

# Social Services Available in the Metro DC Area

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.

**Please take a moment and e-mail any corrections or additions**

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.

As a social worker in private practice in Maryland and DC, I have found this information useful. You can help me improve it.

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

My practice web page is at: [wteague.com](http://wteague.com)  
E-mail me at: [wteague@verizon.net](mailto:wteague@verizon.net)

State Social Services: [DC](#) • [Maryland](#) • [Virginia](#)

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Versions in [MS Word](#) and [PDF versions](#)

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



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Services.	Agency (Or Benefit)	Description	Eligibility	Contacts
Assistance to Disabled Adults.	See individual listings below: <a href="#">Income</a> , <a href="#">Food Stamps</a> , <a href="#">SSI</a> , <a href="#">SSDI</a>			•
	<a href="#">Housing</a>	See services in Emergency Shelter and Housing section below.		•
	<a href="#">Medical</a>	Free clinics and hospitals (See separate listings). Also if no health insurance, <a href="#">Maryland Health Partners</a> and if very low income,	Walk in to clinics and hospitals	•

		Medicaid.		
<b>Cancer</b>	<a href="#"><u>International Cancer Alliance</u></a>	Provides personalized information on options, second opinions, clinical trials, cancer centers, etc.	<a href="#"><u>All information is provided FREE.</u></a>	<b>1-800-422-7361</b>
	<a href="#"><u>Mautner Project for Lesbians with Cancer</u></a> 1707 L Street, NW Suite 230 Washington, DC 20036	Counseling, advocacy, food, meal delivery & preparation, house cleaning, bill paying, legal assistance, networking with medical facilities and support groups and education for health care providers of all types.	Lesbians dealing with any stage of cancer or survival post surgery/treatment. Email: <a href="mailto:anelson@mautnerproject.org"><u>anelson@mautnerproject.org</u></a>	<b>Voice &amp; TTY 202-332-5536 Fax 202-332-0662</b>
<b>Child Protective Services</b>	Child Protective Services, Montgomery Co., MD	?	?	<b>240-777-4417</b>
	Child Protective Services, Prince George Co., MD	?	Call Mon. through Fri., 8:30 am to 4:30 PM. Other times call the PG Co. Hotline 301-699-8605	<b>301-808-5624</b>
<b>Computer Training</b>	Computer Learning and Resource Center, Inc. 1751 Elton Rd., #111 Silver Spring, MD 20903 <a href="http://www.clarcinc.org"><u>http://www.clarcinc.org</u></a>	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, interviewing techniques, Internet search and outreach, etc. Hands on computer training from basics on. <a href="#"><u>Check their web site for details.</u></a>  Montgomery County residents who have had a psychiatric illness. Yearly dues of \$10. Classes \$15 for members.		<b><a href="#"><u>301-431-1628</u></a> fax <b>301-431-1726</b></b>
<b>Core Services.</b>	<a href="#"><u>Core Services web site</u></a> In <b>Maryland</b> there is an organizational overlap between medical and mental health services and agencies. Confusing and while there are Core Service offices in each county, the over all agencies still exist. Check the links above.	CORE SERVICE AGENCIES- CSA " The CSAs are the local mental health authorities responsible for planning, managing, and monitoring public mental health services at the local level. The functions of core service agencies are to plan, develop, and manage a full range of treatment and rehabilitation services for persons with serious mental illness."	Call for Mental Health Services  1-800-888-1965	
<b>Crisis Services. (Hot Lines)</b>	<b>National - by state</b>			
	<a href="#"><u>Maryland</u></a> - National Hope Line Network	<a href="#"><u>Youth Suicide Prevention</u></a> has a map linked to state hot line information		<b>800-784-2433</b>
	National Resource Page - with <a href="#"><u>local links.</u></a>			
	<b>DC</b>			
	Crisis and Family Stress Hot Line	Comprehensive list of medical and dental services.	Anyone.	<b>fax 202-223-2255</b>
	D.C. (Crisis) Access Helpline	Commission on Mental Health Services Comprehensive Psychiatric Emergency Program		<b>1-888-793-4357</b>
<b>Maryland</b>				
Montgomery County Crisis Center 1301 Piccard Dr., Rockville, MD	?	?	<b>240-777-4000</b>	
Crisis Line 1301 Piccard Dr., Rockville, MD	Victim Assistance, Sexual Assault Crisis Line.	Anyone in crisis or abused.	<b>240-777-4357</b>	

	<a href="http://www.pghotline.org">Hot Line, Prince George Co., MD</a> <a href="http://www.pghotline.org">http://www.pghotline.org</a>	24 hour refer to local services.	Available 24 hours to PG Co. residents	301-699-8605
	<a href="#">Prince George Crisis Response System, MD</a>	Their mobile response team of licensed mental health workers can go to homes and assist if an emergency.	Their phone is available 24 hours to residents of PG Co. They are mobile 8 am to 12 midnight.	301-927-4500
	<a href="#">Community Crisis Services, Inc.</a>	Our Mission is to serve our community with prompt, non-judgmental and comprehensive response to crises, with the goal of supporting increased stability and coping skills through prevention, intervention, postvention, information, and referral	They have many crisis services and hotlines in addition t the general number above.	Suicide Hotline 301-864-7130 or 1-800-SUICIDE 301-864-7161
	<b>VA</b>			
<a href="http://www.crisislink.org/">ARLINGTON, Virginia CrisisLink</a> <a href="http://www.crisislink.org/">http://www.crisislink.org/</a>	<b>Family problems:</b> parents, children, spouses <b>Support:</b> depression, anxiety, stress and suicide <b>Basic needs:</b> food, shelter, employment, rent, utilities <b>Isolation:</b> lack of a support system <b>Referrals:</b> support groups, agencies, programs	Anyone		(703) 527-4077
<b>DC</b>				
<a href="#">Howard Univ. School of Dentistry</a> 600 W St., NW, WDC	Reduced fee dental care provided by supervised dental students. <a href="http://www.dentistry.howard.edu/huwp.aspx?wp=patientcare">http://www.dentistry.howard.edu/huwp.aspx?wp=patientcare</a> Call for information.			202-806-0008
<b>Maryland</b>				
Montgomery Volunteer Dental Center 14015 New Hampshire Ave., Silver Spring, MD	Started in 1997 to provide services for adults. Call Mont. Co. Dental Hygienists Assoc. is helping. <b>John Eckenrode</b> is pres. of the board. Is in the Colesville Park Clinic.	Must be between 18 and 59, a resident of Montgomery County and financially unable to purchase dentistry. They require a referral from a qualifying agency. In Silver Spring and Takoma Park it is <a href="#">Ministries United</a> , 8818 Georgia Ave., S.S., MD 301-495-4699. Bring ID, proof of income and residence. Call for current hours. May be Tue. and Thurs. 4:30pm to 8:30pm.		301-384-9795
<b>VA</b>				
Arlington Co. Dept. of Health & Human Services Dental Clinic 1801 N. George Mason Dr., Arlington, VA	Preventative and restorative dental treatment.	Low-income Arlington residents.		703-228-1200
<b>Disabilities</b>	See the following services: <a href="#">SSI</a> , <a href="#">SSDI</a> , IDA, <a href="#">TEMHAP</a> A good page with details on most aspects of applying for disability: <a href="http://www.disabilitysecrets.com">www.disabilitysecrets.com</a> It doesn't mention that you can hire a lawyer for the appeals and they are only paid if you are successful and are it is only a portion of the arrears you receive. Another good page with telephone numbers is at <a href="#">DHHS</a> - and their page on <a href="#">Disability services</a> . A lawyer in Virginia has collected a number of disability and law related pages worth browsing at: <a href="http://www.sheriabrams.com/Legal_Medical_Information_Links.html">http://www.sheriabrams.com/Legal_Medical_Information_Links.html</a>			

