Recommended Counseling Resources

Global Counseling Network

globalcounselingnetwork.com

Location: Online

“GCN is a team of counselors who are carefully-vetted and highly-trained. We think limited access to high quality counseling should not have the power to determine or dictate a person's growth, healing, and exploration of their life and story. Global Counseling Network exists to address the shortage of quality counseling services. Toward that end, we put together a team of counselors from personal connections. Trusting our counselors is paramount to having confidence and safety in entrusting them to you.”

Centrepointe Counseling

centrepointecounseling.org

Location: Various local churches in the area

“CentrePointe Counseling, Inc. provides professional counseling services in Maryland, D.C., and Virginia to men, women, adolescents and children. We believe in offering clients the opportunity to receive counseling in an environment with licensed counselors that take into account the vital correlation between spiritual, biological and psychological human dimensions. Our door is open to all people regardless of race, religious preference, age, or sex.”

Grace Community Church

gcconline.org/ministries/counseling/

Location: Various locations in the area

“Grace Counseling provides a network of ministries, resources, trained volunteers, and professional counselors to help you move forward. To foster a compassionate, safe culture in which people can talk about challenges, we also offer a[bi-monthly Speaker Series](https://gcconline.org/ministries/counseling/speaker-series/) on a range of mental health issues.”

Heart Song Counseling

Heartsongcounseling.org

Location: various local churches in the area

“Heart Song Counseling envisions to bring the redemptive truths of Scripture to light in the hearts of people through providing churches with well trained counselors to practice a relational style of biblical counseling.”

Life Christian Counseling Network

Lifechristiancounseling.com

Location: various regional locations in the area

“Life Christian Counseling Network is comprised of women and men who are therapeutically sound, relationally wise, and passionate followers of Jesus. Their desire is not only to help you engage the heartache and struggles of this life well, but also to help you grow to become the person you were meant to be in the process.”

Metro Maryland Counseling

Metromarylandcounseling.com

Location: Timonium & Ellicott City, MD

“Our highly-trained, experienced Staff and Associates are a community of clinicians who provide quality professional mental health services based on biblical principles in a caring environment which promotes growth, healing, restoration, and reconciliation -- spiritually, personally, and relationally.”

Vital Sources

Vitalsources.org

Location: Frederick, MD

“We are a team of Christian psychologists and counselors serving Frederick, Maryland and the surrounding communities. We provide professional psychotherapy, counseling, assessment, consulting and other psychological services for individuals, families and groups. Our clinicians offer faith-based therapy services to clients of all ages, across a diverse range of cultural and religious backgrounds and with a wide variety of therapeutic concerns.”

Christian Counseling Associates

christiancounselingassociates.org

Location: Columbia, MD

“Providing mental health services from a soundly Christian perspective since 1979. As a Christian practice, our staff is committed to Jesus and His church. We seek to incorporate Biblical values into our own lives and into our work with clients. We do not require that our clients believe or practice the Christian faith, but it is important that our clients realize that our staff do so.”

Pure Desire Ministries

Puredesire.org

Location: various locations in the area

“Pure Desire exists to provide hope and freedom from sexual addiction by educating and equipping church leaders in the development of a healing ministry. Through small group resources for men, women, and teens, on-site or online counseling, training events, and ministry partnerships, Pure Desire is leading the way in the battle for integrity and purity in the church.”

UMD Counseling Center (On Campus)

Shoemaker Building, Main Floor

“The Counseling Center provides comprehensive support services that promote the personal, social, and academic success of UMD students.”

Psychology Today

psychologytoday.com/us

Articles and resources for a variety of mental health issues as well as a “Find a Therapist” search option.