

Campus Resources

The following are campus resources available to students and the community

Services Available to UMD Students and Affiliated Personnel

Not affiliated with UMD? Look at our [list of resources](#) available to the community!

Behavioral Health Services in the University Health Center

Website: www.health.umd.edu

Phone: (301) 314-8106

Works with: Only UMD students

Notes: Behavioral health services at the University Health Center include urgent scheduled crisis, medication management, substance use treatment and referral, ADHD (treatment only), eating disorders assessment and referral, gender dysphoria and transition-related hormone initiation support.

Not quite what you're looking for? Similar options: [UMD Psychology Clinic](#), [UMD Counseling Center](#), and [Maryland Psychotherapy Clinic and Research Lab](#)

HELP Center

Website: <https://helpcenterumd.org/>

Phone: (301) 314-HELP (4357)

Works with: Anyone affiliated with UMD

Notes: The Help Center at the University of Maryland is a student-run peer counseling and crisis intervention hotline and walk-in service that provides free and confidential help to the UMD community. They also offer free pregnancy tests and free resources.

Not quite what you're looking for? Similar options: [Crisis Lines](#)

UMD SUCCEEDS Clinic

Website: www.umdadhd.org/succeeds

Phone: (301) 405-1924

Notes: Assessment and treatment for UMD students with ADHD that are struggling with academic or mental health difficulties.

Works with: Only UMD students

Not quite what you're looking for? Similar options: [UMD Psychology Clinic](#)

UMD Counseling Center

Website: www.counseling.umd.edu

Phone: (301) 314-7651

Works with: Only UMD Students

Notes: Services offered at the Counseling Center include, among others: academic skills counseling and workshops; career counseling; couples counseling; group counseling; individual psychological counseling; national educational testing services; and support for students with disabilities.

Not quite what you're looking for? Similar options: [Accessibility and Disability Services](#), [UMD Psychology Clinic](#), [Behavioral Health Services](#), and [Maryland Psychotherapy Clinic and Research Lab](#)

Counseling Center Therapy Groups: <https://www.counseling.umd.edu/cs/clinical/group/>

Counseling Center Workshops: <https://www.counseling.umd.edu/cs/workshops/>

UMD Campus Advocates Respond and Educate (CARE) to Stop Violence

Website: www.health.umd.edu/CARE

Phone: (301) 314-2222

Works with: Anyone affiliated with UMD

Notes: CARE to Stop Violence provides free, confidential advocacy and therapy services to primary and secondary survivors of sexual assault, relationship violence, stalking, and sexual harassment. They also provide prevention services, trainings, and student engagement opportunities.

Not quite what you're looking for? Similar options: [Accessibility and Disability Services](#), [UMD Psychology Clinic](#) and [UMD Counseling Center](#)

Crisis Line: (301)-741-3442 Open 24/7 (Fall and Spring semesters)

Accessibility and Disability Services

Website: <https://www.counseling.umd.edu/ads/>

Phone: (301) 314-7682

Works with: Only UMD Students

Notes: The Accessibility and Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs and activities sponsored by the University of Maryland. Through the variety of services offered, we work to ensure that accommodations and accessibility needs are met. The ADS Office is staffed by dedicated professionals who are available to assist, consult, support, and advocate on behalf of individuals requesting disability services.

Not quite what you're looking for? Similar options: [CARE](#) and [UMD Counseling Center](#)

Services Available to the Community and to UMD Students

Affiliated with UMD? Look at our [list of resources](#) available to UMD Students, Affiliated Faculty and Staff!

UMD Psychology Clinic

Website: <https://psyc.umd.edu/graduate/clin-psychology-clinic>

Phone: (301) 405-4808

Works with: UMD Students and the surrounding community

Notes: The UMD Psychology clinic provides psychoeducation assessment (largely ADHD and LD) as well as treatment for UMD students and the greater Washington DC area.

Not quite what you're looking for? Similar options: [Maryland Psychotherapy Clinic and Research Lab](#), the [UMD Counseling Center](#), [Behavioral Health Services](#), the [SUCCEEDS Clinic](#)

Maryland Psychotherapy Clinic and Research Lab

Website: www.mpcrl.umd.edu

Phone: (301) 405-5820

Works with: UMD Students and the surrounding community

Notes: The Maryland Psychotherapy Clinic and Research Lab (MPCRL) provides high-quality, low-cost counseling and psychotherapy to adults in the greater Washington, D.C. metro area. Treatment focuses on insight and understanding difficulties in relationship problems, depression, anxiety, grief and loss, meaning in life, dreams, and nightmares.

Not quite what you're looking for? Similar options: [UMD Psychology Clinic](#), [Behavioral and Health Services](#), [UMD Counseling Center](#)

Hearing and Speech Clinic

Website: <http://hespclinic.umd.edu/>

Phone: (301) 405-4218

Works with: UMD Students and the surrounding community

Notes: The Speech Clinic offers evaluations of a wide range speech-language conditions, as well as individual and group therapy sessions for children and adults. The Hearing Clinic offers evaluations of hearing using state of the art technology. We offer hearing aids, assistive technology, and comprehensive rehabilitation services to children and adults of all ages.

Center for Healthy Families

Website: <https://www.thecenterforhealthyfamilies.com/>

Phone: (301) 405-3523; (301) 405-2273

Works with: UMD Students and the surrounding community

Notes: The Center for Healthy Families works with UMD students and surrounding community. It provides couples, family, and individual therapy. It also has the option for group therapy.

Not quite what you're looking for? Similar options: [UMD Psychology Clinic](#) and [Maryland Psychotherapy Clinic and Research Lab](#)

Memorial Chapel – Center for Religious and Spiritual Life

Website: http://thestamp.umd.edu/Memorial_Chapel

Phone: (301) 314-9866

Works with: UMD Students and on- and off-campus communities

Notes: Memorial Chapel is the center of religious life on campus and supports all fourteen university recognized chaplaincies and their programs. A non-denominational space, Memorial Chapel provides spiritual guidance to members of the campus community including students, staff, and faculty.

After-Hours Crisis Support

- CARE to Stop Violence 24-Hour Hotline: (301) 741-3442
- Counseling Center Crisis Support Line: (301) 314-7651
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

For Off-Campus Referrals, there are several online resources that allow you to enter what type of service you are looking for and find providers based on insurance type, location, and soonest availability. These include:

- www.zocdoc.com
- www.psychologytoday.com
- Your insurance provider's website

Questions to consider asking when seeking out services:

1. Do you specialize in _____ problem?
2. Do you take insurance? If so, which types of insurance?
3. How much does each session cost?
4. How long is the waitlist for services?