UMD Community Resources
Mental Health First Aid

24-Hour Crisis/Emergency Support

University

- **University of Maryland Police**: 301-405-3333 (emergency) / 301-405-3555 (non-emergency)
- **Counseling Center**: 301-314-7651 (24-hour crisis support)
- **CARE to Stop Violence**: 301-741-3442 (24-hour crisis support line)
- **Resident Life** Staff:
  - During Business Hours (Monday-Friday, 8:30am-4:30pm)
    - Resident Life South Campus Office: 301-314-7484
    - Resident Life North Campus Office: 301-226-4830
  - After Business Hours (M-F, 7pm-8:30am, 24 hours on weekends & holidays) Contact RA on Duty by calling the appropriate residence hall service desk.

Community

- **Crisis Text Line**: Text HOME to 741741
- **LGBTQ Suicide Prevention, The Trevor Project**: chat, call 1-866-488-7386, or Text TREVOR to 1-202-304-1200
- **Trans Lifeline**: 1-877-565-8860
- **2-1-1 Maryland Helpline**: Call 211, visit 211md.org, or text your zipcode to 898-211
- **Help4MDYouth.org**: Chat via website or call Maryland Youth Crisis Hotline at 1-800-422-0009
- **National Suicide Prevention Lifeline**: 1-800-273-8255

Mental Health Professionals

- **Counseling Center**: 301-314-7651 (24-hour crisis support)
- **Behavioral Health Unit**, Health Center: 301-314-8106
- **CARE to Stop Violence Office**, Health Center (confidential assistance): 301-314-2222
- **Substance Use, Intervention, & Treatment (SUIT) Program**, Health Center: 301-314-8106
- **SUCCEEDS Clinic for students with ADHD**: 301-405-4606
- **Faculty Staff Assistance Program (FSAP)**: 301-314-8170, 301-314-8099
- **Social Interaction Group Network for students with Autism (SIGNA)**: 301-405-4218
- **Psychology Clinic**: 301-405-4808 treatment by doctoral students, open to community
- **Center for Healthy Families**: 301-405-2273 treatment by graduate students, open to community
- **Find a therapist** with Psychology Today
Material Needs

- **Campus Pantry**: 301-314-8054
- **Faculty Staff Assistance Program Emergency Loan Fund (FSAP ELF)**
- **Fostering Terp Success** for students who experience housing insecurity, lack a supportive family system, or who are or were in foster care
- **Off-Campus Housing Services** 301-314-3645
- **Student Crisis Fund**
- **Services247**: online database connecting Prince George’s County residents to resources

Find Supportive Community

- **Chaplains** 301-314-9866 spiritual support with leadership in 15 different faiths
- **Office of Diversity & Inclusion**
- **Nyumburu Cultural Center**
- **LGBT Equity Center**: 301-405-8720
- **Multicultural Involvement @ Community Advocacy** (MICA)
- **Undocumented Student Resources**
- **Veteran Student Life** 301-314-0073
- **Graduate Student Life** 301-314-9544
- **International Student & Scholar Services (ISSS)** 301-314-7740
- **Student Affairs Work-Life** Integration Resources, including identity-based affinity groups

Other Relevant Resources

- **Mental Health First Aid** certification teaching how to detect and respond to mental health challenges
- **HELP Center**: 301-314-HELP (4357) student-run support line
- **SKY@UMD: The Campus Happiness Program**
- **Bias Incident Support Services**
- **Office of Civil Rights & Sexual Misconduct (Title IX Office)**: 301-405-1142
- **Accessibility & Disability Services**: 301-314-7682