<b>Emergency Services.</b>	<b>Maryland</b>			
	Emergency Services Dept. Of Social Services, Crisis and Victim Services, Mont. Co. DHHS			
	Emergency Services 8818 Georgia Ave. Silver Spring, MD	Emergency services for families, including housing.	Families must go to the center based on their zip code.	<b>240-777-3075</b>
	Rockville, MD	<b>Case Worker, Medical Assistance</b> , M,Tue,Th,F 7:45 am application screening	Eviction notice, income proof, \$ plan, photo ID	
Germantown: 12900 Middlebrook Rd. Germantown, MD	Case Worker, Medical Assistance, M,Tue,Th,F 7:45 am application screening.	Eviction notice, income proof, \$ plan, photo ID	<b>301-217-3420</b>	
<b>Emergency Shelter.</b>	<b>Maryland</b>			
	<u><a href="#">There are many other Shelters and Transitional Housing in Mont. Co. Listed here.</a></u>			
	CB Shelters	Trailers, Tonya Jones	TB test, homeless	<b>240-777-4151</b>
	Montgomery County Emergency Shelters	New shelter in Rockville at 600 East Gude Drive.	For single men and women. May go directly there, but must be referred by <a href="#">Crisis Center</a> within 72 hours.	<b>Emergency Services Phone (240)777-2448 Fax (240)777-4254</b>
Safe Haven		?	<b>301-588-1124 301-217-0314</b>	

<b>Energy assistance.</b>	<b>D.C., Maryland, Virginia</b>			
	<a href="#">The InterFaith Conference (IFC) Of Metropolitan Wash.</a> 1426 Ninth Street, NW, 2nd Floor Washington, DC 20001-3344	They have a number of services, plus a directory of housing, food, medical and other services in the area. Check with them for updates.	Contact them for their services and for referrals to other services. E-mail: ifc@interfaith-metrodc.org  <a href="#">Links</a>	<b>202-234-6300</b>
	<b>D.C.</b>			
	D.C. Energy Office Economy II service	(DC) Meet income and other guidelines and 65 or older. Must be certified by DC Energy Office?	?	<b>202-673-6750</b>
D.C. Energy Office Message Rate "B" Service	If notified service was being cut off, and owe less than		<b>202-954-6400</b>	

		(.....), it is only \$7.45 / month. (Check on this.)		
	<b>Maryland</b>			
	<a href="#"><u>Maryland Energy Assistance (MEAP)</u></a>	MEAP provides grants to help low-income families and individuals pay home energy bills, heating in the winter, home weatherization service, protects against utility cutoffs. Call for an application form or <a href="#"><u>download</u></a> . <a href="#"><u>List of Local Offices</u></a>	They grant once a year, July 1 on. Gas is from \$240 to \$360 and Electric \$84 up. Grants are credited to the utility company. Electric credit is budgeted and released 1/12th per month. Income limits per month are \$1,108 for 1, \$1,493 for 2, etc. Also, some assistance may be obtained from <a href="#"><u>MUSST</u></a> .	<b>240-777-4450</b>
	<a href="#"><u>Prince George Co</u></a>	MEAP Utility Assistance in PG County	In PG Co. elderly or disabled residents living on fixed income or low-income who are receiving Temporary Cash Assistance (TCA), Food Stamps or Social Security (SSI) are eligible if income is not above: \$1,123 for 1, \$1,515 for 2, \$1,908 for 3, \$2,300 for 4, \$2,693 for 5 and \$3,085 for 6 person households.	<b>(There are other numbers at web page.) (301) 265-8450</b>
<b>Eye Care &amp; Glasses</b>	There are few programs that cover eye glasses. On that I have heard of is an offer by the Lions Clubs to pay for frames and lenses only for people with disabilities. If anyone has more information, please contact me.			
	<a href="#"><u>Vision USA</u></a>	Started by optometrists in the <a href="#"><u>American Optometric Association</u></a> , they provide free exams and free or near free glasses if qualified.	Anyone in the US who meets their requirements: No eye exam in last two years, one person in household working at least part time, low income. <a href="#"><u>Eligibility and Application Forms</u></a> .	<a href="#"><u>VISION USA</u></a> 243 North Lindbergh Blvd. St. Louis, MO 63141 800-766-4466 7am - 9 pm CST M-Fri. Fax: 314/991-4101 <a href="#"><u>E-mail:</u></a>
<b>Food Stamps.</b>	<b>DC</b>			
	<b>Maryland</b>			
	Maryland, Mont. Co. Social Services Department, 8818 Georgia Ave.,	Food stamps now disbursed by a special credit card	Based on income. Automatic with Disability application. Eligibility can be checked at: <a href="http://www.foodstamps-step1.USDA.gov"><u>www.foodstamps-step1.USDA.gov</u></a>	<b>240-777-1101</b>

	S.S., MD 20912	which allows you to purchase food items.		
	Maryland, PG Co.	?	?	?
<b>Free Food.</b>	<b>Manna</b> Free food	A. Casey Barn's 810 South Federal Ave. B. 402 E. Diamond, Spanish Catholic Center C. 614 Loftstrand Ave. D. TSS Center, 8513 Piney Branch Rd, Silver Spring. E. Colesville Center, New Hampshire Ave., Colesville.	For Montgomery Co. residents referred by social service or health care workers. Once monthly, based on size of family. Call for days and times.	<b>301-424-1130 A.</b> <b>301-565-7675 D.</b>
	<a href="#"><u>Emergency Food Providers</u></a>	Montgomery County, Maryland	Montgomery County Dept. of Social Services List of Emergency Food Providers. If you find errors on this list let me know. <a href="mailto:wteague@verizon.net">wteague@verizon.net</a>	.
	<a href="#"><u>Shepherd's Table</u></a>	8210A Colonial Lane, Silver Spring, MD 20910-3350	Faith based, gets funding from various sources and provides a number of <a href="#"><u>basic services</u></a> for homeless and others in need. Includes food, clothing, bathing facilities, medical, <a href="#"><u>eye</u></a> and counseling services and referrals to shelter and other social services.	<b>Phone: 301-585-6463</b> <b>Fax: 301-585-4718</b> <b>Email: <a href="mailto:info@shepherdstable.org">info@shepherdstable.org</a></b>
	<a href="#"><u>The InterFaith Conference (IFC) Of Metropolitan Wash.</u></a> 1426 Ninth Street, NW, 2nd Floor Washington, DC 20001-3344	They have a number of services, plus a directory of housing, food, medical and other services in the area	Contact them for their services and for referrals to other services. E-mail: <a href="mailto:ifc@interfaith-metrodc.org">ifc@interfaith-metrodc.org</a>	<b>202-234-6300</b>
<b>HIV - AIDS Related Services</b>	<b>D.C.</b>			.
	<a href="#"><u>Clinica del Pueblo - Español</u></a> 2831 15th Street, NW Washington, DC 20009-4607 <a href="http://lcdp.org/English/Home.html">http://lcdp.org/English/Home.html</a>			<b>202-462-4788</b> <b>Fax: 202-667-3706</b>
	<a href="#"><u>Food and Friends</u></a>	Home meal delivery.	People living with HIV and AIDS.	<b>202 269-2277</b>
	<b>Us Helping US</b>	Support groups and counseling.	African American men living with HIV or AIDS.	<b>888-547-3235</b> <b>tty 202.546.4416</b>

