

ATTENTION SENIORS



Worried? Anxious? Stressed? Need Someone to talk to?

Eastern Shore Help Line: **888-407-8018**

Do You Or Someone You Know Need Assistance
With Getting Food?

Food Resource and Senior Help Line

410-770-5515

Information on senior friendly over-the-phone coaching for online shopping services, local food pantries, other food resources, and more...

Hot meals delivered 1-2 times per week.



MEALS on WHEELS

(410) 822-2869



Experiencing abuse?



800-927-4673

Protective orders, emergency shelter, supplies, and legal help available.

Looking for mental health and psychiatry services?



410-822-1018

Telehealth and in-person appointments available.

24/7 Hotline Numbers:

English: (410) 820-5600, Spanish: (410) 829-6134