

WE SPECIALIZE IN PROVIDING:

Culturally Competent Services

Racial Trauma Therapy

Trauma-Informed Care

Evidenced-Based Practices

Innovative CEU-Certified Trainings

Antiracism Workshops

Agency Consultation

"We Provide Effective Therapy for Everyone!"

-Octavia Brown, LCSW-C
Owner/Lead Clinician



CONTACT US

Urban Institute of Mental Health
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CRISIS PLAN

In case of mental health emergency, please call 911, go to your nearest emergency room, or contact a crisis response number as listed below:

Anne Arundel County Crisis Response:

410-768-5522

Baltimore City Crisis Response:

410-433-5175

Baltimore County Crisis Response:

410-931-2214

Harford County Crisis Response:

1 (800)-639-8783

Howard County Crisis Response:

410-531-6677

Montgomery County Crisis Response:

240-777-4000

Prince Georges County Crisis Response:

301-429-2185

If you have exhausted all other options and have to call 911 for yourself, family, or a friend, please visit our website, www.urbanmh.com, to obtain further instructions to ensure the safety of yourself and your loved ones.



URBAN INSTITUTE
OF MENTAL HEALTH

Providing effective, culturally competent, and trauma-informed mental health services and education throughout the state of Maryland.

information@urbanmh.com
www.urbanmh.com



RACIAL TRAUMA THERAPY

Racism is a serious public health crisis which results in severe psychological distress in Black and Brown individuals. Addressing and healing from this trauma is essential to the ability to thrive in this country.

We provide a safe and protected space for BIPOC and other oppressed cultural groups to heal from the detrimental effects of systemic racism and violence by using racial trauma interventions and trauma-informed care.

The Urban Institute of Mental Health is committed to engaging in ground-breaking research and education in efforts to provide the best evidenced-based interventions when addressing racial trauma.

Most importantly, we are committed to relentlessly fight to dismantle the system of racism.

MENTAL HEALTH THERAPY

Individual, Group, and Family Therapy for Children, Teenagers, and Adults

The Urban Institute of Mental Health provides evaluation, treatment planning, and weekly therapy sessions for a wide variety of mental health disorders to include; but not limited to: depressive disorders, anxiety disorders, mood disorders, psychotic disorders, ADHD, and PTSD and other trauma-related disorders.

Treatment modalities to include: Cognitive Behavioral Therapy, Behavioral Modification, Family Systems Therapy, Play Therapy, Racial and Trauma-Informed Care.

We accept Medicaid, Medicare, BCBS, Cigna, and United Behavioral Health (UHC). If you are interested in doing self-pay, it is \$150 for the initial evaluation and \$125 per session.

(Sliding fee-scale payments are an option for those who are unable to afford session fees)



CEU TRAININGS & WORKSHOPS

UIMH is on a mission to teach other social work, mental health, and human service professionals evidenced-based practices for working with urban, low-income, and cultural populations.

Antiracism Workshops: For non-people of color who refuse to uphold the system of racism and wants to learn how to become an ally and join the fight of antiracism.

Check the calendar for more information, dates, and times.

AGENCY CONSULTATION

For agencies and programs who wish to create and maintain a culturally diverse environment that is inclusive of Black and Brown people and upholds the values of antiracism, but have no idea where to start. Rates start at \$75 per hour