



OUR MISSION

Maryland Wellness helps at-risk and underserved individuals achieve their full potential by providing individualized mental health care and life skills support to strengthen clients, families and communities.

OUR VISION

To establish ourselves as a leading provider of Outpatient Mental Health Clinics (OMHC), Psychiatric Rehabilitation Program (PRP), and Substance Use Disorder services in Maryland. We aim to achieve this through exceptional client service, fostering community partnerships, and embracing innovation.

CONTACT

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You matter to us!



No judgments, come as you are.
We are here to help because
You matter to us!

PARTNERSHIPS

We strive to empower our communities through collaborations with mental health therapists, health agencies, schools, nonprofits, and social justice agencies for enhanced mental healthcare. Our programs, designed with a strengths-based approach, cater optimally to clients' needs.



MARYLAND FOOD BANK



OUR VALUES

COMPASSION

We respect and include all clients, regardless of race, religion, culture, ethnicity, gender, sexuality, ability, socio-economic status, or other distinctions.

COMMITMENT

Missed appointments won't deter us from supporting clients; they may need our help even more. We'll strive to reconnect and provide necessary assistance.

RESPECT

Our clients are more than their diagnoses, and they warrant utmost respect throughout their entire mental health journey.

COLLABORATION

We collaborate with clients, care teams, partners, and community organizations, including hospitals, mental health agencies, and nonprofits, to ensure comprehensive support.

TRANSPARENCY

We collaboratively set goals and expected outcomes, with clients central to decision-making.

INNOVATION

In 2022, we innovatively provided over 5,000 Baltimore City bus passes, ensuring access to workplaces and essential services.

OUR HISTORY

Originally founded in 2013 as Baltimore Area Community Health Services (BACHS Healthcare), the agency was developed to meet an unmet need for critical mental health services in Baltimore City.

In mid-2021, we became Maryland Wellness, serving the state through our offices in the Baltimore Metropolitan, Western Maryland, Southern Maryland, and Capital Region.

WHAT WE DO

PRP/CASE MANAGEMENT

Our PRP/Case Management services support individuals in overcoming challenges while pursuing mental health goals. We offer flexible case management for adults and minors, helping each individual tackle their unique obstacles.

THERAPY

Our therapists support clients in correcting negative thinking, enabling clearer understanding and more effective responses to challenging situations using methods like *Cognitive Behavioral Therapy* (CBT), *Dialectical Behavior Therapy* (DBT), and *Psychodynamic Therapy*.

MEDICATION MANAGEMENT

Our accredited psychiatrists and psychiatric nurse practitioners focus on treating mental health symptoms in both immediate and ongoing scenarios, assisting individuals through their recovery journey.



Never Give Up On You

We Are Here When You Need Us Most.

Don't feel like you have to tackle your mental health challenges by yourself. Need a helping hand? Want someone to talk to? You're welcome to visit our website or just scan our QR code to start your referral today.

"Since my girlfriend started attending Maryland Wellness, I have seen a tremendous amount of change in her mental struggles. She constantly praises her mentor and therapist, and she is more than satisfied with the services she receives." - A. Murchison