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
https://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://hcresources.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/

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