

The Howard County Health Department and the School Based Wellness Centers Program want to ensure that students and their families have the health resources needed while the school-based wellness centers are closed.

Health Insurance: The Bureau of Access to Health facilitates enrollment into quality health care insurance plans. Assistance is available at the Howard County Health Department from 8 am to 4 pm Monday through Friday. Please call **410-313-4700** to schedule an appointment. For more information about the program and additional resources, please visit <https://www.howardcountymd.gov/Departments/Health/Access-to-Care>.

General Teen Health Information: Teen Health Matters (www.teenhealthmatters.org) includes access to information regarding COVID-19, mental health, suicide prevention, stress management, sexual health, drugs and alcohol, and physical health. There is information, including podcasts, on a variety of topics.

Vaping Education & Tobacco Awareness Program for Teens- Please call **410-313-6292** for information

Immunizations: Immunizations are available through the Howard County Health Department. A complete list of the recommended vaccinations and the recommended vaccine schedule are at <https://www.howardcountymd.gov/Departments/Health/Child-Health/Childhood-Immunization>. Children without health insurance or whose medical insurance does not cover immunizations can receive immunizations at the health department. If you are unable to get a vaccination through your primary care physician, you can get the vaccination at the health department, but will be charged the cost of the vaccine and the cost to administer the vaccine. To schedule an appointment, please contact **410-313-7500**.

Reproductive Health Care: Howard County Health Department operates the Reproductive Health Clinic at 8930 Stanford Blvd., Columbia, MD 21045 for uninsured or underinsured clients. Payments for services are based on a sliding fee scale. Information about clinic services can be found at <https://www.howardcountymd.gov/Departments/Health/Clinical-Services>. Call **410-313-7500** for appointments.

Family Options Program: The Family Options Program is a teen parenting program for high-risk pregnant and parenting teenagers. It is geared towards teens 19 and younger who are first time pregnant or parenting. For information, please visit <https://www.howardcountymd.gov/Departments/Health/Child-Health/Family-Options-Programs>. For information or a referral, please call **410-313-0613**.

Behavioral Health Navigator (Crisis Assistance, Suicide prevention, mental health support): Howard County Health Department has teamed up with Grassroots Crisis Intervention Center to provide 24/7 support. Please call **410-531-6677** for immediate assistance. For continued support, please visit the Bureau of Behavior Health at <https://www.howardcountymd.gov/gethelp> to see a complete list of contact information, programs available, resources including those in the Howard County community,

COVID 19 Information: The COVID 19 pandemic is a constantly changing event. For the latest information on the pandemic, please visit the Health Department COVID 19 information here: <https://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls>

Womens, Infants, & Children (W.I.C.)- A federally-funded program which provides supplemental foods and nutritional education for pregnant women, new mothers, infants, and children under age 5 years. Call **410-313-7510** for an appointment.

Adult Tobacco Cessation Classes- Free classes to help you quit smoking. Assistive medications are available. For more information, please call **410-313-6265**

Local Food Distribution Sites:

<https://data.howardcountymd.gov/InteractiveMap.html?Workspace=FoodDistribution>