	<a href="http://www.wwc.org">Whitman Walker Clinic</a> <a href="http://www.wwc.org">http://www.wwc.org</a>	Provides many services; medical care, counseling, psychotherapy, educational services, housing, some financial assistance, etc.	People living with HIV and AIDS and for lesbians and gay men.	1407 S Street, NW - Washington, DC 20009 (202) 797-3500 - (202) 797-3504 (Fax) - (202) 939-7881 (En Español)
	<b>Maryland</b>			.
	T.E.S.S. Center (Takoma East Silver Spring Community Services Center) 8513 Piney Branch Road, Takoma Park, MD			301-565-7675
<b>Virginia</b>			.	
<b>Hospitals</b> <a href="#">Google</a>	D.C.	D.C. Hospitals with web sites.	Do a Google. <a href="#">Here's one info site.</a>	
	Maryland	Health Care Resources for Children and others in Maryland	<a href="http://www.bhca.org/Cshcnresources.htm">Regional Hospital Resources</a> <a href="http://www.bhca.org/Cshcnresources.htm">http://www.bhca.org/Cshcnresources.htm</a>	
		Maryland Hospital System listings, plus some national resources.	<a href="http://www.mdhospitals.org/mha/Community_Health_Resources/Links.shtml#top">Maryland Hospitals and Health Systems</a> <a href="http://www.mdhospitals.org/mha/Community_Health_Resources/Links.shtml#top">http://www.mdhospitals.org/mha/Community_Health_Resources/Links.shtml#top</a>	
Virginia	Hospitals in Virginia.	<a href="http://directory.google.com/Top/Health/Medicine/Facilities/Hospitals/North_America/United_States/Virginia/">Virginia Hospitals</a> <a href="http://directory.google.com/Top/Health/Medicine/Facilities/Hospitals/North_America/United_States/Virginia/">http://directory.google.com/Top/Health/Medicine/Facilities/Hospitals/North_America/United_States/Virginia/</a>		
<b>Housing</b> (See <a href="#">Emergency Shelter</a> and <a href="#">Rental Assistance</a> ).	<a href="#">Department of Housing and Community Affairs Apartment Rental Guide</a>	They have a table listing Subsidized Apartment Buildings for Singles and Families. <a href="#">Search</a> , by area, city or apartment name. Special Buildings for <a href="#">Elderly and Disabled</a> and for <a href="#">Singles and Families</a> Rent is based on income <a href="http://www.montgomerycountymd.gov/Content/DHCA/index.asp">http://www.montgomerycountymd.gov/Content/DHCA/index.asp</a>		240-777-3665
	<a href="#">Housing Opportunity Commission of Montgomery Co. (HOC)</a> 10400 Detrick	They have a variety of <a href="#">"affordable," "below-market rents," and subsidized apartments and houses</a> programs. Two of them, Housing Choice Voucher waiting list	These all have income and other qualifications. You don't need to be a county resident. It pays to get on the waiting lists for the elderly and disabled housing early. The	301-929-6700 Fax 301-929-6755

<p>Ave. Kensington, MD 20895 <a href="http://www.hocmc.org">www.hocmc.org</a></p>	<p>(Section 8) and the Public Housing, have closed waiting lists at present. <a href="#">Waiting lists</a> HOC also manages some subsidized apartment buildings for the elderly and disabled. You apply at the individual building.</p>	<p>HOC manages properties require a moderate income and then adjust rent to income and services..<a href="#">HOC Managed Housing.</a></p>	
<p><b>Div. of Finance, Div. of Revenue,</b> 101 Monroe St., 5<sup>th</sup> Fl., Rockville, MD 20805</p>	<p>Evictions, Montgomery Co. Prior or just after judgment, can request moving and storage assistance.</p>	<p>(Get criteria and procedures.)</p>	
<p><a href="#">Maryland Residential Facilities for the Disabled</a></p>	<p>Organizations with housing for the disabled in Maryland <a href="http://www.medicalonline.com/disabled/residential/md/">http://www.medicalonline.com/disabled/residential/md/</a></p>		
<p><b>Montgomery County Office of Landlord-Tenant Affairs</b></p>	<p><a href="#">Rental Assistance</a></p>	<p>?</p>	<p>?</p>
<p><a href="#">Montgomery County Park &amp; Planning,</a> 8787 Georgia Avenue Silver Spring, Maryland 20910</p>	<p><a href="#">Affordable Housing in Montgomery County</a>  They have much information on affordable housing in Montgomery County, MD.</p>	<p>301-495-4610</p>	<p>Information 301-495-4610  <a href="#">Email</a></p>
<p><b>Montgomery Housing Partnership (MHP)</b> 11160 Veirs Mill Road, Wheaton Plaza South, Suite 503, Wheaton, Maryland 20902-2538</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. <a href="#">Rental Properties</a></p>	<p>Call them for criteria.</p>	<p>301-946-0882 Fax: 301-946-0982 <a href="mailto:info@mhpartners.org">info@mhpartners.org</a></p>
<p><a href="#">The Network</a> Center for Educational Design and Communication, 821 Varnum St, NE, Washington, DC, 20017</p>	<p>The Sisters In Action Project is sponsored by several women's religious congregations. Fiscal agent for the DC Housing Network project is: Society of the Sacred Heart.</p>	<p>Call them for information.</p>	<p><b>Kit Collins 202-635-7987</b></p>
<p><a href="#">Shepherd's Table</a></p>	<p>8210A Colonial Lane, Silver Spring, MD 20910-3350</p>	<p>Faith based, gets funding from various sources and provides a number of <a href="#">basic resources</a> for those in need. Includes <a href="#">food</a>, <a href="#">clothing</a>, bathing facilities, medical, <a href="#">eye</a> and counseling services and <a href="#">information on homelessness</a>.</p>	<p>Phone: 301-585-6463 Fax: 301-585-4718 Email: <a href="mailto:info@shepherdstable.org">info@shepherdstable.org</a></p>
<p><a href="#">TEMHAP Temporary Housing</a></p>	<p>Transitional Emergency Medical and Housing Assistance Program. Administered by Maryland Social</p>	<p>Marylanders who have applied for <a href="#">SSI/SDI</a> and submit same documents to &amp; are approved</p>	<p><a href="#">See Public Assistance</a></p>

	<b>Assistance</b>	Services. Some small, temporary cash assistance. <b>(TCA)</b> Apply at local county <a href="#">Social Services office</a> .	by <a href="#">MD DHHS</a> .	
	<a href="#">The InterFaith Conference (IFC) Of Metropolitan Wash.</a> 1426 Ninth Street, NW, 2nd Floor Washington, DC 20001-3344	They have a number of services, plus a directory of housing, food, medical and other services in the area	Contact them for their services and for referrals to other services. E-mail: ifc@interfaith-metrodc.org	<b>202-234-6300</b>
<b>Income.</b>	<b>INTERIM DISABILITY ASSISTANCE (IDA)</b> See <a href="#">Public Assistance</a>	IDA was approved in DC (Temporary financial assistance to people who have applied for <a href="#">SSI</a> or <a href="#">SSDI</a> which they would pay back from any retroactive award.) However, only a "pilot project was funded for 2001 and Congress must approve any budget for 2002. Contact <a href="#">T. J. Sutcliffe</a> to give support.	[If funded.] D.C. residents who have applied for <a href="#">SSI</a> or <a href="#">SSDI</a> (Similar to <a href="#">TEMHAP</a> in Maryland.)	<a href="#">T.J. Sutcliffe</a> tjsutcliffe@some.org <b>SOME 202-797-0701 x107</b>
	<b>Social Security</b>	Income from <a href="#">Supplemental Security Income</a> . About \$500 Income from <a href="#">Social Security Disability Income</a> . More than <a href="#">SSI</a> , but depends on what earned.	If physically or mentally disabled Amount and eligibility depends on earned income paying social security.	<b>Maryland 301-427-2637</b>
	<a href="#">TEMHAP</a> <b>Temporary Income Assistance</b>	Transitional Emergency Medical and Housing Assistance Program. Administered by Maryland Social Services. Some small, temporary cash assistance. <b>(TCA)</b> Apply at local county <a href="#">Social Services office</a> .	Marylanders who have applied for <a href="#">SSI/SDI</a> and submit same documents to & are approved by <a href="#">MD DHHS</a> .	<a href="#">See Public Assistance</a>

