

Resource Directory

These professionals either have a South Indian language skill or other experience with the South Indian community. This list is not an endorsement by Kerala Association of any particular professional. The purpose of providing the names and contact information in this resource directory is to make services more accessible to the Malayalee Community.

Disclaimer:

This directory is not a referral service. We do not verify the license or credentials of anyone listed. Once you locate a professional, please investigate their background to ensure that they are licensed, and that they do not have a history of complaints or disciplinary problems with their professional licensing board. No recommendations or guarantees are made regarding the quality of service you might expect or receive from any of the professionals or businesses listed.

Mental Health

Muslim Community Center Health Clinic

Location: 15200 New Hampshire Ave., Silver Spring, MD 20905

Languages: English, Urdu

Phone: (301) 384-2166

The Muslim Community Center runs a free health clinic for the uninsured residents of Montgomery County. The clinic offers free psychiatric and psychotherapy services for adult patients. Most visits for psychiatry are seen on Sundays; please call during the week, Monday-Friday from 10am to 2pm for an appointment.

South Asian Wellness Clinic at Johns Hopkins

Location: 4940 Eastern Ave., Baltimore, MD 21224

Languages: Hindi, Kannada, Tamil, Telegu

The South Asian Wellness Clinic is a specialty clinic run out of the community psychiatry clinic at Johns Hopkins Bayview Medical Center. The clinic addresses the language and cultural needs of a South Asian client. The clinic can provide psychiatric, psychotherapy and substance abuse services. The clinic is open from 8am to 10am during the first and third Friday of every month by appointment only. To schedule an appointment, call Bea Robbins at (410)550-0019.

Domestic Violence Resources for South Asian Immigrant Women:

Asian Self-Help Association (ASHA) , (202) 207-1248

Mental Health Referral Services for South Asians:

Counselors Helping Asians/Indians, Inc. (CHAI) , (410) 461-1634

Devika Krishnan, M.D.
Psychiatrist
Speaks Tamil
500 N. Rolling Road
Catonsville, MD 21228
(410) 869- 7240

Narayanan Ramesh, M.D.
Psychiatrist
Speaks Tamil
915 Russel Avenue
Gaithersburg, MD 20879
(240) 683-6202

Ramesh Trapar, M.D.
Psychiatrist
Speaks Hindi and Punjabi
14901 Broscharrt Road
Rockville, MD 20850
(301) 838-4913

Racha Varia, PhD
Psychologist
Neuropsychiatric testing,
Learning Disabilities and
Therapy
(703) 395-3422

Sambu Banik, PhD
Psychologist
Speaks Hindi, Bengali
1012 14th Street, NW, Suite 903
Washington, DC 20005

Shoba Nayar, LICSW
Psychotherapist
Understands Malayalam
Individual, couples
Depression, anxiety, relational issues, GBL, trauma, cross cultural issues
5225 Wisconsin Ave NW, Suite 310,
Washington, DC 20015
(301)806-6506

Medicine

Cissy Pottanat, M.D., M.P.H.
Speaks Malayalam
Family Practice & Geriatric
7115 Leesburg Pike # 2111
Falls Church, VA 22043
(703) 532-1111

Suresh Muttath, M.D.
Speaks Malayalam
5711 Sarvis Ave
Riverdale, MD 20737
(301)277-8100

Legal

Ashok Batra, Attorney at Law
419 7th Street, NW, Suite 400
Washington, DC 2004
(202) 538-1155
(301) 384- 8276

Dilip Paliath, Attorney at Law
102 W. Pennsylvania Avenue
Suite 302
Baltimore, MD 21204
410.494.1494 (O)
410.812.4057 (M)

Issac Kunnirickal, Attorney at Law
Speaks Malayalam
4405 East West Highway, Suite 601
Bethesda, Maryland, 20814
(301) 652-0999
(301)257-6577

Johnson Myalil, Attorney at Law
Speaks Malayalam
12030 Sunrise Valley Drive, Suite 160
Reston, VA 20191
(202) 628- 9250

Free Legal Advice Clinics (Custody, Child Support, Debts & Immigration)
1st & 2nd Thursday of each month
5:30 p.m. to 8:30 p.m.

Eastern Montgomery Regional Services Center
3300 Briggs Chaney Road
Silver Spring, MD 20904
(240) 777-8400