those who in states which don't participate and others who fall through the holes in this system.**
- **What it is: The program continues to support the existing system of private insurance companies along with Medicare and Medicaid. It intentionally will not cover everyone. It is a subsidy to the existing insurance companies, to protect their continuing for-profit system.**
- **What it is not: It does not cover everyone; it will remain inefficient and will continue the insurance companies' dominance instead of the public's needs.**
- **What would work best: A national health care system covering everyone, would reduce waste full spending and bureaucracy that currently exists in insurance companies. (Example, it is reported that Medicaid: overhead is less than 7%, Medicare: overhead is less than 2%, Private Insurance Companies: overhead ranges from 20% to 40% with mental health the highest. See the links below for more information about single payer.**

[Frequently Asked Questions and What does the Affordable Healthcare Act do?](#)

[ACA Demographics, Statics and Financial Questions](#)

[Obamacare VS Single Payer – Top 10 Things the ACA Gave Us VS the Top 10 We Gave Up](#)

**Most things have two prices --- the price you pay outright, and the opportunity cost, the negative value of what you gave up in order to do what you did. Were the "opportunity costs of the Affordable Care Act, the options we threw away to get it, actually worth more than the Affordable Care Act itself? What if we had pursued single payer instead? Would Republicans be able to block its implementation, and millions remained uncovered, as is happening now?**

<b>Assistance</b>	<a href="#"><u>T.E.S.S. Center</u></a> (Takoma East Silver Spring Community Services)	Assistance with applying for services including County <b>Public Health</b>	<b>Depends on program.</b>	<b>301-251-4850</b>
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	Center 8513 Piney Branch Road, Takoma Park, MD	<b>Programs, Child Care Subsidy Programs, Early Childhood Services (ChildLink), Emergency Eviction Prevention, Free Tax Help, Medical Assistance (Medicaid/MA) Program, Medical Care for Uninsured Children (Care for Kids, Public Assistance Programs - Food Stamps, Public Assistance Programs (TCA/TDAP), Shelter Services.</b>		
	<b>Assistance Paying for Phone Service. Virginia</b>	Do you need assistance paying for home or wireless phone service? If so, Lifeline may be able to help.	To determine whether your household is eligible, visit <a href="#">USAC to pre-screen</a>	
	<a href="#">Patient Assistance Network</a>			
<b>Assistance to Disabled Adults.</b>	<b>See individual listings below: <a href="#">Income</a>, <a href="#">Food Stamps</a>, <a href="#">SSI</a>, <a href="#">SSDI</a></b>			
	<a href="#">Housing</a>	See services in <a href="#">Emergency Shelter</a> and <a href="#">Housing</a> section below.		
	<b>Medical</b>	<a href="#">Maryland Medical Assistance Program</a>  Medicaid, also called Medical Assistance, is a program that pays the medical bills of certain needy and low-income individuals. It is administered by the state and pays medical bills with Federal and state funds.	Resident of the state of Maryland, a U.S. national, citizen or permanent resident and in need of health care/insurance assistance, whose financial situation would be characterized as low income or very low income. You must also be either pregnant, have a child with a disability, or be responsible for children under 21 years of age.	<b>For more information and to apply, call: 1-800-332-6347</b>
<b>Cancer</b>	<b>International Cancer Alliance for Research and Education (<a href="#">I CARE</a>)</b>	Provides personalized information on options, second opinions, clinical trials,	<b>All information is <a href="#">provided FREE</a>.</b>	<b>301-656-3461 <a href="#">Email</a></b>

		cancer centers, etc.		
	<b><a href="#">Mautner Project</a> for Lesbians, biwomen and transwomen</b>	<b>The Mautner Project of Whitman-Walker Health is committed to improving the health of women who partner with women including lesbian, bisexual and transgender individuals, through primary medical care, support services, education and advocacy.</b>		<b>For more information contact Jacquetta Brooks at 202.797.3570 or <a href="#">e-mail</a></b>
<b>Child Protective Services</b>	<b>Child Protective Services, Montgomery Co., MD</b>			<b>240-777-4417</b>
	<b>Child Protective Services, Prince George Co., MD</b>			<b>301-808-5624</b>
<b>Children's Health Program MD</b>	<b>Maryland Children's <a href="#">Health Program (MCHP)</a></b>	<b>The Maryland Children's Health Program (MCHP) gives full health benefits for children up to age 19. MCHP enrollees obtain care from a variety of Managed Care Organizations (MCOs) through the Maryland <a href="#">HealthChoice</a> Program. The Maryland Children's Health Program (MCHP) began in July 1998. MCHP uses federal and state funds to provide health care coverage to low-income children.</b>	<b>Those eligible for MCHP are children under age 19, who are not eligible for Medicaid, whose modified adjust gross income is at or below 200% of the federal poverty level (FPL); and who are uninsured. See website for applications.</b>	<b>(800) 456-8900 or TDD for the Disabled (800) 735-2258.</b>
<b>Computer Training</b>	<b>Computer Learning and Resource Center, Inc. 12301 Old Columbia Pike, #220 Silver Spring, MD 20904 <a href="http://www.clarcinc.org">http://www.clarcinc.org</a></b>	<b>Provides vocational and support services with an emphasis on computer training, from data entry to programming. Services include: Job coaching and development, professional resume preparation,</b>	<b>Services Montgomery County residents who have had a psychiatric illness.</b>	<b>301-622-6007 <a href="#">Email</a></b>

		interviewing techniques, Internet search and outreach, etc. Hands on computer training from basics. They also offer a drop-in center check their web site for details.		
<b>Core Services.</b>	<b>Maryland Association of Core Service Agencies</b> <a href="#">(MACSA)</a>	<b>The Maryland Association of Core Service Agencies (MACSA) is the non-profit organization comprised of Maryland's 19 Core Service Agencies. The Core Service Agencies are the local Mental Health Authorities responsible for planning, managing, and monitoring public mental health services for the county.</b>	<b>There is a Core Service Agency to be of assistance in every county in the state and in Baltimore City (see web site).</b>	<b>Mental Health Services - 1-800-888-1965 MD Crisis Hotline - 1-800-422-0009</b>
<b>Crisis Services.</b>  <b>(Hot Lines)</b>	<b>National - by state</b>			
	<b>No SUICIDA</b>	<b>Para ayuda llama</b>		<b>800-784-2432</b>
	<b>Crisis and Family <a href="#">Stress Hot Lines</a></b>	<b><a href="#">Crisis and Family Stress Hot Lines</a></b>		
	<b><a href="#">Hope Line</a></b>	<b>Suicide Crisis Line. For a list of suicide hotlines click <a href="#">here</a>.</b>		<b>1-800-442-HOPE</b>
	<b>National Domestic <a href="#">Violence Hotline</a></b>			<b>1-800-787-3224</b>
	<b>DC</b>			
	<b><a href="#">D.C. Rape Crisis Center</a></b>	<b>Offers free counseling</b>	<b>Anyone, but preferably DC area.</b>	<b>Hotline: 202-333-7273</b>