<b>Lesbian-Gay-Bi-Transgender Services</b>	<a href="#">Mautner Project for Lesbians with Cancer</a> 1707 L Street, NW Suite 230 Washington, DC 20036	Counseling, advocacy, food, meal delivery & preparation, house cleaning, bill paying, legal assistance, networking with medical facilities and support groups and education for health care providers of all types.	Lesbians dealing with any stage of cancer or survival post surgery/treatment. Email: <a href="mailto:anelson@mautnerproject.org">anelson@mautnerproject.org</a>	<b>Voice &amp; TTY</b> <b>202-332-5536</b> <b>Fax 202-332-0662</b>
	<b>SMYAL Sexual Minority Youth Assistance League</b> <a href="http://www.smyal.org/">http://www.smyal.org/</a> 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.)	<b>202-546-5940</b> <b>Fax: 202-544-1306</b> <b>TTY 202-546-7796</b>
	<a href="#">Whitman Walker Clinic</a> <a href="http://www.wwc.org">http://www.wwc.org</a>	Provides many services; medical care, counseling, psychotherapy,	People living with AIDS and for lesbians and gay men.	<b>202-797-3520</b>

		educational services, housing, some financial assistance, etc.		
Medical Assistance And Clinics	<b>National - by state</b>			
	<a href="#"><u>Children's Health Insurance Program (CHIP)</u></a>		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.	
	<b>DC</b>			
	<b>DC HealthCare Alliance</b> This organization is in formation and is being tested. It was formed to provide medical care to un-insured and Medicaid in DC. It also takes over many of the services of the closing DC General Hospital.		<a href="#"><u>"Learning to Navigate District's New System"</u></a> explains how you are supposed to access services. It remains to be tried. Feedback very welcome.	<b>202- 842-5809 202- 842-2810 866- 842-2810</b>
	<a href="#"><u>Department of Health - DC</u></a> 825 North Capitol Street, NE Washington, DC 20002	They have many services, but you must check out actual availability	<a href="#"><u>DC Medicaid</u></a>	(202) 442-5999?
	<a href="#"><u>Clinica del Pueblo</u></a> <a href="http://www.lcdp.org">http://www.lcdp.org</a> 2831 15th Street, NW Washington, DC 20009-4607	Internal, mental, pediatrics, diabetic, alternative and HIV/AIDS. Donations accepted.	Medical services to anyone, but specializes in bilingual/bicultural services to the Latino community.	<b>202 - 462-4788 Fax: 202-667-3706</b>
	<a href="#"><u>Unity Healthcare</u></a> 3020 14th Street, NW, Suite 401 Washington, DC 20009	Provides primary healthcare and offers referrals to specialist when needed to all in the District of Columbia through a network of medical and social services that reach low income, poor and homeless in need of care.	For those who can pay, a sliding scaled based on family size and income is used to determine the appropriate amount. Unity Health Care accepts Medicaid, Medicare, Health Right, Managed Care Organization, DC Healthcare Alliance, and most private insurance plan.	T. 202-745-4300 F. 202-462-6128 <a href="#"><u>Email</u></a>
	<b>Washington Free Clinic, The</b> 1525 Newton St., NW, WDC	Primary medical care, reproductive health care, pregnancy testing, emergency contraceptive services, HIV/AIDS testing, counseling and care. Call for information.		<b>202-667-1106</b>
	<b>Maryland</b>			
	<b>Community Clinic, Inc., The</b> 1450 Research Blvd., #300 Rockville, MD	Medical Services on a sliding fee scale.	Adults and children in Montgomery Co. who are low-income, disabled, homeless, Medicaid, Medicare.	<b>301- 340-7525</b>

	<p><b>Dennis Avenue Health Center (Pan Asian Health Clinic)</b></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. (Pan Asian Health Clinic) The clinic provides limited medical services on Tuesday, 4 - 8 pm only.</p>	<p>240-777-1790</p>
	<p><b><u>"Maryland Health Partners"</u></b> [Essentially, this has been reduced to medicare in Maryland.] Check <b><u>MD Health and Mental Hygiene</u></b></p>	<p>Mental health care: There was a "Gray Zone Healthcare" for those without insurance and too much income for Medicaid, but it was cancelled due to budget restraints except for: homeless, recently de-institutionalized and adjudicated offenders. Also, as of 7/1/02 must participate in Maryland Pharmacy Assistance (MPA) program or get approval from their local <b>CSA</b>.</p>	<p>800-888-1965</p>
<p><b><u>Medicaid in Maryland</u></b> See the <b><u>general Medicaid</u></b> section below.</p>	<p>Maryland Medical Assistance is available through the State Dept. of Health and Human Services. You apply at the local <b><u>Social Service offices in your county.</u></b></p> <p><b><u>MD Medical Assistance Links</u></b></p> <p><b><u>Eligibility for Medical Care and Medicaid.</u></b> These are available to state residents if their gross income is below the very low <b><u>MD Medicaid State Income Limits.</u></b></p>	<p><b>Please note: the <u>MD web page</u> lists general income limits for individuals, but no longer has the specific income limits table for individuals. These were set in 1994 at irrationally low levels! [\$475 a month for a family of four!] Recent proposals to increase these limits slightly, added more restrictions and deductibles. I have been unable to find the figures.</b></p> <p><b>Also, the section on "spend down" which can help some people get Medicaid if all income above the limit is used for medical bills, doesn't explain the time limits. These are crucial.</b></p> <p><b>Compare with <u>Federal Poverty Limits.</u></b> There are programs that can pay some of the Medicare co-payments and premiums. For example QMB.</p>	<p><b><u>PG County:</u></b></p>
	<p><b><u>Maryland Children's Health Program</u></b></p>	<p>Medical services given through HealthChoice which is made up of private Managed Care Organizations (MCOs) in Maryland. Apply for the Maryland Children's Health Program and once approved, you will get information in</p> <p>This is a new program that gives full health benefits for children up to age 19, and pregnant women of any age. The program is for families with low to average income. For example, a family of three that has no more than \$28,300 income per year qualifies.</p>	<p><b>800-456-8900</b> <b>Prince George's County Resident</b> <b>Call 1-888-561-4049</b></p>

	the mail about the Managed Care Organizations (MCOs) in your area. choose any plan.		
<a href="#">Maryland Pharmacy Assistance (MPA)</a>	<a href="#">See information below</a>		
<b>Mobile Medical Care, Inc.</b>	Medical services on a sliding fee scale at various locations.	Low-income in Montgomery Co.	<b>301-493-2400</b> <b>Fax: 301-493-8553</b> <b>E-Mail:</b> <b>mmartinez@mobilemedicalcare.org</b>
<a href="#">TEMHAP</a>	<b>Transitional Emergency Medical</b>		<b>240-777-3075</b>
<b>VA</b>			
<b>Arlington Free Clinic</b> 2926 Columbia Pike, Arlington, VA	Medical services.	Low-income Arlington residents.	<b>703-979-1400</b>
<b>Queen Street Clinic in Alexandria, The</b>	"A family practice for the medically uninsured." All appointments billed at \$45. I would welcome feedback.	They say open to anyone, no proof of income required.	<b>703-299-9701</b>
<b>All Locations</b>			
<a href="#">Medicaid (National Policy)</a> (See or contact State Social Services)	Medicaid, and Mental Hygiene (DHMH), provides health benefits for low-income people. DHMH establishes policy and pays the provider. The state DHR establishes eligibility and administers through social services. Joint program of DHR and the Department of Health	<ul style="list-style-type: none"> <li>• <a href="#">Federal Poverty Limits</a></li> <li>• <a href="#">Historic Poverty Levels</a></li> <li>• <a href="#">Summary</a></li> <li>• <a href="#">(Compare to Maryland's ridiculously low limits.)</a></li> </ul>	<b>877-463-3464</b> <b>410-767-6860</b> <a href="#">2001 FPL for prior years</a>
<a href="#">Medicare</a>	For Medicare, Medicaid and related assistance available, use this <a href="#">federal information</a> page.	<b>QMB &amp; SLIMBY</b> People with low income can apply to their state Medicaid office to have their Medicare premiums paid by one of several programs: <a href="#">Maryland (read down)</a>	<b>24 Hour Medicare</b> <b>800-633-4227</b>  <b>Call for application</b> <b>800-226-2142</b>
<a href="#">The InterFaith Conference (IFC) Of Metropolitan Washington</a>	They have a number of services, plus a directory of	Contact them for their services and for referrals to other services. E-mail: ifc@interfaith-metrodc.org	<b>202-234-6300</b>

