

MENTAL HEALTH CRISIS RESOURCES

<https://www.studentaffairs.umd.edu/counseling-health>

The Counseling Center offers free and confidential counseling and mental health services to students and others in the university community. To foster the psychological, personal, academic, career development and accessibility needs of students, the Counseling Center offers a wide range of services. Services include individual, group, couples career and workshop clinical services; career interest testing and counseling; consultation and outreach, and crisis intervention services. Other services include academic counseling and learning strategies support provided by the Learning Assistance Service, and accommodations and coaching for students with disabilities offered through Accessibility & Disability Service.

The Health Center provides health and medical care for students, faculty, and staff of the University of Maryland. To care for Terps, the Health Center offers clinical, mental health, and health promotions services. They're also there to answer your questions about health insurance coverage.

Maryland Faculty and Staff can also find help at the Health Center.

- More services: The Counseling Center has started running workshops for students dealing with anxiety and depression. Twelve workshop groups (3 one-hour sessions), each composed of 4-12 students, are currently underway.
- Online counseling: The Counseling Center has expanded their list of referral options to include online counseling at www.betterhelp.com and www.talkspace.com. Many other institutions have implemented a similar online service approach.
- Emergencies: The Counseling Center is open 8:30 am-9:00 pm, Monday through Thursday and 8:30 am-4:30 pm on Fridays. ***Students in crisis can walk in anytime and wait to be seen.***
- After hours: Students in crisis can call ProtoCall emergency crisis counseling service available 24/7 when the Counseling Center is closed. By calling the Counseling Center main number, students will be redirected to speak with a licensed therapist at ProtoCall.
- Partnerships: In addition to a robust network of faculty and staff across campus, a liaison from the student group SPARC, Scholars Promoting and Revitalizing Care, was identified to work with the Counseling Center and the Mental Health unit in the Health Center. Dr. Sharon Kirkland Gordon, Director of the Counseling Center, and Dr. Marta Hopkinson, Director of Mental Health in the Counseling Center, have already met with their representatives.
- The Division of Student Affairs is committed to the health and well-being of our campus and community. Should you need help, we encourage you to make use of the University Counseling Center and University Health Center.