

UMD Resources for Helping Students in Distress

University Counseling Center

301-314-7651

Open M-Th, 8:30am-9:00pm; Friday, 8:30am-4:30pm

Phone number answered 24 hours per day

Located in the Shoemaker Building

<http://www.counseling.umd.edu/>

The Counseling Center provides individual, group, and couples counseling/psychotherapy, help for both personal/social issues and educational/vocational concerns, intake and emergency appointments, walk-in hours, crisis management, consultation and outreach, psychology, personality, and career interest testing, and off-campus referrals.

Helping Students in Distress Publication:

<http://www.counseling.umd.edu/cs/facultystaff/studentsindistress/>

Walk-in Hours for Veterans, Students of Color, and LGBT Students: M-F, 3:00-4:00pm

University Health Center, Mental Health Services

301-314-8106

Open M-F, 8:30am-5:00pm

Located in the University Health Center

<http://www.health.umd.edu/mentalhealth>

Mental Health Services provides short term individual therapy, group therapy, medication evaluation and medication management, mental health emergencies, and suicide prevention programming.

Kognito Online Training

<https://md.kognito.com/>

Online training tool for faculty, staff, and students for identifying and helping students in distress.

Behavior Evaluation and Threat Assessment (BETA) Team

301-314-8428

<http://www.studentaffairs.umd.edu/staff-faculty/beta-team>

The BETA (Behavior Evaluation and Threat Assessment) Team evaluates reports about University of Maryland students who are concerning, disruptive, or threatening.

Help Center

301-314-HELP

<https://hcreources.wordpress.com/>

Student-run support system that provides help after hours providing peer to peer support.

National Suicide Prevention Lifeline

1-800-273-TALK

<http://www.suicidepreventionlifeline.org/>