	1419 V. St., N. W., Wash., D.C. 20009	housing, food, medical and other services in the area		
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DC				
Maryland				
Medication	<b>Baltimore Mental Health Systems, Inc.</b> 201 E. Baltimore St. Baltimore MD 21202	<a href="#">Medication assistance</a> for Baltimore residents.	For Baltimore Residents only. See the <a href="#">criteria</a> .	<b>410-837-2647</b> <b>Fax: 410-837-2672</b>
	<a href="#">Maryland Pharmacy Assistance (MPA)</a> MPAP PO Box 386 Balt., MD 21203-0386	The Maryland Pharmacy Assistance Program (MPAP) is a 100% State-funded program covers certain pharmacy and related supplies. <b>[As of 7/1/02, you must have have applied for this service to receive mental health services through the <a href="#">Maryland Health Partners (Gray Zone)</a>.]</b>	Helps Maryland residents not eligible for Maryland's Medicaid Program because their income is above the <a href="#">MD Medicaid State Income Limits or assets scale</a> for regular <a href="#">Medicaid</a> . See if you qualify at for the Pharmacy Assistance: <a href="#">MPA Current Income and Asset Scales</a> . (As of 7/1/02 a single individual must not make more than \$858.34 per month and a mother and two children \$12,250 per year!) <a href="#">Applications</a> Also can go to <a href="#">Maryland Medical Eligibility site</a> .	<b>1-800-226-2142</b> <b>1-800-735-2258</b> <b>Pharmacy Access</b> <b>Hotline: 410-767-5800 or 800-492-5231.</b>
	<a href="#">Maryland Prescription Drug Price Finder</a> <a href="http://www.oag.state.md.us">www.oag.state.md.us</a>	This state site can help you find and compare prices of prescription medications by zip code.	This is a new site available to anybody. It only looks at Maryland and major medications	<b>410-576-7937 or toll-free 866-298-8245</b> <b>1 (888) 743-0023 toll-free</b> <b>TDD: (410) 576-6372</b>
	<b>MEDBANK of Maryland, Inc.</b> PO Box 42678 Baltimore, MD 21284  <a href="http://www.medbankmd.org/">http://www.medbankmd.org/</a>	<b><a href="#">MedBank of MD</a></b> is a not-profit, supported by Catholic Charities that helps access free medications for low-income, underinsured, chronically ill patients - who are not eligible for Medicaid or the Maryland Pharmaceutical Assistance Program. May also assist patients in identifying access to health care programs and benefits in the Central Maryland Area.	All referrals to the pharmaceutical program must be made by a physician or other health care professional. <a href="#">Check their site for information</a> Or info. at <a href="#">Mary Cooney LCSW-C</a> Their <a href="#">referral form</a> must be filled out by both the physician and the patient. <a href="#">Medications covered Class of medications</a>	<b>410-821-9262</b> <b>Fax: 410-821-9265</b> <b><a href="#">E-mail</a></b>
	<b>Prince Georges' County Gov. Dept. Of Family Services, Mental Health Authority Div.,</b> 5012 R. I. Ave., Hyattsville, MD 20781	Complete form with statements from Dr., MD Pharmacy program and list of medications needed and send to DFS/MHAD Director	Requires no health insurance, not qualified for Maryland Pharmacy Assistance Program, no physician samples, no manufacturer program and no charity provider.	<b>301-985-3890, 3889, 301-699-2670</b>
		<b>Prescription Discount Card</b> , for PG Co.	Gives a discount of 20% or more on some medications,	<b>301-883-7879</b>

		residents to be used in PG Co. with participating pharmacists.	but can't be used with other programs. Is not insurance. Call or go to any County agency or library and ask for a card.	
<b>National</b>				
	<a href="#">Part D - Medicare</a>	This program is available to all with Medicare and those who had pharmacy coverage under their state's Medicaid program. I will put more information here shortly. It is a complicated program that can save some people some of their medication costs, but it has many limits. Essentially it requires you sign up (Medicaid recipients are assigned to a private managed care organization), pay a monthly premium from \$12 to \$45, cover a deductible and pay a co-pay for each prescription - unless. And there are lots of them. People with very low income can get some payments waived. After the first \$2250 or so, other people pay the full price until they reach \$5100. To get the benefits, all prescriptions must be purchased through the provider you enrolled with. Check AARP's web site for some example. Also check out your <a href="#">eligibility to other programs</a>		1-800-772-1213 <a href="#">Medicare</a>
	<a href="#">HelpingPatients.org</a>	This is a new site and service set up by <a href="#">PhRMA</a> that claims to provide a one stop way to locate free or cheap medication		<a href="#">Help</a>
	<a href="#">Medicine Program</a> P.O. Box 515 Doniphan, MO 63935-0515 573-996-7300	They claim that if you fill out their form with medication, dosage, manufacturer, phone no., doctor, address and send with \$5 for each medication, they will send instructions on how to apply for free meds. The "Doc" files are MS Word versions that can be used by health care workers. There are other such programs. See below.		<a href="#">Their Form</a> <a href="#">Their Form in PDF</a> <a href="#">(Form with samples)</a> <a href="#">Medicine Program (Doc)</a>
	<a href="#">Patient Assistance Network</a>	According to the Wash. Post, they help locate medication programs and get pharmacy discount cards. Let me know what you find if you try them. <a href="http://www.patientassistancenetwork.org">http://www.patientassistancenetwork.org</a>		800-277-0530??
	<a href="#">Prescription Card</a>	The current (2004) Medicare based federal prescription card program is complicated. You can go to <a href="#">Medicare's site</a> and try to understand what and how to get it there, or you can try to use one of the other sites that try to help. <a href="#">AARP</a> has a number of consumer help pages. This will all change next year!		
	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 <a href="#">GOOGLE</a> etc., for "Free Medicine"	<a href="#">Consumer Information</a> Lots of consumer health links. <a href="#">Edmund Hayes Meds Page</a> Has pharmacy links. <a href="#">Free or Cheap Medications</a> Pharmaceutical Companies & Tel. No's. <a href="#">Free Medications &amp; Research</a> Lists some pharmaceutical programs. <a href="#">Free Medicines &amp; Low Cost</a> Some programs to join. <a href="#">LillyAnswers.com</a> Lilly may have cut program, call and see if eligible. 877-795-4559. <a href="#">Medication Programs by Medicine</a> Start here, has good lists by medication. <a href="#">NeedyMeds.com</a> Has good alphabetical list of medications. <a href="#">Patient Assistance Programs.pdf</a> Programs by Manufacturer. This is a bit out of date. <a href="#">Patient Assistance Programs</a> at AARP. Look under Exclusive Web Resources. Also have special membership programs. 800-456-2277 <a href="#">Pharmaceutical Manufacturers</a> Pharmaceutical Companies, also a bit out of date. <a href="#">PfizerForLiving.com</a> \$15 for 30 days supply, Pfizer drugs, Medicare low income 800-717-6005. <a href="#">The Medicine Program</a> They charge \$5. <a href="#">TogetherRx.com</a> Some discounts for Medicare low income 800-865-7211.		

DC				
Mental Health Treatment.	<p><b>Community Services Agency</b> 35 K St., NE, WDC</p>	<p>New office, part of DC's <a href="#">Dept. of Mental Health</a>, successor to the Commission on Mental Health Services which was under court receivership. Supposed to provide outpatient services to "mentally ill" adults. Feedback on how it's doing would be welcome. They also manage beds at St. Elisabeth's Hospital and an emergency admissions canter near DC General Hospital.</p>	<p>Mental health services to mentally ill adults in D.C.</p>	202- 562-4000
	Maryland			
	<p><a href="http://bmhsi.org/">Baltimore Mental Health Systems, Inc.</a></p>	<p>Links to some <a href="#">Baltimore Services</a></p>	"	410-837-2647
	<p><b>Maryland Health Partners (Known as the Gray Zone). See new mental health service.</b></p>	<p>Mental health services through local providers who have agreed to <a href="#">MHP</a> fees which are very low, however, less available now that state cut backs in effect.</p>	<p>This was mostly Clinical Social Workers. Had some Psychiatrists on their lists, but hard to access. Cost is based on income and is very low. Marylanders without mental health insurance and whose income is above the overly low <a href="#">Medicaid</a> limits. So called "Gray Zone." Calls to get a referral for up to to 5 sessions. More must and can be authorized. Not sure if this is still funded. Try it.</p>	800-888-1965
	<p><a href="#">Mental Health Organizations</a></p>	<p>Links to many mental health organizations in Maryland.</p>	<p>This list is provided by the The Agape Center, 214 Eighth Street, Columbus, Georgia 31901</p>	706 327-0156
	<p><a href="#">Mental Health Association of Maryland</a></p>	<p>Homeless outreach</p>	<p>Dir. of Homeless Outreach, Marilyn Creskee-Wolf</p>	301-424-0656
	<p><a href="#">Mental Health Service Provider Web Sites</a></p>	<p>NAMI provides this web site with links to mental health service providers in Maryland.</p>	<p>Services through Maryland's Public Mental Health Services are now usually only available if you have no private health insurance. Others eligibility varies.</p>	
<p><a href="#">Mental Health</a></p>	<p><b>Referrals to Therapists</b></p>	<p>An association of licensed or certified</p>	?	