	<a href="#">D.C. Access Help line</a>	The Access Help Line is the easiest way to get connected to services provided by the Department of Mental Health	<b>Call the Access Help line to: Get emergency psychiatric care, Help with problem solving, determine whether to seek ongoing mental health services or other types of services, find out what services are available</b>	<b>1-888-793-4357</b>
	<b>Maryland</b>			
	<a href="#">CENTRO DE CRISIS Condado de Montgomery</a>	<b>El Centro de Crisis del Condado de Montgomery provee respuesta inmediata en situaciones de crisis.</b>	<b>A todos los residentes del Condado de Montgomery en Maryland</b>	<b>Linea de Crisis: 240-777-4000</b>
	<b>Child and Adult Protective <a href="#">Services</a></b>  <a href="#">Prince George Co., MD</a>	The Prince George's County Department of Social Services provides 24 hour, seven day a week intake, screening and investigative services for <a href="#">physical</a> abuse, <a href="#">sexual</a> abuse, <a href="#">neglect and mental injury</a> .	24 hours a day.	<b>301-699-8605</b>
	<b>Community <a href="#">Crisis Services</a>, Inc.</b>	Calling the Hotline is often the first step an individual makes to access the mental health services and social service organizations within the community. We are here 24 hours a day, 365 days a year for anyone facing crisis and personal turmoil.	Suicide	<b>301-864-7130</b>
			Homeless	<b>1-888-731-0999</b>
			Youth	<b>1-800-422-0009</b>
			Child Protective Services	<b>301-909-2450</b>
			Adult Protective Services	<b>301-909-2228</b>
	<b>Domestic Violence</b>	<b>Go to the web site for your</b>		<b>National</b>

	<a href="#">Resources</a> MD by County	counties <a href="#">hotline information</a> otherwise call 911 or national hotline number.		Hotline 1-800-787-3224
	Montgomery County Crisis Center ♦ 1301 Piccard Drive Rockville, MD 20850	Treatment for mental health and substance abuse. The Crisis Center is open all the time (24/7) and has staff available to assist in emergency or psychiatric crises. The Crisis Center has 6 Triage and Evaluation Beds, as well as a Mobile Crisis Team that operates during the hours of 8:00 a.m. to 12:00 Midnight.	Must not have insurance, be a resident of Montgomery county and be 18 or over. Call for an appointment or walk in.	240-777-4000  Hotline (Adults and Youth) ☐ 301-738-969
	Prince George <a href="#">Crisis Response System</a> , MD	Community Crisis Services, Inc. serves as the intake point for reports of child abuse and neglect for Prince George's County, Maryland. We also accept reports of adult abuse and neglect on evenings, weekends and holidays.	Child Abuse/Neglect	301-909-2450
			Adult Abuse/Neglect	301-909-2228
	Sexual Assault <a href="#">Crisis Center</a> and Hotline - Annapolis and Anne Arundel County	YWCA of Annapolis and Anne Roundel County 1517 Ritchie Highway Arnold, Maryland 21012	24 hours a day, seven days a week to provide services to victims of rape, sexual assault and sexual abuse.	(410) 222-6800
<b>VA</b>				
	ARLINGTON, <a href="#">Virginia Crisis</a> Link	Suicide hotline	24 hours a day.	(703) 527-4077
Dental	<b>DC</b>			

Clinics.	<a href="#">Howard University School of Dentistry</a> 600 W St. , NW, WDC	Reduced fee dental care provided by supervised dental students. <a href="#">Click here</a> to learn how to make an appointment.		(202) 806-0456
	<b>Maryland</b>			
	<a href="#">Montgomery Volunteer Dental Center</a> 14015 New Hampshire Ave Suite 115 Silver Spring, MD 20904	The dental clinic is located in the Colesville Center in Silver Spring MD and is a fully equipped three operating facility.		(301) 384-9795
	<b>VA</b>			
	Arlington Co. Dept. of Health & Human Services <a href="#">Dental Clinic</a> 1801 N. George Mason Dr. , Arlington , VA	Preventative and restorative dental treatment.	Who is eligible? Arlington resident, School age children or seniors age 60 and older, No dental insurance, Low income Documents Required, Documentation of Arlington residency, Documentation of current income such as pays tubs, Documentation of free lunch status (school age children) for sliding scale.	703-228-1200
Disabilities	Federal Programs include <a href="#">SSI</a> - Supplemental Security Income (SSI) Benefits and <a href="#">SSDI</a> - .See the links below for more information.	A good page with details on most aspects of applying for disability: <a href="http://www.disabilitysecrets.com">www.disabilitysecrets.com</a> . Another good page is <a href="#">Disability services</a> .	<b>People are denied the first time they apply so it is important to appeal and try again.</b> A lawyer in Virginia has collected a number of disability and law related pages worth browsing: <a href="http://www.sheriabrams.com/Legal_Medical_Information_Links.html">http://www.sheriabrams.com/Legal_Medical_Information_Links.html</a>	
	<a href="#">Maryland Residential Facilities for the Disabled</a>	See link for organizations with housing for the disabled in <a href="#">MD,DC, VA</a>		
	<b>Maryland</b>			

Emergency Services.	Emergency and Crisis Services Montgomery County	The County's <a href="#">24 Hour Crisis Center</a> provides telephone and walk-in services.	240-777-4000
	<a href="#">Silver Spring: Emergency Services</a> <a href="#">8818 Georgia Ave.</a> <a href="#">Silver Spring, Maryland</a>	Emergency services, including housing.	240-777-3100
	<a href="#">Rockville, MD. 1301 Piccard Drive, 2nd Floor</a> <a href="#">Rockville, Maryland 20850</a>	Emergency services, including housing.	240-777-4550
<b>Maryland</b>			
Emergency Shelter.	There are many other Shelters and Transitional Housing in Mont. Co. <a href="#">Listed here.</a>		
	<a href="#">PG County Homeless and Shelter Services</a>	Emergency shelter information.	888-731-0999
	<a href="#">Montgomery County Homeless and Shelter Services</a>	<b>Locations</b> <ul style="list-style-type: none"> <li>• Mid County DHHS Building <a href="#">1301 Piccard Drive, Rockville, MD 20850</a></li> <li>• DHHS Silver Spring Center <a href="#">8818 Georgia Ave, Silver Spring, MD 20910</a></li> <li>• Up County Regional Services Center <a href="#">12900 Middlebrook Rd, Germantown, MD20874</a></li> <li>• Neighborhood Service Center at Catholic Charities</li> </ul>	240-777-4448

		<p><a href="#">12247 Georgia Avenue, Silver Spring, MD 20906</a></p> <ul style="list-style-type: none"> <li>• Takoma East Silver Spring (TESS) Center <a href="#">8513 Piney Branch Road, Silver Spring, MD 20901</a></li> <li>• Neighborhood Service Center at Family Services, Inc. <a href="#">610 E Diamond Ave, Gaithersburg</a></li> </ul>		
	MD Domestic Violence Shelters	<a href="#">Click here</a> to find the location in your county.		410-974-5521
	<a href="#">Safe Haven</a>	SafeHaven operates two emergency shelter facilities located in Fort Worth and Arlington. While in the shelter, residents receive meals, personal care items, clothing, transportation, legal assistance, counseling, case management, parenting training, job readiness support and childcare.		1-877-701-SAFE(7233)

