

Name	Purpose/Type	Website	Phone Number	Email	Contact Person
Dr. Ivan Walks/Integrated Health Resources	Psychiatrist, assessment, Individual/Group/Family Therapy	http://www.ihrclinic.com	(301) 583-5195	info@ihrclinic.com	
Dr. Zwerdling	Psychiatrist, medicaid		(301) 587-3430		
Healthy Foundations Group	Psychiatrists (in-network BCBS); several psychiatrists in practice	https://healthyfoundationsgroup.com/			client should complete online form and expect a waiting list; Dr. David Driver is head of practice
Dr. Pavan Segal/Bethesda Psychiatry	Child/Adolescent psychiatrist (OON)	https://bethesdap psychiatryllc.com/	301-615-4270	drsegal@bethesdap psychiatryllc.com	
Dr Selassi					
DR. ANJALI DSOUZA	Psychiatrist/Integrative medicine - v expensive but useful for those who don't want psychotropic meds	https://dcmedicine.com/dr-anjali-dsouza/			
Dr Patricia Frye	Medical Cannabis Dr	https://takomacare.com/	540-729-3585		\$265 initial, \$80 follow up, \$115 yearly MMJ license
Toni Richardson	Psychiatric nurse practitioner	https://www.psychologytoday.com/us/psychiatrists/toni-richardson-camp-springs-md/726278	(240) 233-2855		
Greg Barber	Psychiatrist, 18+ (out of network, but considering credentialing)	gbpsychiatry.com	(410) 960-7272	drbarber@gbpsychiatry.com	Prefer clients to complete online form on website. Very responsive, has immediate openings.
Maryland Centers for Psychiatry	mental health services for children, adolescents and adults	MarylandPsychCenters.com	410-461-3760	office@marylandpsychcenters.com	
Dr. Julie Brownley	Psychiatry for women 18-64. General practice + specializes in reproductive psychiatry (PMDD, post-partum disorders, infertility, pcos, pregnancy and prepregnancy). Out of network	psychiatryforwomen.org	646-397-7310	info@psychiatryforwomen.org	
Naveena Hemanth	Child and adolescent psychiatry		301-468-1001		Same practice as Amita Jha (see below)?
Amita Jha, Bethesda Psychiatry	Practice accepts BCBS, AETNA, CIGNA, UHC	https://www.bethesdap psychiatrymd.com/	301-468 1001/1002	AJBPM@gmail.com	
Shira Rubinstein, MD	Child and adolescent psychiatry (private pay)		(301) 585-2909	drshrubinstein@hushma	8555 16th St, Silver Spring, MD
Solomon Meltzer, MD	Psychiatry, Med Management, Forensic Psychiatry, Therapy, 18+ (Also has a Psychiatric NP that may see teens) INN with CareFirst and Tricare.	https://meltzerpsychiatry.com/	(410)929-4060		Offices in DuPont, Rockville, Bethesda & Virtually. Immediate Openings.
Elizabeth Onyejekwe	Psychiatric Nurse practitioner	admin@godaelihcs.com	703-870-0783	https://www.godaelihcs.com	
Ariel B. Pasking, CRNP	Women's health psychiatry, based in OB/GYN office. Takes insurance!		410-296-8001	ariel.paskin@adashekmedicine.com	Office in Lutherville, MD. May see clients remotely -- not sure. Focuses on Gyn/Psych
Healthy Foundations Group	psychopharm, IOP, group, therapy	https://healthyfoundationsgroup.com/new-patients-2/	3019704001		Bethesda MD
Kimberly Walker, MD	Child/Adol./Adult psychopharm; accepts BCBS, Cigna, others	https://www.drkimberlywalker.com/			Recommended by former colleague of Janet's; may have waitlist
Michele Bradshaw, DNP, NP	evaluations, med management, saturday appointments and virtual only, accepting medicaid, MMJ	www.neurodipity.com	301-291-5272		
MIndvita Wellness, NP	medication management, diagnosis, some clinical services, injections, holistic supports	mindvita.org	703-278-3767	admin@mindvita.org	Katarina Mijic-Barisic

Dr. Yarelis Guzmán Quiñones	Adults -- men and women. No insurance, but sliding scale. Speaks English and Spanish. Particularly interested in helping women w/ ADHD, anxiety, and OCD. Licensed in MD, VA, DC, FL, NY	https://www.psychiatryforwomen.org/guzman	646-397-7210	info@psychiatryforwomen.org	
Janine Michealson, PNP	anxiety, mood dx, eating, trauma, sleep. Will do evaluations for ADHD and Autism 18 years and up. Works with ages 6-106. Comorbidity specialty. Knows supplements. Works with trans, fibromyalgia, diabetes. populations.	http://www.integralmentalhealth.com/		janine@integralmentalhealth.com	OON \$600 intake, \$250 for 25 min, \$350 for 45 min appt, evaluation \$2000. Free 15 min consult DMV, MASS license, telehealth only
Dr. Sinan Duzyurek	Treats a broad range of mental health issues (ADHD, OCD, Mood disorders, Anxiety disorders, PTSD, chronic pain, grief, sleep disorders, co-occurring addictions). Unique specialty: men's issues	http://www.duzyurekmd.com/			