	<a href="http://www.mhra.net/">Referral Directory of the Washington Capital Area</a> <a href="http://www.mhra.net/">http://www.mhra.net/</a> ?	therapists and public and private resources in the Washington Capital Area. Also numbers and links to mental health related web sites in the Washington Metro area and the United States.		
	<a href="#">National Alliance for the Mentally Ill, Maryland</a>	<a href="#">NAMI of Maryland</a> 804 Landmark Drive, Suite 122, Glen Burnie, MD 21061	Since 1979, they have provided a variety of support and advocacy services. Criticized for being primarily professionals with few mentally ill in any active positions, they have recently attempted to involve more "consumers."  <a href="#">NAMI National Office</a>	410-863-0470 410-863-0474 FAX 1-(800)467-0075 Helpline amimd@aol.com
	<a href="#">In Maryland look for your area.</a>	<a href="#">Suicide Prevention Hotlines</a>		PG 301-731-0004
	<a href="#">Shepherd's Table</a>	8210A Colonial Lane, Silver Spring, MD 20910-3350	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.	Phone: 301-585-6463 Fax: 301-585-4718 Email: <a href="mailto:info@shepherdstable.org">info@shepherdstable.org</a>
	Therapy Groups	<a href="#">Children, Adolescents and Parents, Guide to Therapy Groups</a>	List of such services in the Wash. Metro. Area.	202-686-4084
(Additional info. will be added.)	?	?	?	

<a href="#">Metro Bus &amp; Subway Reduced Fares</a>	<a href="http://www.wmata.com/">Wash. Metropolitan Area Transit Authority</a> <a href="http://www.wmata.com/">http://www.wmata.com/</a>	Reduced fares during non-rush hours on buses and the Metro Subway for Seniors, Medicare and most disabilities; both emotional and physical. Buses are 50 cents and no charge for transfers and Subway is about half fare. Unfortunately this substantial savings is not available for being poor. It is only for Seniors and those with a disability. Various types of Reduced Fare Metro cards are sold by Metro and <a href="#">many local</a>	Anyone with a Medicare card and a photo ID can just buy discount cards at <a href="#">many locations</a> . Seniors need Medicare or proof of age and ID. Disabled people without Medicare must get a physician to fill out <a href="#">the form</a> (which spells out the requirements) for a Metro Disabled ID -- <a href="#">Form on our site</a> You will need the Metro ID to purchase reduced fare cards on line. <b>[Note: They may have changed some of these pages. Search the site if needed.]</b>	<a href="#">Senior Citizens</a> 202/637-7000 <a href="#">Persons with Disabilities</a> 202/962-1245 (TDD 628-8973)
	There are <a href="#">reduced fares</a> for seniors and those with disabilities.			

		<a href="#">stores.</a>		
<b>Psychotherapy Psychiatry .</b>	<a href="#">Maryland Health Partners</a> (May not be accessible anymore.)	Some Psychiatrists on their lists, but hard to access. Contact them for a referral and persist.	Marylanders without mental health insurance and whose income is below the overly low <a href="#">Medicaid</a> limits. The so called "Gray Zone" which served people above the low Medicaid limit, but below the poverty level seems to have been closed. In Montgomery County, you can call the Access Help Line at 240-777-1770.	<b>800-888-1965</b>
<b>Public Assistance.</b>	See <b>Core Agencies</b> and specific aid.	?	?	<b>301-217-3715 301-315-4450</b>
	<b>Montgomery Co.</b> Dept. Of <a href="#">Social Services</a> 1301 Piccard Drive, (2 <sup>nd</sup> Floor) Rockville MD 20850	They can provide Food Stamps, Emergency Rental assistance if evicted. Some cash assistance if disabled two months.	Bring SS Card, Licenses, proof of residency. 1 <sup>st</sup> file out application, then and appointment for face to face interview. Will give a Medical Evaluation Form for Dr. 8 am - Noon for application. Office open to 4:30 PM.	<b>Rockville: 240-777-4600 Silver Spring: 240-777-3075 German Town: 240-777-3420</b>
	<a href="#">Prince George Co.</a> Dept. Of Social Services	They have many <a href="#">general Social Services</a> or <a href="#">Family Services</a> for in PG Co. residents, including <a href="#">Aging Services</a> and, <a href="#">Healthcare Services</a> and <a href="#">Housing and Homeless Services</a> Call for particulars and local offices. Beltsville office is at 6505 Belcrest Rd., PG Plaza. Best to come at 8 am, Mon. through Thursday. <a href="http://tinyurl.com/6xtpsm">http://tinyurl.com/6xtpsm</a>		<b>301-209-5000 (Beltsville)</b>
<b>Referral &amp; Resources</b>	<a href="#">Jewish Information and Referral Service</a> <a href="http://www.jirs.org/jirs/jirs0037ag.html">http://www.jirs.org/jirs/jirs0037ag.html</a>	Non-profit organization provides information and referral to the Jewish and general community.	JIRS also provides access to donated furniture and household furnishings through its e-mail Listserve that is open to any non-profit organization helping the needy.	<b>301-770-4848 703-978-3910 301-230-7260 TTY Email: <a href="mailto:jirs@shalomdc.org">jirs@shalomdc.org</a></b>
	<b>Montgomery County East Co. Regional Services Center</b>	They can provide general information or where to get services in the county	Their focus is on services in Montgomery Co.	<b>1-301-989-1230??</b>
	<a href="#">Shepherd's Table</a>	8210A Colonial Lane, Silver Spring, MD 20910-3350	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.	<b>Phone: 301-585-6463 Fax: 301-585-4718 Email: <a href="mailto:info@shepherdstable.org">info@shepherdstable.org</a></b>

<p><b>Rental Assistance</b> Also see <a href="#">Housing and Emergency Shelter</a></p>	<p><a href="#">Rental Assistance Program</a> 1301 Piccard Drive Rockville, MD 20850-4320</p>	<p>This program gives rental assistance if approved for a maximum of 12 months and may be renewed. Landlords are notified if approved and checks are sent to you and made payable to both. Contact them for process, application and qualification details. <b>(This program may have a limit of 40 people! Call for their form - It was on the Internet, but I can't find it now.)</b></p>	<p>Montgomery Co. legal residents who are low income and disabled, 62+ or two in a household and rent does not exceed program guidelines. -- \$50-\$95/mo. if under 62 &amp; receive no <a href="#">TCA</a> -- up to \$200/mo. if receiving <a href="#">TCA</a> -- \$50-\$100/mo. if over 62.</p> <p style="text-align: center;"><a href="#">Brochure</a></p>	<p>240-777-4400 240-777-4410 TTY Fax 240-777-4099</p> <p>Email: rapohep@co.mo.md.us</p>
<p><b>Respite Care.</b> ?</p>	<p>?</p>	<p>Short-term respite care for the developmentally or functionally disabled and their families.</p>	<p>For families with developmentally and functionally disabled persons</p>	<p>?</p>