Services Index	Agency (Or Benefit)	Description	Eligibility	Contacts
Energy assistance	D.C.			
	<a href="#">D.C. Energy Assistance Program</a>		For low income DC residents. Go to website for application.	202 -535-2600
<b>Maryland</b>				

	<a href="#">Maryland Energy and Fuel Assistance</a>	See website for list of organizations.		
	<a href="#">Maryland Energy Assistance (MEAP)</a>	For information on qualifying for this benefit program see their web site Contact: Catholic Charities, Forestville (301) 568-9529 Department of Family Services, Hyattsville, (301) 699-2696. Laurel Advocacy & Referral Services, Laurel (301) 776-0442. Spanish Speaking Community, Hyattsville (301) 434-5055	It's unclear if Maryland state still offers MEAP, please call local office and let us know.	1-800-352-1446. (For the hearing impaired 1-800-925-4434).
		<a href="#">PG County.</a>	<a href="#">List of offices here and phone numbers</a>	
	<b>Virginia</b>			
	<a href="#">Virginia Energy Assistance</a>	Fuel Assistance is to help eligible households with the cost of home heating		
<b>Eye Care and Glasses</b>	<b>National</b>			
	Lions Clubs	Lions clubs and other groups may obtain a limited number of pairs of free eyeglasses for the needy. Eye exams are not included. <a href="#">See more details.</a>	To find a Lions club near you, click here <a href="#">Club Locator</a> .	
	<b>Maryland</b>			

	<p><b><u>Shepherd's Table</u></b>  <u>Eye Clinic</u>  Shepherd's Table is located at:  8210 Dixon Avenue  Silver Spring, Maryland  20910</p>		<ul style="list-style-type: none"> <li>• Must be an adult 18 years old or older.</li> <li>• Must be a resident of Montgomery County.</li> <li>• Household income must be below 175% of the Federal Poverty Guidelines.</li> <li>• Must not have medical insurance that covers vision care.</li> <li>• Must be referred by an authorized Montgomery County government or private nonprofit agency.</li> </ul>	<p>301-587-0688</p>
<p><b>Food Stamps</b></p>	<p><b>Maryland</b></p>			
	<p>MD <u><a href="#">SNAP food program</a></u></p>	<p>Montgomery County DSS  401 Hungerford Drive, 5th Floor Rockville, Maryland  20850 Phone: (240) 777-4513  Prince George's County DSS  805 Brightseat Road.  Landover, Maryland 20785-4723  Phone: (301) 909-7025,  pgcdss@dhr.state.md.us</p>		<p>240-777-1245</p>
<p><b>Free Food.</b></p>	<p><b><u>Manna Food Center</u></b></p>	<p>Manna Food Center  9311 Gaither Road  Gaithersburg, MD 20877  301-424-1130   <a href="mailto:info@mannafood.org">info@mannafood.org</a></p>	<p>Call them to receive a referral in order to receive food or go to one of the following <u><a href="#">locations</a></u>.</p>	<p>301-424-1130</p>

	Emergency Food Providers	<a href="#">Click on your state and enter your city</a> for a list of food banks, and soup kitchens nearby.		
	<a href="#">Shepherd's Table</a> Soup Kitchen 8210 Dixon Avenue Silver Spring, Maryland 20910	Faith based, gets funding from various sources and provides a number of basic services for homeless and others in need. Includes food, clothing, bathing facilities, medical, eye and counseling services and referrals to shelter and other social services.	Brunch Meal Served Saturday and Sunday 10:30 a.m. - 11:15 a.m. Evening Meal Served Daily 6:00 p.m. – 7:30 p.m.	301-585-6463
	<a href="#">Central Union Mission</a> Food PLUS Center 3182B - Bladensburg Rd. NE Washington, DC 20018	Free food, clothing and furniture ID and referral required, or register for a FPC Card Offers non-perishable food to men, women, and families with an emergency.	Everyone can walk in to get food but bring Photo ID Proof of residency Proof of Income Social Security Number. Client may visit twice a month Open: Mon-Thur., 10:00am-4:00pm	(202) 529-0165
HIV - AIDS Related Services	<b>D.C.</b>			
	<a href="#">Clinica del Pueblo - Español</a>	2831 15th Street, NW Washington, DC 20009 -4607	They provide health care and mental healthcare to low-income folks.	(202) 462-4788
	<a href="#">Food and Friends</a>	Home meal delivery. Food & Friends provides meals, groceries and nutrition counseling to people living with life-challenging illnesses such as HIV/AIDS and cancer.	To be eligible for services, one must have AIDS, cancer or be receiving hospice care, have a compromised nutritional status and a limited ability to prepare his/her own meals.	(202) 269-2277
	<a href="#">Us Helping US</a> 3636 Georgia Avenue, NW, Washington, DC, 20010	Support groups and counseling. African American men living with HIV or AIDS.		202.446.1100

	<a href="#">Whitman Walker Clinic</a> 1407 S Street, NW - Washington, DC 20009	Provides many services; medical care, counseling, psychotherapy, educational services, housing, some financial assistance, etc. People living with HIV and AIDS and for the LGBT community.	<a href="#">How to become a patient.</a>	202.745.7000
	<b>Maryland</b>			
	<a href="#">Montgomery County HIV Resources</a>	See web site for resources		240-777-1869
	<b>Virginia</b>			
	<a href="#">HIV Resource Project of Northern VA</a>	See web site for resources		703-642- 4627
<b>Hospitals</b>	D.C.	<a href="#">DC Hospitals</a>	<a href="#">List of DC Hospitals</a>	
	Maryland	Health Care Resources for Children and others in Maryland	<a href="#">Regional Hospital Resources</a>	
		Maryland Hospitals	<a href="#">Maryland Hospitals List of Hospitals in Maryland Maryland Hospitals Alphabetical List</a>	
	Virginia	Hospitals in Virginia.	<a href="#">Virginia Hospital List of VA Hospitals</a>	
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<p><b>Housing</b> Also see <b><u><a href="#">Emergency Shelter.</a></u></b></p>	<p><b><u><a href="#">Montgomery County Department of Housing and Community Affairs Apartment Rental Guide</a></u></b></p>	<p>Moderately Priced <b><u><a href="#">Dwelling Unit Program</a></u></b> (MPDU), <b><u><a href="#">Weatherization Program</a></u></b> - helps you weatherize your home to save money on fuel bills.</p>	<p>For Low and Moderate Income</p>	<p>240-777-0311</p>
	<p><b><u><a href="#">Housing Opportunity Commission of Montgomery Co. (HOC)</a></u></b></p>	<p>See website for various housing options.</p>		<p>(240) 627-9400</p>
	<p><b><u><a href="#">Maryland Residential Facilities for the Disabled</a></u></b></p>	<p>See link for organizations with housing for the disabled in <b><u><a href="#">MD,DC,VA</a></u></b></p>		
	<p><b><u><a href="#">Montgomery County, Apartments with subsidized units</a></u></b></p>	<p>See link for a Listing of affordable housing in Montgomery County, MD.</p>		<p>240-777-3600</p>
	<p>Montgomery Housing Partnership 12200 TechRoad, Suite 250 Silver Spring, MD 20904</p>	<p>MHP is a leading non-profit organization operating within Montgomery County to develop, renovate and manage quality affordable rental housing and in revitalizing distressed neighborhoods. Offer Mixed income <b><u><a href="#">Rental Properties</a></u></b></p>	<p>Call them for eligibility criteria. <b><u><a href="#">Click here for info about affordable housing.</a></u></b></p>	<p>Phone: 301-622-2400 Fax: 301-622-2800 <b><u><a href="#">Email:</a></u></b></p>
	<p><b><u><a href="#">Shepherd's Table</a></u></b></p>	<p>Provides a listing of organizations with <b><u><a href="#">resources for the homeless</a></u></b> in Montgomery County and Washington D.C.</p>		<p>Phone: 301-585-6463 Fax: 301-585-4718 <b><u><a href="#">Email:</a></u></b></p>
<p><b>Income.</b></p>	<p><b><u><a href="#">INTERIM DISABILITY ASSISTANCE (IDA)</a></u></b> See <b><u><a href="#">Public Assistance</a></u></b></p>	<p>The Interim Disability Assistance (IDA) Program provides temporary financial assistance to those who are unable to work due to a disability and have a high probability of receiving federal</p>	<p><b><u><a href="#">Apply here</a></u></b> D.C. residents who have applied for <b><u><a href="#">SSI</a></u></b> or <b><u><a href="#">SSDI</a></u></b> (Similar to <b><u><a href="#">TEMHAP</a></u></b> in Maryland.)</p>	<p>(202) 671-4200</p>

