

## Mental Health Services

### Counseling Center

Shoemaker building  
(301) 314-7651

**Services:** ▲ □ ◆ ▽ ■ ○

**Hours:**

Mon-Thurs: 8:30am-9:00pm  
Fri: 8:30am-4:30pm

### University Health Center\*

Building 140, Campus Dr.  
(301) 314-8106

**Services:** ▲ ❖ ◆

**Hours:**

Mon-Fri: 8:30am-5:00pm

### Psychology Clinic\*

Biology-Psychology Building  
(301) 405-4808

**Services:** ▲ ●

**Hours:**

Mon-Fri: 8:30am-5:00pm  
Some evening hours may be available

### University Chaplains

(301) 314-9866

**Services:** ☩

**Hours:**

Vary for each denomination or religion

### Center for Healthy Families\*

School of Public Health  
(301) 405-2273

**Services:** ▲ ● □

**Hours:**

Mon-Thurs: 9:00am-9:00pm  
Fri & Sat: By request and as available

### Help Center

South Campus Diner  
(301) 314-HELP

**Services:** #

**Hours:**

Vary per semester

*This is a student-run organization*

## 24/7 In-Crisis Phone Numbers

National Suicide Prevention Lifeline  
**(800) 273-TALK**

- Veterans Press 1
- En Español Oprimos El 2

The Trevor Lifeline  
**(866) 488-7386**

- LGBTQ Youth & Young Adults

Maryland Youth Crisis Hotline  
**(800) 422-0009**

Prince George's Hospital Center  
**(301) 618-2000**

Washington Adventist Hospital  
**(301) 891-7600**

CARE to Stop Violence  
24-Hour Crisis Phone  
**(301) 741-3442**

UMD Police Department  
**(301) 405-3333**

## Information & Support

### UMD Resources:

- Veteran Student Life
- LGBT Equity Center

### Off-Campus Resources:

- The JED Foundation
- American Foundation for Suicide Prevention
- Substance Abuse and Mental Health Services Administration
- Uline

- ▲ Individual Therapy
- Couples Therapy
- ◆ Group Therapy

- ▽ Career Counseling
- Marriage/Family Counseling
- ☩ Pastoral Counseling

- Disability Support
- Learning Assistance
- Psychoeducational Testing

- ❖ Medication Evaluation & Management
- # Peer-to-Peer Counseling

\* Fees may apply