

QUIT ALCOHOL AND/OR DRUGS

Washington, D.C.

- **DC Department of Behavioral Health (Access HelpLine):**
 - **Best For:** The "Front Door" for all DC residents, especially those with Medicaid or no insurance.
 - **What They Offer:** Immediate assessment and referral to the right level of care (detox, residential, or outpatient). This is the primary entry point for the public system.
 - **Address:** 75 P Street NE, Washington, DC (Assessment & Referral Center).
 - **Phone:** 1-888-7WE-HELP (1-888-793-4357) - *Available 24/7*
 - **Website:** dbh.dc.gov
- **Federal City Recovery Services:**
 - **Best For:** DC residents needing specialized outpatient care.
 - **What They Offer:** A long-standing provider offering outpatient substance abuse treatment, individual counseling, and residential support.
 - **Address:** 920 Rhode Island Ave NE, Washington, DC
 - **Phone:** (202) 526-6667
 - **Website:** federalcityrecovery.org
- **So Others Might Eat (SOME):**
 - **Best For:** Low-income or homeless residents needing comprehensive support.
 - **What They Offer:** An "Addiction Treatment & Recovery" program that includes residential treatment, outpatient counseling, and job training integration.
 - **Address:** 60 O Street NW, Washington, DC
 - **Phone:** (202) 797-8806
 - **Website:** some.org
- **Whitman-Walker Health:**
 - **Best For:** LGBTQ+ friendly, non-judgmental harm reduction and recovery.
 - **What They Offer:** Outpatient addiction services, individual therapy, and peer support groups.
 - **Address:** 1525 14th St NW, Washington, DC
 - **Phone:** (202) 745-7000
 - **Website:** whitman-walker.org
- **Clean & Sober Streets:**
 - **Best For:** Long-term residential recovery for men and women.
 - **What They Offer:** High-intensity residential and outpatient treatment specifically for those with a history of chronic homelessness and addiction.
 - **Address:** 425 2nd Street NW, Washington, DC
 - **Phone:** (202) 783-7343
 - **Website:** cleanandsobersstreets.org

Prince George's County, MD

- **Prince George's County Health Department (Behavioral Health):**
 - **Best For:** All county residents; accepts Medicaid and offers sliding scale fees.
 - **What They Offer:** Outpatient substance use counseling, medication-assisted treatment (MAT), and referrals to inpatient care.
 - **Address:** Cheverly Health Center, 3003 Hospital Drive, Cheverly, MD
 - **Phone:** (301) 883-7829
 - **Website:** health.mypgc.us
- **Kolmac Integrated Behavioral Health Centers:**
 - **Best For:** Working professionals or those needing evening outpatient care.
 - **What They Offer:** Intensive outpatient programs (IOP) that allow you to keep your job while getting treatment. Accepts most commercial insurance.
 - **Address:** 1400 McCormick Drive #105, Largo, MD (and other locations).
 - **Phone:** (301) 589-0255
 - **Website:** kolmac.com
- **Luminis Health (Doctors Community Medical Center):**
 - **Best For:** Comprehensive medical and outpatient treatment.
 - **What They Offer:** An Ambulatory Detox program (for safe withdrawal) and intensive outpatient programs.
 - **Address:** 8118 Good Luck Road, Lanham, MD
 - **Phone:** (301) 552-8080
 - **Website:** luminishealth.org
- **Volunteers of America Chesapeake (Residential Re-Entry Center):**
 - **Best For:** Individuals transitioning from the justice system.
 - **What They Offer:** Substance abuse counseling specifically designed for those re-entering society from incarceration.
 - **Address:** 5000 Philadelphia Way, Lanham, MD
 - **Phone:** (301) 306-0905

Crisis & Medical Detox (Emergency)

⚠ URGENT WARNING: If you or someone else is experiencing severe withdrawal symptoms (especially from alcohol or benzodiazepines) or an overdose, **do not wait for an appointment.** Go to these locations immediately.

- **Psychiatric Institute of Washington (PIW):**
 - **Service:** 24/7 Admissions for detox and crisis stabilization.
 - **Address:** 4228 Wisconsin Ave NW, Washington, DC
 - **Phone:** (800) 369-2273
- **Adventist HealthCare White Oak Medical Center:**
 - **Service:** Emergency detox and stabilization.
 - **Address:** 11890 Healing Way, Silver Spring, MD (Near PG County border)
 - **Phone:** (240) 637-4000