		<a href="#"><u>Supplemental Security Income (SSI)</u></a> . IDA payments are issued until <a href="#"><u>SSI</u></a> eligibility is approved or denied.		
	<a href="#"><u>Social Security</u></a>	Income from <a href="#"><u>Supplemental Security Income</u></a> . About \$500	If physically or mentally disabled	1-800-772-1213
		Income from <a href="#"><u>Social Security Disability Income</u></a> . More than <a href="#"><u>SSI</u></a> , but depends on what earned.	Amount and eligibility depends on earned income paying social security.	

<a href="#"><u>Services Index</u></a>	<b>Agency (Or Benefit)</b>	<b>Description</b>	<b>Eligibility</b>	<b>Contacts</b>
Lesbian, Gay, Bisexual, and Transgender Services	<a href="#"><u>Mautner Project for Lesbians, biwomen and transwomen</u></a>	The Mautner Project of Whitman-Walker Health is committed to improving the health of women who partner with women including lesbian, bisexual and transgender individuals, through primary medical care, support services, education and advocacy.		For more information contact Jacquetta Brooks at 202.797.3570 or <a href="#"><u>e-mail</u></a>
	SMYAL <a href="#"><u>Sexual Minority Youth Assistance League</u></a> http://whistling/ 410 7th Street, SE Washington, DC 20003-2707	Counseling and "rap" groups, housing, educational and support services, to schools and various youth programs for sexual minority teens (14 through 21 yrs.)		202-546-5940 Fax: 202-544-1306 TTY 202-546-7796 202-797-3520
	<a href="#"><u>Whitman Walker Clinic</u></a>	Provides many services; medical care, counseling, psychotherapy, educational services, housing, some	<a href="#"><u>How to become a patient.</u></a>	202.745.7000

		financial assistance, etc. <b>Serves people living with AIDS and for LGBT folks.</b>		
<b>Medical Assistance and Clinics</b>	<b>Nation By State</b>			
	<a href="#"><u>Children's Health Insurance Program (SCHIP)</u></a>	The State Children's Health Insurance Program (SCHIP) <sup>1</sup> , a partnership between the federal government and the states, is designed to provide health insurance coverage for targeted low-income children under age 19 who are not eligible for Medicaid.	Qualifications vary by state. Available by application to children whose parent's income is above <a href="#"><u>Medicaid maximums</u></a> , but not more than approximately 300% of <a href="#"><u>federal poverty level</u></a> (MD) and don't have other insurance.	202-624-5400
	<b>Maryland</b>			
	<b>DC</b>			
	<a href="#"><u>Clinica del Pueblo</u></a> 2831 15th Street, NW Washington, DC 20009-4607  <a href="#"><u>En Espanol</u></a>	Provides health care, mental health, substance abuse, pediatrics, HIV/AIDS and more.	Medical services to anyone, but specializes in bilingual/bicultural services to the Latino community. Check to see if they are accepting clients.	202 - 462-4788 Fax: 202-667-3706
	<a href="#"><u>DC HealthCare Alliance</u></a>	Provide medical care including mental health to un-insured adults living in the district.	<a href="#"><u>Eligibility information click here</u></a>	<a href="#"><u>Download an application Combined Application for DC MEDICAL ASSISTANCE FOOD</u></a>

				(202) 724-5506
	<a href="#">DC Healthy Families</a>	Provides health care for families with children. Covers doctors visits, vision, dental care, prescription medicines, hospitalization and more.	Live in the District of Columbia, Do not have health insurance, Have incomes up to 200% of the Federal Poverty Level (FPL) or income up to 300% of the FPL if covering children only, apply in person at enrollment locations, see website for a <a href="#">listing of locations</a>	(202) 639-4030
	<a href="#">DC Medicaid</a>	Provides healthcare coverage for low-income, disabled people and undocumented immigrants..	Eligibility for medicaid in DC is \$15,000 or less. Apply in person (meeting with someone will ensure you get enrolled, where as leaving your paperwork in the box may not) at enrollment locations, see website for a <a href="#">listing of locations.</a>	<a href="#">Download an application</a> (202) 727-5355
	<a href="#">Department of Health - DC</a> 825 North Capitol Street, NE Washington, DC 20002	They have many services, but you must check actual availability	<a href="#">See listings of services here.</a>	
	<a href="#">Unity Healthcare</a> 3020 14th Street, NW, Suite 401 Washington, DC 20009	Provides primary healthcare and offers referrals for medical and social services to low income, poor and homeless people.	Sliding scaled based on family size and income. Unity Health Care accepts Medicaid, Medicare, Health Right, Managed Care Organization, DC Healthcare Alliance, and most private insurance plan. Request an appointment to start the process - see website.	202) 715-7900
<b>Maryland</b>				

