



UMD Community Resources

Mental Health First Aid



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

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

- [National Suicide Prevention Lifeline](#): 988 or 1-800-273-8255
- [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 zip code to 898-211
- [Help4MDYouth.org](#) Chat via website or call Maryland Youth Crisis Hotline at 1-800-422-0009

Mental Health Professionals

University

- [Counseling Center](#): 301-314-7651 (24-hour crisis support)
- [Behavioral Health Services](#), 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
- [Faculty Staff Assistance Program \(FSAP\)](#) 301-314-8170, 301-314-8099
- [Graduate School Academic Counselor](#): Simone Warrick-Bell
- [SUCCEEDS Clinic for students with ADHD](#): 301-405-4606
- [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

Community

- [Find a therapist](#) with Psychology Today
- Find a therapist with [Therapy for Black Girls](#)
- [Care Solace - College Park](#): (888) 515-7881

Material Needs

- [Campus Pantry](#): 301-314-8054
- [Terp to Terp Campus ReUse Store](#) students can “shop” for free items donated by other members of the UMD community
- [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](#)

Find Supportive Community

- [Chaplains](#) 301-314-9866 spiritual support with leadership in 15 different faiths
- [Office of Diversity & Inclusion](#)
- [Terps for Recovery Weekly Meetings](#) – registration required
- [Nyumburu Cultural Center](#)
- [LGBTQ+ Equity Center](#): 301-405-8720
- [Multicultural Involvement @ Community Advocacy](#) (MICA)
- [Immigrant & Undocumented Student Life](#) undoc@umd.edu
- [Veteran Student Life](#) 301-314-0073
- [Graduate Student Life](#) 301-314-9544
- [International Student & Scholar Services \(ISSS\)](#) 301-314-7740
- [Faculty/Staff Affinity Spaces](#)

Other Relevant Resources at UMD

- [Health Promotion and Wellness Services](#)
- [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

