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: 301-226-4835
  ○ After Business Hours (M-F, 7pm-8:30am, 24 hours on weekends & holidays) Contact RA on Duty by calling appropriate residence hall service desk.

Community
● **Adventist HealthCare White Oak Medical Center**: 11890 Healing Way, Silver Spring
● **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
● **Haven at College** Outpatient Treatment Center: 202-549-7115
● **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
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

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