	<p><a href="#"><u>Community Clinic, Inc.</u></a></p>	<p>CCI offers <a href="#"><u>Medical Care, Dental Services, WIC, Family Planning, Mental Health, Nutrition</u></a> at several locations: <a href="#"><u>Gaithersburg, Germantown, Greenbelt, Silver Spring, Takoma Park, Wheaton</u></a></p>	<p>Services on a sliding fee scale. Adults and children in Montgomery Co. who are low-income, disabled, homeless. Accepts Medicaid, Medicare.</p>	<p><b>301- 340-7525</b></p>
	<p><a href="#"><u>Dennis Avenue Health Center</u></a> 2000 Dennis Avenue Silver Spring, MD 20902</p>	<p>This center provides a number of county health related services to county residents including: Birth and Death Records, Disease Control Services, Foreign Travel Information, HIV/AIDS Services, Immunization Program, Rabies Information, Refugee Health Services, Sexually Transmitted Disease Services and Tuberculosis Control. The clinic provides limited medical services on Tuesday, 4 - 8 pm only.</p>		<p><b>(240) 777-1760</b></p>
	<p><a href="#"><u>Healthcare Access MD</u></a></p>	<p><a href="#"><u>Resources for the uninsured</u></a>. Helps people apply for medicaid, medicare, PAC and more.</p>		<p><b>health coverage hotline: 410-649-0525</b></p>
	<p><a href="#"><u>Maryland Medical Programs MD Health and Mental Hygiene</u></a></p>		<p><b>Medicaid/ Medical Assistance</b></p>	<p><b>1-800-456-8900</b></p>
	<p><a href="#"><u>Medicaid in Maryland</u></a> See the <a href="#"><u>general Medicaid</u></a> section below.</p>	<p><b>Medicaid is a jointly funded, Federal-State health insurance program for low-income and needy people. It covers children, the aged, blind, and/or disabled and other people who are eligible to receive federally assisted income maintenance payments. And in some</b></p>	<p><b>In MD to qualify for medicaid you must make 15,000 or less, be disabled, 65 years old, Blind; Under 21 years old, Caring for a related child in your home; Pregnant; The parents of an unmarried child under 21.</b></p>	<p><b>(410) 767-6500 or 1-877-463-3464</b></p>

		<p>states including MD low-income people who are uninsured.</p> <p><a href="#">Medicaid Medical Assistance Overview, Medicaid Eligibility and Benefits</a></p>		
	<a href="#">Maryland Children's Health Program</a>	<p>The Maryland Children's Health Program (MCHP) began in July 1998. MCHP uses federal and state funds to provide health care coverage to low-income children up to age 19 and pregnant women of any age.</p>	<p>The Maryland Children's Health Program (MCHP) gives full health benefits for children up to age 19, and pregnant women of any age who meet the income guidelines <a href="#">MCHP Application Form</a></p>	1-855-642-8572
	<a href="#">Mobile Medical Care, Inc.</a>	<p>MobileMed provides primary adult healthcare, including: physical examinations, preventive screenings, women's health, vaccines, selected medications and referrals to specialty care. <a href="#">Location listing. Walk-in clinics.</a></p>	<p>Show that you are a County resident and have an income less than 250% of the federal poverty level. Bring a photo ID, proof of address and proof of household income, such as two pay stubs or a W-2 form. \$40 per visit.</p>	301-493-2400
	<a href="#">(PAC) Primary Adult Care Program</a>	<p>Adults who do not qualify for Medicare may qualify for PAC. The PAC program covers basic health services provided by one of the managed care organizations selected through HealthChoice.</p>	<p>PAC helps low-income individuals, age 19 and older.</p>	<p>1-800-226-2142  <a href="#">Click here to download an Application</a></p>
	<b>Virginia</b>			

	<p><a href="#">Arlington Free Clinic</a> 2921 11th St. South Arlington, VA 22204 <a href="#">En Espanol</a></p>	<p><b>Primary care, Specialists, Psychiatry, Women's health, Mental health, Physical therapy, Pharmacy services, Diagnostic testing, Patient Education Programs, Nutrition, Asthma Care, Osteoporosis, Oral Health, Patient Support Groups</b></p>	<p><b>Must live in Arlington County and have incomes at, or below, 200% of the Federal Poverty Level (for a family of 4, this is \$42,000). Coverage is a lottery system and priority goes to the sickest people.</b></p>	<p><b>(703) 979-1425</b></p>
	<p><b>Medicaid VA</b></p>	<p>Medicaid is a jointly funded, Federal-State health insurance program for low-income and needy people. It covers children, the aged, blind, and/or disabled and other people who are eligible to receive federally assisted income maintenance payments. And in some states low-income people who are uninsured but not in VA.</p>	<p><b>Eligibility: Children Under Age 19, Pregnant Women, Supplemental Security Income (SSI) Recipients, Adults Aged 65 or Older, Blind or Disabled (not receiving SSI), Children or Adults Who Need Long-term Care in a Facility/Home &amp; Community-based Care (Waiver) Services, Medicare Beneficiaries, Plan First - Family Planning Services, Breast &amp; Cervical Cancer Early Detection Program</b></p>	<p><b>1-800-552-3431</b></p>
	<p><a href="#">Queen Street Clinic in Alexandria.</a></p>	<p>"A family practice for the medically uninsured." All appointments billed at \$45.\$60/visit and lab tests. Call to confirm prices.</p>	<p>Website isn't working... may have gone out of business.</p>	<p><b>703-299-9701,</b></p>
	<p><b>All Locations</b></p>			
<p><a href="#">Medicaid (National Policy)</a> (See or contact State Social</p>	<p><a href="http://medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html">http://medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html</a></p>	<p>Medicaid is a jointly funded, Federal-State health insurance program for low-income and needy people. It covers children, the aged, blind, and/or disabled and other people who are eligible to receive</p>	<p>Medicaid eligibility varies by state and have been expanded in many states. Use the <a href="#">Health insurance costs and savings calculator to see if you qualify for medicaid.</a></p>	<p><b>(800-633-4227)</b></p>

Services)		federally assisted income maintenance payments. And in some states low-income people who are uninsured but not in VA.		
<a href="#">Medicare</a>	Medicare help pays for hospital care or medical care.	People under age 65 with certain disabilities otherwise must be at least 64 years and 9 months old, want to sign up for Medicare but do not currently have <a href="#">ANY Medicare coverage</a> and do not want to start receiving Social Security benefits at this time. <a href="#">See medicare tool for eligibility. Apply online here.</a>		24 Hour Medicare 800-633-4227  Call for application 800-226-2142

<a href="#">Services Index</a>	Agency (Or Benefit)	Description	Eligibility	Contacts
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Medication	<b>DC</b>			
	<b>Maryland</b>			
	Maryland Pharmacy Assistance <a href="#">Program</a>	This program will help qualified Maryland residents, regardless of age, who are not eligible for the Maryland Medical Assistance Program or Medicaid.	Must be a legal permanent resident of Maryland. Income must be less than \$927 per month (\$1,070 for a couple) with assets below \$4,000 (\$6,000 for a couple).Applies to all ages	1-800-226-2142

	<b><a href="#">BMHS'</a> Medication Program</b>	<b><a href="#">Look for services in your area.</a></b>		<b>410-637-1900</b>
	<b><a href="#">MEDBANK</a> of Maryland, Inc. PO Box 42678 Baltimore, MD 21284</b>	<b>Pharmaceutical companies participating in the program will provide a renewable 90-day supply of free medication to chronically ill, income-qualified individuals.</b>	<b><a href="#">For Eligibility Click here.</a> MedBank of MD lost it's finding in 2009 but according to the website still accepts patients, please let us know if that's they case.</b>	<b>410-821-9262 or (TOLL-FREE) 877-435-7755.</b>
	<b><a href="#">Medication Discount</a> Card for Prince George's County.</b>	<b>The NACo Prescription Discount Card program helps residents save money on their prescription medications any time their prescriptions are not covered by their insurance. The free cards may be used at any participating retail pharmacy. The discount card is not insurance. Average savings are 24%; some discounts may be more, and some less, depending on the drug and quantity purchased.</b>	<b>The cards are available from the County Administrator's Office, 6602 Courts Drive in Prince George. The local County contact is or visit <a href="http://www2.caremark.com/naco/">http://www2.caremark.com/naco/</a> to print out a card.</b>	<b>Aimee Gleason 804-722-8600 or toll free 1-877-321-2652</b>
	<b><a href="#">MEDBANK</a> of Fredrick County</b>	<b>Serves low-come uninsured or under insured who need medications.</b>	<b>Frederick County residents who: Meet the financial guidelines set by the pharmaceutical companies, Have no other prescription drug coverage/insurance, Are not already enrolled in or eligible for other programs such as Medical Assistance, Primary Adult Care Program, or Medicare Part D, Need medications to treat longer term conditions (3 months or longer). Currently accepting applicants. Call for more information.</b>	<b>301-600-3972</b>

