



Howard | Montgomery | Anne Arundel

GRIEF AND CRISIS SUPPORT

Autism Society of Maryland Safety Web Page

[Safety - Autism Society of Maryland](#)

Where to Get Help

Sheppard Pratt Psychiatric Urgent Care

Walk-In Urgent Care locations in Elkridge and Towson

[Psychiatric Urgent Care](#) | [Care Finder](#) | [Sheppard Pratt](#)

988 Lifeline is the new 3-digit dialing code that routes callers to the **Suicide and Crisis Lifeline** to talk, text or chat. 988 is available throughout the United States.

[988 National Suicide Prevention Lifeline](#)

NAMI Helpline 24/7: Text "NAMI" TO 741741 to talk to a trained crisis counselor 24/7

[National Alliance on Mental Illness \(NAMI\)](#)

Mental health crisis warm lines that avoid police intervention for people from marginalized groups, including a Blackline, Trans Lifeline, LGBT National Help Center, and more

[Read about crisis warm lines](#)

Call 211 connects Marylanders to health and human services resources

[211 Maryland](#) | [MD Health And Human Services](#) | [Get Help](#)

Mental Health and Autism Resources

[988 Lifeline, What-To-Expect Checklist \(Before, During and After\)](#) *Autism Society of America*

[Dealing with Feelings of Anxiety and Depression \(social story\)](#) *Autism Society of America*

[American Association of Suicidology](#)

Research indicates that Autistic individuals have several unique risk factors that may contribute to suicidal thoughts and behaviors. Learn more from resources co-developed with leading advocate, Lisa Morgan, and designed specifically for the Autism community.



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[Warning Signs of Suicide for Autistic People](#)

Understanding the warning signs of suicide that Autistic individuals may face is key to providing the support they need before it's too late. A resource developed by Lisa Morgan and others in partnership with the American Association of Suicidology.

[How Awareness of Our Ignorance Leads to Personal Growth](#)

Russell Lehmann, a member of the Autism Society's Council of Autistic Advisors, explores how awareness of our ignorance can broaden our perspective on the human condition.

[Diagnosing Depression in People with Autism](#)

Transition to adulthood poses an increased risk of depression for people on the Autism spectrum. Read this SPARK (Simons Powering Autism Research) article by Marina Sarris to learn more.

Resources for Children and Families

[Skills for Psychological Recovery: Field Operations Guide](#) – National Child Traumatic Stress Network, National Center for PTSD

[NASP Tips for Families and Educators](#) – National Association of School Psychologists

Grief-related Resources

[Autism and Grief: Supporting Autistic Adults in Grief and Loss](#) – Autism & Grief Project

[Supporting Autistic Youth Experiencing Grief and Loss: Tipsheet for Caregivers](#) – Vanderbilt Kennedy Center Treatment and Research Institute for Autism Spectrum Disorders

[Talking End of Life with People with Intellectual Disability](#) – TEL (Talking End of Life), Australian Government Department of Health

Books

[Understanding Death and Illness and What They Teach about Life: An Interactive Guide for Individuals with Autism or Asperger's and Their Loved Ones](#)

Author Catherine Faherty offers detailed, concrete explanations of illness, dying, life after death, losing a pet, and numerous other issues.



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[Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum](#)

Author Karla Helbert explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.

Resources on Interacting with Law Enforcement

[Interacting with Law Enforcement -Social Story](#) – *Autism Society of America*

[Interacting with Law Enforcement – Caregiver Tips](#) – *Autism Society of America*

[How to Interact with Police](#) – *Pathfinders for Autism*

Registries, 911 Flagging Programs & Alert Systems

Several police departments in Maryland offer ways in which people with disabilities, dementia or mental health challenges and their families/caregivers can connect with law enforcement in advance of an emergency.

[Anne Arundel County](#)

[Calvert County](#)

[Cecil County](#)

[Charles County](#)

[Howard County](#)

[Montgomery County](#)

[Prince George's County](#)

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