<p><b>Social Services to Adults: <i>Compare the Social Service Pages of DC, MD and VA</i></b></p>	<p><a href="#">Support Groups</a></p>	<p>Support Groups by State</p>	<p><a href="http://www.therapeuticresources.com/supportgroups.html">http://www.therapeuticresources.com/supportgroups.html</a></p>	<p>?</p>	
	<p><b><a href="#">DC Social Services</a></b> <b><a href="#">Call for Information</a></b> <b><a href="#">Directory of Agencies and Services</a> <a href="http://www.dc.gov/agencies/index.asp">http://www.dc.gov/agencies/index.asp</a></b></p>				
	<p><b><a href="#">Maryland Social Services (Services)</a></b> <a href="http://www.dhr.state.md.us/index.html">http://www.dhr.state.md.us/index.html</a> or <a href="http://www.dhr.state.md.us/services.htm">http://www.dhr.state.md.us/services.htm</a> <b><a href="#">Maryland Social Services Directory by county</a> <a href="http://www.dhr.state.md.us/county.htm">http://www.dhr.state.md.us/county.htm</a></b></p>				
	<p><a href="#">Ann Arundal County Services - PDF format</a> <a href="http://www.ci.college-park.md.us/">City of College Park (http://www.ci.college-park.md.us/)</a> <a href="#">DHHS Services Locator</a> <a href="http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/services.asp">http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/services.asp</a> <a href="#">Montgomery County DSS</a>, (<a href="http://www.dhr.state.md.us/montgomery.htm">http://www.dhr.state.md.us/montgomery.htm</a>) 401 Hungerford Dr., 5<sup>th</sup> Floor, Rockville, MD 20850 <a href="#">Montgomery County Resource Guide.</a> <a href="#">Utility Services in Maryland by County</a></p>				<p>240-777-1245 Fax 240-777-1494 TTY 240-777-1245</p>
	<p><a href="#">Montgomery Co. Dept. Of Social Services, Satellite Office for Mont. Co. DSS</a> 1301 Piccard</p>	<p>Montgomery county provides a wide range of</p>	<p>Children, Youth and Family Services</p>		<p>240-777-1245 Fax: 240-777-1494</p>

	Drive, (2 <sup>nd</sup> Floor) Rockville MD 20850	services, but you have to do some digging and calling to determine what and how to access them. You can try their new: <a href="#">"I Want To..."</a> page. Or check out the <a href="#">Montgomery County Resource Guide</a> .	Core Services	240-777-1400	
			Crisis, Income and Victim Services Income Supports	240-777-4600	
			Crisis Prevention an Intervention	240-777-4550	
			Maryland Energy Assistance Program	240-777-4450 Fax: 240-777-4100	
			Rental Assistance Program	240-777-4400	
		For Mental Health Services, you must call the Core Services Agency at 240-777-1441	Supportive Housing Programs	240-777-4500	
			<b>Transitional Emergency Medical and Housing Assistance Program (TEMHAP)</b>	Public Phone Number:	240-777-3075
				Fax Number:	240-777-1002
				Income Support, Felicia Turner	240-777-4083
				TTY Number	240-777-1295
<a href="#">Montgomery Co. Dept. Of Social Services</a> , Satellite Office:8818 Georgia Ave., Silver Spring, MD 20910		<b>Ministries United</b> Silver Spring/Takoma Park, Inc. MUSST is a nonprofit, community based organization working closely with Montgomery County government, etc., to help meet emergency assistance needs (eviction protection, utility cutoff, prescriptions) for low income residents living in zip codes 20901, 20910, 20912 and some of 20783. Open Mon. 2-6 PM., Tue. & Thurs. 10 am - 2 PM.	301-495-4699 Fax 301-495-9055		
			<a href="#">Prince George's County Department of Social Services</a> 805 Brightseat Road Landover, Maryland 20785-4723	301-209-5000 or 301-808-5624 <a href="#">Numbers &amp; addresses</a>	
		<a href="#">Services Page</a> They have many <b>general Social Services</b> for in PG Co. residents, also other services. For particulars call: <a href="#">Numbers and addresses</a>  Web site: <a href="http://www.dhr.state.md.us/pgcounty.htm">http://www.dhr.state.md.us/pgcounty.htm</a> includes satellite locations and provides directions. E-mail to: <a href="mailto:pgcdss@dhr.state.md.us">pgcdss@dhr.state.md.us</a>			
		<b><a href="#">Virginia Social Services</a></b> <a href="#">Virginia Social Services</a> <a href="http://www.dss.state.va.us/">http://www.dss.state.va.us/</a>			
	<a href="#">Center for Multicultural Human Services</a> <a href="http://www.cmhsweb.org/">http://www.cmhsweb.org/</a>	Nonprofit Agency	Provides health, educational, consulting, training and social services in 27 languages.	703-533-3302	
		Social Security <a href="http://www.ssa.gov/">http://www.ssa.gov/</a>	This is the main web page for Social Security	Anyone!	800-772-1213

other Hispanic languages services	<a href="http://www.lcdp.org/">Clinica del Pueblo</a> <a href="http://www.lcdp.org/">http://www.lcdp.org/</a> 1470 Irving Street, NW, Wash., DC 20010	Internal, mental, pediatrics, diabetic, alternative and HIV/AIDS. Donations accepted.	Medical services to anyone, but specializes in bilingual/bicultural services to the Latino community.	202-462-4788 Fax: 202-667-3706
	D.C. Tenant's Advocacy Coalition P.O. Box 7237, DC 20044	They help to form tenant associations and work politically on rent control in the district.		202-628-3688
	<b>Maryland</b>			
	<a href="http://www.casademaryland.org/">CASA de Maryland</a> <a href="http://www.casademaryland.org/">http://www.casademaryland.org/</a> 310 Tulip Avenue, Takoma Park, Md. 20912  Employment and Training Center/Legal Office 734 University Boulevard, East Silver Spring, MD	"CASA's service areas include English classes specific to employment needs, Spanish literacy classes, computer and jobs skills training, job placement, immigration assistance and employment-related legal services, housing issues, emergency and supplemental food assistance, HIV and health training and community education, seniors transportation, document translation and notarization and social services assistance."		ETC/LO : (301) 431-4177  Fax: (301) 431-4179  legal office: (301) 431-4185
	T.E.S.S. Center (Takoma - East Silver Spring community services) 8513 Piney Branch Road Silver Spring, MD 20901 301-565-7675	"Mandated to bring County services closer to the local community, the Center offers information and referral, direct services and special programs. The Tess Center is part of the Department of Health and Human Resources and as such, shares a mission statement with all the programs of that Department. Our Focus is: 1) To work cooperatively with service providers to ensure excellent service delivery to the residents of Montgomery County. 2) To assist families and individuals of Montgomery County in resolving problems and in growing into stronger and more self-sufficient members of the community through discovery and utilization of personal resources as well as available public and private services. 3) To provide such assistance in a compassionate and effective way."		(301) 565-7680 Patricia Risinger (301) 565-5713 Fax
<b>Virginia</b>				
<b>DC/MD/VA</b>				
<a href="#">Social Security Disability Income SSDI.</a>	Social Security 11160 Viers Mill Rd., Wheaton, MD 20902 <a href="http://www.ssa.gov/disability/">http://www.ssa.gov/disability/</a>	Income from <b>Social Security Disability Income</b> . More than <a href="#">SSI</a> , but depends on how much Social Security you paid. Application 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 your chance of success. The attorney is only paid if successful and limited to a percentage. <a href="#">Income limits</a> while receiving SSDI.	You may be eligible if you paid sufficient Social Security and have a medical disability preventing employment and expected to last at least one year. If income was low, best to apply for both <a href="#">SSI</a> and SSDI at the same time and office.  <a href="#">Forms</a>	301-427-2637