## National

<p>The <a href="#">Partnership</a> for Prescription Assistance</p>	<p>Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.</p>	<p>Basically this site helps you search for programs that you may qualify for.</p>	<p><a href="#">To start your search click here or call 1-888-477-2669</a></p>
<p><a href="#">Part D</a> - Medicare prescription drug coverage</p>	<p>Medicare offers prescription drug coverage to everyone with Medicare.</p>	<p><a href="#">How to apply</a></p>	<p>1-800-633-4227</p>
<p><a href="#">Medicine Program</a> P.O. Box 515 Doniphan, MO 63935-0515</p>	<p>The Medicine Program is a patient advocacy organization helping individuals and families all across America get access to up to 2,500 prescription medications available today for free or nearly free of charge through Patient Assistance Programs (PAPs).</p>	<p>For information on how it works, <a href="#">click here</a>. Must apply to find out if you qualify. <a href="#">Click here</a>. They are currently not accepting applications.</p>	<p>(877) 331-0362</p>
<p><a href="#">The Patient Access Network Foundation (PAN)</a> <a href="https://www.panfoundation.org/">https://www.panfoundation.org/</a></p>	<p>The Patient Access Network Foundation (PAN) facilitates access to medical treatment for patients with chronic or life-threatening illness. PAN facilitates access to medical treatment for patients with chronic or life-threatening illness. Provides co-payments assistance to patients in need.</p>	<p>Patient is insured and insurance covers the medication for which the patient seeks assistance. The medication must treat the disease directly. Patient's income must be below a designated percentage of the Federal Poverty Level, depending on individual fund requirements. Patient is prescribed a high cost drug for the disease, depending on individual fund requirements. Patient must reside and receive treatment in the US.</p>	<p>1-866-316-PANF (1-866-316-7263) <a href="#">Apply online</a></p>

	<a href="#">Northwest Pharmacy</a>	They are a pharmacy in Canada that has much cheaper/affordable prescription drugs!	You must have a doctor email or fax in your prescriptions in the exact amount and quantity. Order drugs online to see prices.	<a href="#">Customer Service</a> USA toll free*: 1-866-539-5330 Fax: USA toll free*: 1-866-539-5331
Free or Reduced Cost Medication Programs.(in addition to those above)	Each program is unique. If approved, usually sends a 3 months supply free to your doctor. Also, you can do a search GOOGLE etc., for "Free Medicine"	<a href="#">Edmund Hayes Meds Page</a> Has pharmacy links to Pharmaceutical Companies & Tel. No's. <a href="#">NeedyMeds.com</a> Has good alphabetical list of medications.800-456-2277 <a href="#">PfizerForLiving.com</a> \$15 for 30 days supply, Pfizer drugs, Medicare low income 800-717-6005. <a href="#">TogetherRx.com</a> 800-865-7211.		

<a href="#">Services Index</a>	Agency (Or Benefit)	Description	Eligibility	Contacts
Mental Health Treatment	<a href="#">Suicide prevention</a>	see crisis listing above	Free	
	DC			
	<a href="#">Community Based Service Providers</a>	<a href="#">Click here</a> to see the list of providers and their locations.	Speak with a mental health counselor who will help you select the most appropriate provider.	24/7 Access Helpline 1-888-793-4357
	<a href="#">Health care alliance.</a> Mental Health Services	Health Care Alliance provides full health care including mental	<b>Eligibility:</b> You must be a resident of the	<a href="#">Download an application</a>

	<p>are available for those who qualify for medicaid, medicare, disability, the health care alliance or DC healthy families program.</p>	<p>health and low or no co-pay prescription drugs.</p> <p><b>[Please check this out, may have been closed or replaced.]</b></p>	<p>District of Columbia; You must be 21 years of age or older; You must not be eligible for any other health insurance including Medicaid; Your gross income cannot be more than \$1,861.67 (for individual) &amp; \$2,521.67 (for couples); and You cannot have assets. Complete an application and go to a <a href="#">enrollment center</a> - make sure you meet with someone and bring all your paperwork.</p>	<p><a href="#">Combined Application for DC MEDICAL ASSISTANCE FOOD</a></p> <p><b>(202) 724-5506</b></p>
	<p><b>Maryland</b></p>			
	<p><a href="#">Baltimore Mental Health Systems, Inc.</a></p>	<p>This Web site is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.</p>		<p><b>410-837-2647</b></p>
	<p><a href="#">Maryland Association of Core Service Agencies (MACSA)</a></p>	<p>This the non-profit organization comprised of Maryland's 19 Core Service Agencies. The Core Service Agencies are the local Mental Health Authorities responsible for planning, managing, and monitoring public mental health services at the county level. There is a Core Service Agency to be of assistance in every county in the state and in Baltimore City.</p>		<p><b>301-682-9754</b></p>

	<a href="#"><u>ACCESS BEHAVIORAL HEALTH SERVICES</u></a> Montgomery County DHHS Offices at 255 Rockville Pike <a href="#"><u>255 Rockville Pike, First Floor, Rockville, MD 20850</u></a>	These services works to help Montgomery County residents navigate the behavioral health system. If eligible, find a treatment provider and other mental health and/or addiction services.	Serves children, adolescents, adults, and seniors with mental health needs	240-777-1770

<a href="#"><u>Services Index</u></a>	<b>Agency (Or Benefit)</b>	<b>Description</b>	<b>Eligibility</b>	<b>Contacts</b>
<a href="#"><u>MetroAccess</u></a> paratransit service	<p>The Transit Accessibility Center is located at Metro headquarters, 600 Fifth Street NW, Washington, DC 20001.</p> <p>Mailing address:            Metro Transit Accessibility Center            600 Fifth Street, NW            Washington, DC 20001</p>	<p>MetroAccess is a shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail. 5:30 a.m. Rides are available from 5:30am to midnight. Some late night service is available until 3 a.m. on weekends.</p>	<p>To be eligible for MetroAccess service, you must: Have a disability as defined by the ADA, and be unable, as a result of your disability, to utilize fixed-route transportation such as Metrobus and Metrorail, or Need to use a ramp or wheelchair lift to board or exit a public transit vehicle, but an accessible public transit vehicle is not being used at the time, date, and on the route you would travel. (All Metrobuses are wheelchair accessible.) or Be unable to travel to or from a bus stop or rail station due to a disability. To apply <a href="#"><u>download the application</u></a> and email <a href="mailto:eligibility@wmata.com"><u>eligibility@wmata.com</u></a> or mail (on left).</p>	<p>To apply schedule an appointment, 202-962-2700 and select option 5 or TTY 202-962-2033.</p>

