



There's No One Face to Mental Health Conditions

HELP IS OUT THERE. DON'T WAIT ANOTHER DAY.

Get help for your specific condition. You can find hope here with SAFE Hands

"Seek professional assistance and support that caters to your specific condition and requirements."

Find the right clinician match for you. Our supported clinicians are ready to support you.

"Discover the perfect clinician to cater to your individual needs and provide the right treatment."

Book an in-person or online appointment

"Gain access to expert guidance and treatment options by scheduling an in-person or online appointment today."

"How SAFE Hands Health Works"

At SAFE Hands Health-supported practices, there's no one-size-fits-all approach to mental health. We tailor our care plans to fit each person's unique needs. Our supported clinicians include psychiatrists, psychologists, Nurse Practitioners, and licensed therapists who are ready to support you. SAFE Hands Health-supported practices offer both in-person and telehealth appointments, so you can get the care you need in the format that serves you best. We also accept most insurance plans, allowing you to get the most from your personalized care plan.

SAFEHandsmaryland.com



Call Today! 443 412 5656



Take the first
step towards
lasting recovery
by reaching out
for professional
help today

SAFE Hands is committed to meeting you where you are in your mental health journey. Whether you know that you live with a chronic mental illness or you're not sure what's causing your symptoms, you can find hope here. We also prioritize the involvement of family and loved ones, recognizing their essential role in supporting individuals on their mental health journey.

Safe Hands aims to provide comprehensive, evidence-based mental health care in a safe and compassionate environment.

Our team of experienced clinicians & therapists is dedicated to helping you navigate your mental health journey with skill & sensitivity; we aim to empower individuals to overcome their challenges and achieve improved mental well-being through therapies and interventions.



ABOUT OUR PROGRAM

Our program emphasizes the importance of self-care, stress management, & building healthy coping mechanisms to ensure long-term well-being.

We offer various services, including individual therapy, group therapy, medication management, & holistic approaches, ensuring you receive a comprehensive & personalized treatment plan.

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