



# MENTAL HEALTH WEEK

WEEK OF SEPTEMBER 13, 2021

(602) 935-7554

DROP-BY CENTER

Call/text for  
deliveries  
& questions

908 Washington Blvd  
MON-THURS  
11AM-4PM

## ON-THE-GO STRESS-RELIEF & CALMING EXERCISES

These are just a few things you can do on your own to help relieve stress & relax. Find what works for you!

### BAD DATE REPORTS

*This section may contain descriptions of violence, assault, harassment, or other experiences that could be upsetting or triggering.*

Last New Report: **Sept 1, 2021**

#### Mt.Clare/Carroll Park:

**Male** who drives **old gold car**, possibly **Toyota 4-door**. May be seen driving trucks up **Christian St.** Has a gun and mostly dates black girls. Sexual and physical assault (choking). He also stole personal items.

### CONFIDENTIAL

#### BAD DATE REPORTING

If you experience a bad date (anything you don't want yourself or others in your community to experience while on a date) you can report it to any SPARC staff member.

We'll collect whatever details you want to share, and can **anonymously** share that information with other SPARC participants.

**Report in person or text/call  
(602) 935-7554.**

### HOTLINES

**Turnaround Inc.**  
**(443) 279-0379**

24-HR Crisis & Sexual  
Assault Hotline

**RAINN**  
**(800) 656-4673**

24-HR National Sexual  
Assault Hotline

### TAKE DEEP BREATHS

Close your eyes. Take a **slow, deep breath** in while counting to 3. Hold your breath for 1 or 2 seconds, and **breathe out slowly** while counting to 3. Repeat this 3 times.

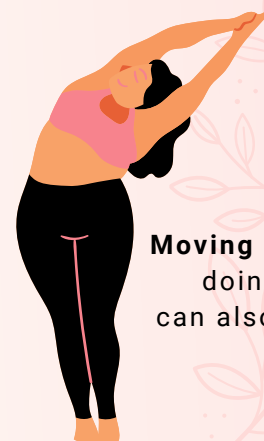


### GROUND YOURSELF

Look around you and **name 3 things** in your favorite color. Next, **name 2 things** you can touch or feel. Lastly, **name 1 thing** you can smell.

### RELAX & STRETCH

Start by **unclenching or relaxing your jaw**. Next, gently **stretch your neck** by moving your head slowly up and down, and side to side. Hold each position for 3 seconds. Then, **roll your shoulders** back and forward a few times.



**Moving your body or doing some yoga can also help you to relax!**

### FREE YOGA IN BROOKLYN!

**WHEN:** Every Wednesday 5-6PM  
**WHERE:** Garrett Park, 3560 3rd St.  
Hosted by the Greater Baybrook Alliance

### FREE FOOD RESOURCES

#### PAUL'S PLACE

1118 Ward St.

• Hot Lunch MON-FRI 11AM-12:30PM

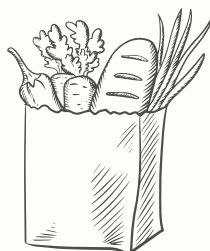
#### CITY OF REFUGE

3501 7th St.

- MEALS MON-FRI 10AM-1PM
- FOOD PANTRY THURS 8AM-12PM
- BABY PANTRY TUES 9AM-12PM

#### BALTIMORE CITY: HOME-DELIVERED GROCERIES

- Call 211 to see if you qualify.
- If you are age 60 and over, call (410) 396-2273.