<p><b>Metro's Bus and Rail Reduced Fare Program for People with Disabilities and Senior Citizens</b></p>	<p><a href="#">Metro Headquarters Transit Accessibility Center</a> 600 Fifth Street NW Washington, DC 20001</p>	<p>People with disabilities who have a valid Metro Disability ID card may ride for half the peak fare on Metro rail, and for 90¢ cash, or 80¢ paying with a <a href="#">SmarTrip®</a> card, on regular Metrobus routes, and for discounted fare on other participating bus service providers.</p>	<p>WMATa advertises <a href="#">many locations</a>. I recommend your call ahead and be very specific as to what you need.</p> <p>You can obtain a Metro Disability ID card application by: downloading our online <a href="#">Metro Disability ID Card application</a> , picking up an application at one of these <a href="#">locations</a>, calling 202-962-2700 or TTY 202-628-8973 or calling 202-962-1558 or TTY 202-962-2033 or <a href="#">emailing your request</a>.</p>	
<p><b>Post Traumatic Stress Disorder, Includes other Issues</b></p>	<p>PTSD is the general diagnosis for a variety of problems resulting from traumatic levels of stress and often includes other Trauma and Shame issues.</p> <p>I will be adding to this section shortly.</p>	<p>While usually associated with combat related trauma and stress, there are many contributing factors and related conditions. It is increasingly understood that vulnerability increases with childhood abuse and trauma issues.</p>	<p>An area I will be posting about is what I call Childhood Post Traumatic Shame, or CPTS. This condition is most difficult to discover and treat, and i believe is a pre-existing contributing condition to many other mental and social disorders.</p>	<p><a href="#">Walter Teague</a></p>
<p><b>Psychotherapy, Counseling and Psychiatry</b></p>	<p><a href="#">Psychology Today Therapist Listings MD</a></p> <hr/> <p><a href="#">Psychology Today Therapist Listings DC</a></p> <hr/> <p><a href="#">Psychology Today Psychiatrists MD</a></p> <hr/> <p><a href="#">Psychology Today Psychiatrists DC</a></p>			

<b>Respite Care</b>	Respite Care Program, MD	The Respite Care Program provides short-term, periodic care to individuals with developmental or functional disabilities, in order to provide a period of rest and renewal to family caregivers.		Contact the Respite Care Program at 1-800-332-6347, TTY 1-800-925-4434
Renters Assistance	<a href="#">D.C. Tenant's</a> Advocacy Coalition P.O. Box 7237, DC 20044	They have a tenets rights document which is helpful. You can also call and speak with a lawyer about your tenet issue or landlord problems. They help to form tenant associations and work politically on rent control in the district.		202-628-3688
<b>Social Services for Adults:</b> <i>Compare the Social Service Pages of DC, MD and VA</i>	<a href="#">Anne Arundel County DSS</a> 80 West Street Annapolis, Maryland 21401	Adoption Services, Adult Protective Services (APS), Child Care Program, Family Support Services, Food Stamps (FS), Foster Care Services (FCS), In-Home Aide Services (IHAS), Medical Assistance (MA), Project HOME, Social Services to Adults (SSTA), Temporary Cash Assistance (TCA)	Call for eligibility	(410) 269-4500
	Montgomery County <a href="#">Directory</a> of Services	<a href="#">Aging and Disability Services</a> , <a href="#">Disability Services</a> , <a href="#">Senior Services</a> , <a href="#">Behavioral Health and Crisis Services</a> , <a href="#">Crisis Services</a> , <a href="#">Victim Services</a> , <a href="#">Children, Youth and Family Services</a> , <a href="#">Public Health Services</a> , <a href="#">Special Needs Housing</a> , <a href="#">Office of the Director</a> , <a href="#">Management Services</a> , <a href="#">Planning</a> , <a href="#">Accountability and Customer Service (PACS)</a> , Office of Community Affairs	See website or eligibility	
	Rockville, Montgomery Co. Dept. <a href="#">Of Social Services</a> , 401 Hungerford Drive, 5th Floor Rockville, Maryland 20850	Montgomery county provides a wide range of services see next column or website for more services.	Core Services	240-777-1400
	Prince George's County <a href="#">Department of Social Services</a>	Adoption Services, Adult Protective Services (APS, Child Care Program, Family Support Services, Food Stamps	See website or call for more information	(301) 209-5000

	805 Brightseat Road Landover, Maryland 20785-4723	(FS), Foster Care Services (FCS), In-Home Aide Services (IHAS), Medical Assistance (MA), Project HOME, Social Services to Adults (SSTA), Temporary Cash Assistance		
	Virginia Department of Social Services (VDSS) 801 E. Main Street Richmond, VA 23219-2901	<a href="#">Adult Day Care Centers</a> , Adult Protective Services, Adult Related Links, Adult Services (AS), Assisted Living Facilities, Background Investigations, Adult Facilities, Domestic Violence (DV)	See links for more information or <a href="#">click here</a> of a listing of local offices and phone numbers.	
<b>Social Security</b>	<a href="#">Social Security</a> <a href="#">En Español</a>		Eligibility: Retirement Benefits, Survivor Benefits or Disability Benefits. <a href="#">Click here</a> to read more about qualifying.	800-772-1213
<b>Spanish Language and Latino Services</b>	<b>DC</b>			
	<a href="#">Bread for the City</a> Northwest Center 1525 7th Street NW, DC Phone: 202-265-2400  Southeast Center 1640 Good Hope Road SE, DC Phone: 202-561-8587	Legal services, food pantry, social services, advocacy, medical clinic, clothes.	Walk in or call for an appointment. Our legal clinic accepts walk-in visits on Mondays from 1-3pm.	Northwest Center: 202-265-2400 Southeast Center: 202-587-0527
	<a href="#">Clinica del Pueblo</a> 2831 15th Street, NW Washington, DC 20009-4607  <a href="#">En Español</a>	Provides health care, mental health, substance abuse, pediatrics, HIV/AIDS and more.	Medical services to anyone, but specializes in bilingual/bicultural services to the Latino community. Check to see if they are accepting clients.	202 - 462-4788 Fax: 202-667-3706
	<a href="#">Whitman Walker Clinic</a>	Provides many services; medical	<a href="#">How to become a</a>	202.745.7000

