



Resources for loneliness and isolation

Helping to improve your social connections

Charles County Department of Health & Local Behavioral Health Authority

<https://www.charlescountyhealth.org/local-behavioral-health-authority/>

4545 Crain Highway, White Plains, MD 20695

Phone: 301-609-6900

Hours: Mon-Fri, 8 AM-5 PM

Charles County Department of Aging & Senior Services

<https://www.charlescountymd.gov/services/aging-and-senior-services>

8190 Port Tobacco Rd., Port Tobacco, MD 20677

Phone: 301-934-9305

Hours: Mon-Fri, 8 AM-4:30 PM

Tri County Youth Services Bureau

<http://www.tcysb.org/>

75 Industrial Park Drive, Waldorf, MD 20602

Phone: 302-645-1837

Hotlines

211 Maryland

<https://211md.org/>

988 Suicide & Crisis Lifeline

<https://988lifeline.org/current-events/the-lifeline-and-988/>