
















PARENT SUPPORT GROUP RESOURCES

(Click on bullets to access resources)

-  **Emergency Help Numbers**
-  **Grassroots Crisis Intervention Brochure**
-  **Sheppard Pratt Crisis Walk-in Clinic**
-  **Emergency 911 Checklist**
-  **What to do in a Psychiatric Crisis in Maryland**
-  **Parenting a Child with Mental Illness**
-  **Understanding Brain Chemistry**
-  **When do behavioral symptoms warrant expert help?**
-  **Getting an Accurate Diagnose for Your Child**
-  **Tips for Families: Some Questions You May
Want to Ask your Doctor Before Starting Your
Child on Medicine**
-  **Tips on Advocating for Your Special Needs Child**
-  **HC Health Department Bureau of Behavioral Health**
-  **HC Police Mental Health Crisis Brochure: What
happened? What's Next?**

[HC NAMI Membership Application](#)

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