	<a href="#">En Español</a>	care, counseling, psychotherapy, educational services, housing, some financial assistance, etc. Serves people living with AIDS and for LGBT folks.	<a href="#">patient.</a>	
	<b>Maryland</b>			
	<a href="#">CASA de Maryland</a> 734 University Boulevard, East Silver Spring, MD	CASA provides information about the availability of basic social services such as free or low-cost medical programs, mental health care, legal services and emergency shelter. We also provide information and refer clients to government and private social service programs for which they and their families may be eligible. Our organization assists clients who have problems receiving assistance and benefits.	CASA also translates and notarizes legal documents such as birth certificates, marriage certificates, school transcripts and other important papers. We also supply INS forms and help clients complete them, including fingerprints.	Social services number (301) 431-4185  Salud es Vida Bilingual Health Hotline (301) 270-8432
	<b>Virginia</b>			
<b>Services Index</b>	<b>Agency (Or Benefit)</b>	<b>Description</b>	<b>Eligibility</b>	<b>Contacts</b>
	<b>DC/MD/VA</b>			
<a href="#">Social Security Disability Income SSDI.</a>	Social Security Disability Income 10230 New Hampshire Avenue, Suite 304 Silver Spring, Maryland 20903 <a href="http://www.ssa.gov/disability/">www.ssa.gov/disability/</a>	Applications requires full documentation and often takes many months to years. If granted, payment is retroactive to date of application. Appealing rejections may require an attorney, but increases you chance of success. The attorney is only paid if successful and limited to a	Are age 18 or older; have worked and paid Social Security taxes long enough to qualify; and have a medical condition that has prevented you from working or is expected to	(1-800-772-1213)

		percentage. Click here for more information about <a href="#">appealing</a> .	prevent you from working for at least 12 months or end in death. Apply <a href="#">online</a> . <a href="#">Income limits</a> while receiving SSDI.  We suggest you apply for both <a href="#">SSI</a> and SSDI at the same time and office.	
<a href="#">SSI</a>	Supplemental Security Income (SSI)	The SSI program makes payments to people with low income who are age 65 or older or are blind or have a disability. See adobe document <a href="#">Supplemental Security Income</a> for more information.	Fill out a disability report online or call for an appointment.	
<a href="#">Support Groups</a>	Listed by state	<a href="#">Support Groups</a>		
	<a href="#">National Alliance on Mental Illness (NAMI). DC</a>	NAMI <a href="#">provides education and support groups</a> to the mentally ill and their families/loved ones.		See local contacts
	<a href="#">National Alliance on Mental Illness (NAMI) MD</a>	NAMI <a href="#">provides education and support groups</a> to the mentally ill and their families/loved ones.		See local contacts
	<a href="#">Groups4kids</a>	Provides a listing of support groups for Children, Adolescents and their Parents.	List of such services in the DC. Metro. Area.	
	<b>Maryland</b>			
Taxi or Transportation Subsidies.	<a href="#">Call-N-Ride</a> PO Box 8465, Gaithersburg, MD 20898	Call -n- Ride is a subsidized taxi service program for low-income seniors over age 67 and low-	<a href="#">To register click here</a>	(301) 948-5409 or <a href="#">email</a>

		income persons with disabilities who are over the age of 16.		
	<a href="#">Call-A-Cab</a> Prince George's County	Call-A-Cab is a transportation assistance program that provides mobility at a reduced cost for County seniors (age 60+) and/or County persons with disabilities.	County Senior and/or persons with disabilities may purchase up to fourteen (14) \$20.00 coupon books in a six-month period at \$10.00 per book.	call 301-883-5656 or Maryland Relay 800-735-2258 for more information.
Telephone Service.	<a href="#">Lifeline Program</a>	Lifeline a monthly discount for home or wireless telephone service.	<a href="#">Guidelines to quality.</a>  <a href="#">Click here to see if you may quality.</a>	To apply contact your carrier - <a href="#">see contact numbers for your state</a>
Tenant Assistance and Organizing	<b>DC</b>			
	<a href="#">D.C. Tenants' Rights Center</a> 406 5th St. NW Suite 300 Washington, DC 20001	They offer affordable advocacy for tenants in the District of Columbia. \$25 will get you a 20 minute consultation with an attorney. They also offer free classes about tenant rights.	Or e-mail intake [at] dctenants.com. (If you e-mail, please do not include any confidential information.)	Call for an appointment: 202-681-6871
	<a href="#">Office of the Tenant Advocate</a> 2000 14th Street, NW, Suite 300 North, Washington, DC 20009	They are a helpful government agency who will answer questions for free about your housing situation or issues with your landlord. However they cannot represent you and can only offer advise.	Office Hours Monday to Friday, 8:45 am to 4:45 pm, except District holidays  See <a href="#">Tenant Survival Guide</a> for information on tenant rights in DC.	(202) 719-6560
	<a href="#">D.C. Tenants Advocacy Coalition</a> P.O. Box 7237, DC 20044	TENAC's HOTLINE answers landlord/tenant questions, and		202-628-3688

		TENAC's role in helping tenants to form tenant associations throughout the city. They lobby the city council for pro-tenant legislation and we consider our three fold mission mission is to strengthen affordable housing, rent control and tenants' rights.		
	<b>Maryland</b>			
	<b>Virginia</b>			
Transitional Services.	(TCA) Temporary Cash Assistance and other services in Maryland	Temporary Cash Assistance (TCA) provides cash assistance to needy families with dependent children when available resources do not fully address the family's needs, and while preparing program participants for independence through work.	<a href="#">Prince George's County Department of Social Services</a>	apply on line via <a href="#">SAIL</a> or visit one of the <a href="#">local offices</a>
			<a href="#">Rockville, MD</a>	Phone: (240) 777-4513
			<a href="#">Germantown, Germantown, MD.</a>	240-777-3420.
			<a href="#">Silver Spring</a>	240-777-3100

**Services [Index](#)**

**[Welfare Movement!](#) <http://tinyurl.com/cqouoey>**

Check out these web sites rich in information on welfare and the growing movement for people's rights.

**[Attention Deficit Disorder Resources](#)**

Consumer Information on Healthcare <http://www.webmd.com/>

Consumers' CHECKBOOK Homepage <http://www.checkbook.org/>

Consumers Union <http://consumersunion.org/about/>

[Cost of Health Care in US and Canada](#) 31% of costs go to bureaucracy!  
Check out the [Physicians National Health Program](#)

[Edmund's Medical Pages](#) <http://www.edhayes.com/>

[DHHS Services Locator](#) <http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/links.asp>

[Families USA](#) Families USA

<http://www.familiesusa.org/> Good information on Medicare, pharmaceuticals, etc.

Grass Roots Organizing for Welfare Leadership [GROWL](#)

[Guide to Therapy](#) Groups for Children, Adolescents and Parents <http://www.groups4kinds.com>

[Housing Help](#) For Individuals <http://www.ruralhome.org/about-hac>

[Habitat](#) for Humanity of Montgomery County, MD - [Resource Guide](#) of Assistance in Montgomery County.

[Mesothelioma Center](#) Provides up-to-date information about the dangers of asbestos cancer and resources for treatment.

[The GLBT Resource Guide](#)

Montgomery County Department of [Social Services](#) <http://www.montgomerycountymd.gov/hhs/>

National Association of Social Workers ([NASW](#)) <http://www.socialworkers.org/nasw/default.asp>

[Poverty Related Links](#) <http://www.irp.wisc.edu/links/category.htm>

[Social Welfare Action Alliance SWAA](#) <http://www.socialwelfareactionalliance.org/>

**[Click to download in Word](#)** Versions in [MS Word printable](#) - [MS Word click able \(docx\)](#) and [PDF versions](#)

**Compare US Healthcare to other developed countries**

\*[Housing Help for individuals](#) [HAC's links to local housing help.] <http://www.ruralhome.org>

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**WEB Links**

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