

UPPER MONTGOMERY COUNTY  
EMERGENCY ASSISTANCE NUMBERS

CRISIS

- Medical Emergency.....911
- Montgomery County Crisis Center.....240-777-4000
- Montgomery County General Info.....311
- MC Health and Human Services – UpCounty...240-777-4448

EVICTION/RENTAL ASSISTANCE/UTILITIES

- Upper Montgomery Assistance Network (UMAN)....301-926-4422 [www.uman-mc.org](http://www.uman-mc.org)
- Housing Initiative Partnership (HIP).....301-916-5946 [www.hiphomes.org](http://www.hiphomes.org)
- HOC Clients.....240-773-8805

FOOD

- Lord’s Table (Dinner M-Sat. 3:30pm) St. Martin’s Church Hall, 201 S. Frederick Ave. Gaithersburg
- St. Martin’s Food Pantry – Arrive before 9am Mondays
- Gaithersburg HELP.....301-216-2510 [www.gaithersburghelp.org](http://www.gaithersburghelp.org)
- Germantown HELP.....301-482-1320 [www.gtownhelp.org](http://www.gtownhelp.org)
- Manna Food.....301-424-1130 [www.mannafood.org](http://www.mannafood.org)

SHELTER/CLOTHING

- Single Adults – Point of Entry, MC Crisis Center.....240-777-4000
- Families with Children - MC Emergency Services UpCounty....240-777-4448
- Interfaith Works Empowerment Center.....301-585-4471 [www.iworksmc.org](http://www.iworksmc.org)
- Interfaith Works Clothing Center.....301-424-3796 [www.iworksmc.org](http://www.iworksmc.org)
- A Wider Circle.....301-608-3504 [www.awidercircle.org](http://www.awidercircle.org)

HEALTH CARE

- Holy Cross Health Center.....301-557-1800
- Community Clinic, Inc (health services for families)....301-216-0880 [www.cciweb.org](http://www.cciweb.org)
- Mercy Health Clinic (adults only).....301-978-9750 [www.mercyhealthclinic.org](http://www.mercyhealthclinic.org)
- National Alliance on Mental Health (NAMI).....301-949-5852 [www.namimc.org](http://www.namimc.org)
- Gaithersburg HELP (prescriptions)..... 301-216-2510 [www.gaithersburghelp.org](http://www.gaithersburghelp.org)
- Family Services, Outpatient Mental Health Clinic.....301-840-3200 [www.fs-inc.org](http://www.fs-inc.org)

EMPLOYMENT/LEGAL/IMMIGRATION

- Spanish Catholic Center.....301-417-9113
- Career Catchers....301-495-6393 [www.careercatchers.org](http://www.careercatchers.org)
- Interfaith Works Vocational Services.....301-585-4471 [www.iworksmc.org](http://www.iworksmc.org)
- Family Services, Inc.....301-840-3200 [www.fs-inc.org](http://www.fs-inc.org)