

Mental Health Resources

	CAFY	MCVRC	Roberta's House	My Covenant Place
Free Services	X (First 3 sessions)	X (First 6 sessions)	X (First 3 sessions)	X (All)
Individual Counseling	X	X	X	X
Family Counseling	X	X	X	X
Telehealth	X	X	X	X
Cost (per session)	\$30.00 (single) \$120.00 (family)		\$5.00-\$10.00	
Sliding Scale	X		X	
Support Group	X	X	X	
Maryland Resident	X	X	X	X
DC Resident		X		X
Virginia Resident		X (pending approval)		
24/7 Helpline	X		X	

CAFY- Community Advocate for Family and Youth

[CAFY - Counseling Services](#)

CAFY Counseling and Family Center provides therapeutic and family support services to help move individuals five and up through their feelings to find harmony, meaning and purpose in their lives, and to close the gap between where they are now and where they want to be in the future. This is done using Cognitive Behavior Therapy, Solution Focused Therapy, Trauma Focused CBT, Sand Tray Therapy and Play Therapy. Contingent upon pro bono availability, CAFY offers the first 3 sessions for free. Afterwards, they will seek payment via insurance providers. If the individual is uninsured, they will be waitlisted until there is more availability for pro bono. They only assist MD residents for counseling. They offer in-person, telehealth and 24/7 hotline to assist outside of business hours.

MCVRC- Maryland Crime Victims Resource Center

[FREE Mental Health Services for Crime Victims - Maryland Crime Victims Resource Center](#)

Maryland Crime Victims' Resource Center has contracted with Safe Harbor Behavioral Care, LLC. to assist clients in mental health services. Victims of crime often struggle with their mental health after surviving traumatic events or losing their loved ones through the trauma of crime. They provide individual counseling, group counseling, family counseling, counseling for children, and

medication dispensing and monitoring. They assist residents of MD and DC. NOVA (Northern VA) residents are subject for approval. The first 6 sessions are free. Afterward, MCVRC will utilize CICB to pay for any additional sessions. The sessions are in-person as well as via telehealth.

Roberta's House

[Behavioral Health Program – Robertas House](#)

Mental health services include assessing individual behavioral health needs, identifying challenging symptoms, developing goals to address the symptoms, and creating an individualized treatment plan to achieve treatment goals. They use evidence-based practice models and modalities to help you accept the reality of your loss, identify, and process grief, engage in appropriate coping strategies to heal, and learn to engage in life after the death of a loved one or traumatic loss. They provide individual, group grief, family and couple therapies. They provide services to MD residents. They accept certain insurances and also offer a sliding scale fee ranging \$5-\$10. The sliding scale fee lasts a year and then they will have to apply to renew. Sessions are held in-person and via telehealth. Lastly, they provide 24/7 hotline to assist outside of business hours.

My Covenant Place

[My Covenant Place – Behavioral Health](#)

My Covenant Place is dedicated to providing assistance to individuals when coping with the most difficult times in their lives. They provide support to individuals, families, and communities by offering individual, family, and group counseling services specializing in trauma, victimization, and violence. Their counseling services deliver support and resources to help families improve and sustain healthy, strong relationships. They also offer services beyond counseling like trauma-informed yoga and meditation. They cater to both MD and DC residents. All of the counseling services they provide to families effected by homicide are free. They provide services in-person and via telehealth. They accept new clients for this program via referral only.