### LOCAL MENTAL HEALTH RESOURCES

#### BHSB HERE2HELP HOTLINE

**(410) 433-5175**

24-HR Hotline

- Confidential advice and emotional support
- Connect to mental health services

#### HCH WEST BALTIMORE

**(443) 703-1400**

2000 W Baltimore St, Suite 3300  
MON & WED (walk-ins 8am-10am)  
TUES & FRI (walk-ins 8am-3:00pm)

- Psychiatry
- Behavioral health therapy
- No insurance/ID required
- Appointments recommended - call to schedule



# SPARC DROP-BY SERVICES | NO INSURANCE OR ID REQUIRED

(602) 935-7554 | 908 Washington Blvd

## HEALTH CARE

Available:

**MON** 11AM-4PM

**TUES** 11AM-4PM

**WED** 1PM-4PM

**Nurse Practitioners:**

JESSE MESENBURG

MARGARET MILLS

**For appointments:**

TEXT/CALL (410) 215-5517

**We offer:**

- STI, Hep C, HIV Testing & Treatment
- Pap Smear & Breast Exams (Mondays)
- Birth Control
  - Depo Shot, Pill
  - IUD (Mondays)
- HIV Prevention (PrEP)
- Pregnancy Testing
- Wound Care
- COVID-19 Vaccine

## PSYCHIATRY

Available by

**appointment:**

**WED** 10AM-12PM

**Psychiatrist:**

DR. MUNACHIM UYANWUNE

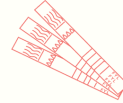
(Dr. U)

**For appointments:**

TEXT/CALL (602) 935-7554

## OTHER SERVICES

- Case Management
- Showers
- Laundry
- Referrals
- Safer use tools
  - Syringe services
  - Used sharps/syringe disposal
  - Supply pick-up



## DRUG REPORTING

**SPARC staff can collect and distribute information about dangerous drug cuts in our neighborhoods.**

All reports are anonymous and we will never share information that is too specific to be safe.

## LOCAL RESOURCES

### HEALTH CARE

**HCH WEST BALTIMORE**

**(443) 703-1400**

2000 W Baltimore St, Suite 3300

**MON & WED** (walk-ins 8am-10am)

**TUES & FRI** (walk-ins 8am-3:00pm)

- Suboxone (Buprenorphine)
- Primary Care
- Psychiatry
- No insurance/ID required
- Case management
  - IDs, health insurance
- Appointments: phone & in-person

**UNIVERSITY OF MD**

**(443) 462-3400**

1001 W Pratt St

**MON-FRI** 6:15am-10am

(arrive early & call ahead)

- Wound care
- Suboxone (Buprenorphine) & other substance use treatment options
- STI and HIV Testing & Treatment

### LEGAL HELP

**MD VOLUNTEER LAWYER SERVICE**

**(410) 547-6537 OR (800) 510-0050**

**MON-THURS** 9am-12pm

**MD LEGAL AID**

**(410) 951-7777**

**MON, THURS & FRI** 9:30am-4pm

**TUES** 9:30am-7pm, **WED** 9:30am-1pm

**CCG BROOKLYN**

**(667) 260-2600**

112 East Patapsco Ave,

**MON-FRI** 5am-2pm, **SAT** 5am-12pm

- Mental health
- Substance use treatment
- Accepts Medicaid, Medicare

**PLANNED PARENTHOOD**

**(410) 576-1414**

330 N Howard St

**MON** 8:30am-7pm

**TUES-FRI** 8:30am-5pm

- Reproductive Health & Abortions

**FAMILY HEALTH CENTERS OF BALTIMORE**

**(410) 354-6173 OR (410) 354-2000**

631 Cherry Hill Rd

**MON-FRI** 8:30am-5:00pm

- Dental care (exams, fillings, urgent care)
- Sliding Scale Fees (with proof of income)

**EASTERN DENTAL CLINIC (BCHD)**

**(443) 984-3548**



1200 E Fayette St

**WED & FRI** 8:45am-2pm (Appointment Only)

- Urgent dental care (such as extractions)
- Sliding Scale Fees & Accepts Medicaid
- ID, Proof of Baltimore City address and income required

**HEALTH INSURANCE ENROLLMENT**

**(844) 670-2758**

Over the phone assistance with

enrolling in a health insurance plan

### APPLY FOR SNAP

**MD HUNGER SOLUTIONS**

**1-866-821-5552**

Over the phone assistance

with applying for SNAP

(Food Stamps)



**MASK UP**



**CALL 211**

FOR MORE LOCAL  
RESOURCES

