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

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
- Ulifeline

24/7 In-Crisis Phone Numbers

National Suicide Prevention Lifeline
(800) 273-TALK
- Veterans Press 1
- En Español Oprima 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

▲ Individual Therapy
d ▲ Couples Therapy
d ♦ Group Therapy
▼ Career Counseling
d ♦ Marriage/Family Counseling
d ♦ Pastoral Counseling
■ Disability Support
d ♦ Learning Assistance
d ♦ Psychoeducational Testing
▼ Medication Evaluation & Management
# Peer-to-Peer Counseling

* Fees may apply

This is a student-run organization