<b>Social Security Disability and Income Law</b>	I will be adding law links and attorneys here who meet the following criteria: Experienced with <a href="#">SSI</a> and <a href="#">SSDI</a> appeals, communicate effectively with the healthcare professionals involved and have a record of success. However, I can't guarantee the outcome or accuracy of the information, so if you have suggestions or corrections, please let me know.	To receive either <a href="#">SSDI</a> or <a href="#">SSI</a> , you can apply yourself at any Social Security office or supposedly even on line. However, I recommend you proceed with the assistance of your doctor and/or therapist. Also, if your application is denied, you can hire an attorney specializing in Social Security and Disability appeals. There is no cost to you until and if you win and then the lawyers fees and expenses are limited by law. Sheri Abrams has a number of useful <a href="#">links</a> .	<b><a href="#">Sheri R. Abrams, P.C.</a></b> Social Security Disability Law for those who have been denied their benefits in VA, DC and MD 3915 Old Lee Highway Suite 22-A Fairfax, VA 22030	<b>703-934-5450</b> <a href="#">Website</a> <a href="#">Email</a>
<b>Substance Abuse.</b>	Mont. Co. Adult Substance Abuse Services, Addiction Services Corp.	Free evaluation at 105 Fleet St., Rockville, MD, 9-11 am and 1-3 pm walk-in.	Substance Abuse, voluntary, needs ?	<b>301-424-0656</b> <b>301-279-1332</b>
<b><a href="#">Supplemental Security Income SSI.</a></b>	Social Security 11160 Viers Mill Rd., Wheaton, MD 20902 <a href="http://www.ssa.gov/notices/supplemental-security-income/">http://www.ssa.gov/notices/supplemental-security-income/</a>  <b><a href="#">Understanding SSI</a></b> <a href="http://www.ssa.gov/notices/supplemental-security-income/text-understanding-ssi.htm">http://www.ssa.gov/notices/supplemental-security-income/text-understanding-ssi.htm</a>	Income from <b><a href="#">Supplemental Security Income</a></b> . About \$500 Application for both 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 your chance of success. The attorney is only paid if successful and limited to a percentage. <a href="#">Income limits</a> while receiving SSI	If unemployed and have a physically or mentally disability expected to last for more than a year. You do not have to qualify for <b>SSDI</b> . <b><a href="#">Forms</a></b>	<b>301-427-2637</b>
<b><a href="#">Support Groups</a></b>	Listed by state.	<a href="http://www.therapeuticresources.com/supportgroups.html">http://www.therapeuticresources.com/supportgroups.html</a>		
<b>Maryland</b>				
<b>Taxi or Transportation Subsidies.</b>	Call-N-Ride PO Box 8465, Gaithersburg, MD 20898	Discount taxi coupons, cost based upon income is approximately 10% For example \$10.50 buys \$100 of coupons	<b>Montgomery County Residents:</b> Must have disability and Dr. certify, low income proof.	<b>301-948-5409</b>
	Call-A-Cab	Discount taxi coupons. \$10 buys \$20 of coupons	<b>Prince George County</b> residents who are seniors or have proof of a medical disability. Call and ask for a form.	<b>301-883-5656</b>
<b>Telephone Service.</b>	Bell Atlantic (MD)Tel-Life State of Maryland, Dept. Of Human Resources Tel-Life Unit, 311 West Saratoga St. Baltimore, MD 2120	Basic monthly cost is \$0.66 for 30 calls and .08 for additional minutes. Installation costs should be \$24 after 50% is paid by Link UP with slightly <a href="#">different information</a> and may be paid over 6 months. You pay half of the cost for	Only available if you qualify; receiving temporary cash assistance (TCA), Transitional Emergency Medical and Housing Assistance Program ( <b><a href="#">TEMHAP</a></b> ) or <b><a href="#">Supplemental Security Income</a></b> ( <b>SSI</b> ), and not owe	<b>800-525-0145</b> <b>TDD</b> <b>800-564-0999</b>

		any internal work. \$2.96 for a touch-tone line. You pay own LD, taxes and feel. Most other services not allowed. Check for latest details and forms from Tel-Life and send to Health & Human Services. If approved (approximate 4 weeks), contact phone company for installation. <a href="#">Explanation PDF</a>	the phone company for prior service for you or a co-habitant. If you have trouble using phone books, explain for other discounts.	
	Link Up America	A federal program that may pay half of a new Tel-Life or other phone service hook ups.	Available to anyone who gets AFDC, disability Assistance Loan Program (DALP) or <a href="#">SSI</a> benefits in Maryland	800-525-0145 Verizon TDD 800-564-0999
Tenant Assistance and Organizing	<b>DC/MD/VA</b>			
	<a href="#">Housing Organizing Metro DC Area</a>	This document lists many of the tenant and housing organizers active in the DC area.	<a href="#">Web version</a> <a href="#">MS Word Document</a>	
	<b>DC</b>			
	D.C. Tenant's Advocacy Coalition P.O. Box 7237, DC 20044	They help to form tenant associations and work politically on rent control in the district.		202-628-3688
	<b>Maryland</b>			
	<b>Virginia</b>			
	<b>Maryland</b>			
Transitional Services.	<b>Maryland</b>			
	(TCA) Temporary Cash Assistance and other services in Maryland	Maryland Social Services provides temporary services to assist elderly and disabled adults to remain independent, self-sufficient and self-supporting as part of the <b>Temporary Cash Assistance and Housing Assistance Program (TCA)</b>	TEMHAP <a href="#">Cash assistance</a>	240-777-4072
			TEMHAP <a href="#">Emergency Medical</a>	240-777-3075
			TEMHAP <a href="#">Emergency Services</a>	240-777-4600
			TEMHAP How to obtain from <a href="#">MD Social Services</a>	240-777-1245
TEMHAP <a href="#">Shelter</a>			301-217-3715	

[Welfare Movement!](http://www.ctwo.org/growl) <http://www.ctwo.org/growl>

**Check out this web site rich in information on welfare and the growing movement for people's rights. [Site may not be working or needs updating.]**

* <a href="#">Housing Help for individuals</a> [HAC's links to local housing help.]	<a href="#">Attention Deficit Disorder Resources</a> This is one resource page, can't vouch for their completeness, but worth a check. <a href="http://www.addresources.org/">http://www.addresources.org/</a>
	<a href="http://www.medweb.emory.edu/MedWeb/">Consumer Information on Healthcare</a>

<p>http://www.ruralhome.org</p> <p><b>WEB Links</b></p> <p>*</p> <p>*</p> <p>*</p>	<p><a href="http://www.checkbook.org/">Consumers' CHECKBOOK Homepage</a> http://www.checkbook.org/</p> <p><a href="http://www.consumersunion.org/i/Health_Care/">Consumers Union</a> http://www.consumersunion.org/i/Health_Care/</p> <p><a href="#">Cost of Health Care in US and Canada</a> 31% of costs go to bureaucracy! Check out the <a href="#">Physicians National Health Program</a></p> <p><a href="http://www.edhayes.com/">Edmund's Medical Pages</a> http://www.edhayes.com/</p> <p><a href="#">DHHS Services Locator</a> http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/links.asp</p> <p><a href="http://www.familiesusa.org/">Families USA</a> http://www.familiesusa.org/ Good information on Medicare, pharmaceuticals, etc.</p> <p><a href="#">Grass Roots Organizing for Welfare Leadership GROWL</a> Needs some updating.</p> <p><a href="http://www.groups4kinds.com">Guide to Therapy Groups for Children, Adolescents and Parents</a> http://www.groups4kinds.com</p> <p><a href="http://www.ruralhome.org/">Housing Help For Individuals</a> http://www.ruralhome.org/</p> <p><a href="#">Habitat for Humanity of Montgomery County, MD</a> - <a href="#">Resource Guide of Assistance in Montgomery County</a>.</p> <p><a href="http://www.ifcmw.org">Interfaith Conference of Metropolitan Washington</a> http://www.ifcmw.org</p> <p><a href="http://www.kwru.org">Kensington Welfare Rights Union</a> http://www.kwru.org</p> <p><a href="#">Maryland Energy Assistance Program</a> M.E.A.D.http://www.dhr.state.md.us/how/energy/meap.htm</p> <p><a href="http://www.dhr.state.md.us/montgomery.htm">Montgomery County Department of Social Services</a> http://www.dhr.state.md.us/montgomery.htm</p> <p><a href="http://www.nationalwru.org">National Welfare Rights Union</a> http://www.nationalwru.org/</p> <p><a href="http://www.irp.wisc.edu/links/category.htm">Poverty Related Links</a> http://www.irp.wisc.edu/links/category.htm</p> <p><a href="http://www.socialwelfareactionalliance.org/">Social Welfare Action Alliance SWAA</a> http://www.socialwelfareactionalliance.org/</p> <p><a href="#">Social Work and Social Services Web Sites</a> http://gwbweb.wustl.edu/websites.html [Wash. U. in St. Louis, worth checking.]</p> <p><a href="#">Songs of Welfare "Reform"</a></p> <p><a href="#">Click to download a editable version in Word</a></p>
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Please send any additions, corrections or links to: [Walter Teague, LCSW-C](#)