

PASSION TO INSPIRE MARYLAND PRIDE

Graduate Student Resources

Thanks to [Colleen Kase](#) for compiling these resources!

Please notify psycgradstudies@umd.edu for any questions, edits or suggestions.

** All resources listed are open to graduate students, those that are specifically for graduate students are in **bold****

Counseling Services

Resource	Services	Notes	Contact
UMD Counseling Center	<ul style="list-style-type: none"> ● Emergency walk-in appointments during business hours ● Onsite short-term individual, career, couples, and group counseling (including graduate student groups and dissertation group) ● Referrals to local providers for long-term counseling ● Mental health workshops (e.g., Anxiety Toolbox) 	<ul style="list-style-type: none"> ● All services are free to UMD students ● Call early in the semester for an appointment 	<ul style="list-style-type: none"> ● https://www.counseling.umd.edu/cs/ ● <i>To make an appointment:</i> (301) 314-7651 ● <i>After hours crisis support:</i> (301) 314-7651
UMD Health Center – Mental Health Service	<ul style="list-style-type: none"> ● Onsite short-term individual and group counseling (including graduate student groups) ● Psychological medication evaluation and management 	<ul style="list-style-type: none"> ● \$25 fee per appointment ● Free for students with the Student Health Insurance Plan 	<ul style="list-style-type: none"> ● http://www.health.umd.edu/mentalhealth ● <i>To make an appointment:</i> (301) 314-8106
UMD Center for Healthy Families	<ul style="list-style-type: none"> ● Individual, couples, and family counseling 	<ul style="list-style-type: none"> ● Session fee based on sliding scale 	<ul style="list-style-type: none"> ● https://www.thecenterforhealthyfamilies.com/ ● <i>To make an appointment:</i> (301) 405-2273
Help Center	<ul style="list-style-type: none"> ● Walk-in free peer counseling ● Anonymous peer support hotline 	<ul style="list-style-type: none"> ● Walk-in hours are 2pm to 8pm Monday through Thursday above South Campus 	<ul style="list-style-type: none"> ● https://helpcenterumd.org/ ● <i>Hotline:</i> (301) 314-HELP



PASSION
TO INSPIRE MARYLAND PRIDE

		<p>Dining Hall (Room 3105)</p> <ul style="list-style-type: none"> ● Hotline operates from 2pm to 2 am Monday through Thursday, 2pm to 10pm on Friday, and 4pm to 12am on Saturday 	
CARE to Stop Violence	<ul style="list-style-type: none"> ● One-on-one advocacy services for sexual assault and domestic violence survivors ● 24-hour crisis support line ● Short-term animal-assisted psychotherapy 	<ul style="list-style-type: none"> ● All services are free to UMD students ● No appointment needed 	<ul style="list-style-type: none"> ● http://www.health.umd.edu/care ● <i>To make an appointment:</i> (301) 314-2222 ● <i>24-hour crisis support:</i> (301) 741-3442
Substance Use Intervention and Treatment Unit	<ul style="list-style-type: none"> ● Individual substance use assessments ● Referrals to local substance use services ● Onsite individual and group counseling for substance use issues ● Onsite 12-step groups ● Smoking cessation counseling 	<ul style="list-style-type: none"> ● Most services billed through insurance ● Assessments, groups, and smoking cessation program are free to students 	<ul style="list-style-type: none"> ● http://www.health.umd.edu/mentalhealth/substanceuse ● <i>To make an appointment:</i> (301) 314-8106 ● <i>For smoking cessation:</i> (301) 314-9629
Students in Recovery Drop-In Space	<ul style="list-style-type: none"> ● Drop-in support for students in recovery from alcohol or drug addiction 	<ul style="list-style-type: none"> ● Health Center, Room 0141 ● Monday Through Friday: 1pm to 4pm (Except 2nd and 3rd Thursday each month) 	<ul style="list-style-type: none"> ● <i>To make an appointment:</i> (301) 314-8180



Health Services

Resource	Services	Notes	Contact
UMD Health Center – Stress Management Services	<ul style="list-style-type: none"> One-on-one appointments with a health educator who will provide stress management strategies, relaxation techniques, and referrals to additional campus services 	<ul style="list-style-type: none"> Free one-hour appointment 	<ul style="list-style-type: none"> http://www.health.umd.edu/healthpromotion/ess/programs To make an appointment: (301) 314-1483
UMD Health Center – Meditation	<ul style="list-style-type: none"> Drop-in meditation groups Individual mediation sessions 	<ul style="list-style-type: none"> Groups and individual sessions are free to students Groups are held in the Health Center, Room 1150 	<ul style="list-style-type: none"> http://health.umd.edu/meditation To make an appointment: (301) 314-9629
UMD Health Center – Massage	<ul style="list-style-type: none"> 50-minute individual massage sessions 	<ul style="list-style-type: none"> \$60 per session 	<ul style="list-style-type: none"> http://www.health.umd.edu/clinicalservices/complementary/massage To make an appointment: (301) 314-8184
UMD Health Center – Acupuncture	<ul style="list-style-type: none"> 60-minute acupuncture sessions 	<ul style="list-style-type: none"> \$60 per visit (may be billed to insurance) Free for the Student Health Insurance Plan 	<ul style="list-style-type: none"> http://www.health.umd.edu/clinicalservices/complementary/acupuncture To make an appointment: (301) 314-8184



Multicultural Services

Resource	Services	Notes	Contact
Office of Multicultural Involvement & Community Advocacy (MICA)	<ul style="list-style-type: none"> Staff members can provide personal advising to students related to issues of sexual orientation, race, ethnicity, and culture Regular social, mentoring, and academic events for students of various minority identities 	<ul style="list-style-type: none"> Most events are held in 1120 Stamp 	<ul style="list-style-type: none"> http://thestamp.umd.edu/multicultural_involvement_community_advocacy/services (301) 314-8600
Nyumburu Cultural Center	<ul style="list-style-type: none"> Work and meeting spaces for Black students Weekly discussion group for Black students and staff Social and leadership events for Black students Personal advising for Black students from staff 	<ul style="list-style-type: none"> Weekly discussion occurs every Wednesday from 11:50 to 12:50 with free pizza 	<ul style="list-style-type: none"> http://www.nyumburu.umd.edu/calendar.html
LGBT Equity Center	<ul style="list-style-type: none"> Various discussion groups for LGBT students Regular social and leadership events for LGBT students Bi-weekly community space for LGBT graduate students 	<ul style="list-style-type: none"> Discussion groups held in the Equity Center (2218 Marie Mount Hall) Graduate student spaces held in the Equity Center on Thursdays from 12:30 to 1:30 	<ul style="list-style-type: none"> https://lgbt.umd.edu/student-groups

PASSION

TO INSPIRE MARYLAND PRIDE

Well-Being

Resource	Services	Notes	Contact
Pet Away Worry & Stress (PAWS)	<ul style="list-style-type: none"> Regularly scheduled opportunities to spend time with therapy dogs 	<ul style="list-style-type: none"> Events are free and open to all UMD students 	<ul style="list-style-type: none"> http://d.umn.edu/health-services/health-education/paws
Graduate Student Life	<ul style="list-style-type: none"> Monthly social events for graduate students Monthly craft nights for graduate students Study breaks with coffee, food, and activities at the end of each semester Graduate student appreciation week each semester with free food and events 	<ul style="list-style-type: none"> Social events are discounted for graduate students and a guest Craft nights and study breaks are free Most events held in the Graduate Student Lounge (0121 Stamp) 	<ul style="list-style-type: none"> http://thestamp.umd.edu/graduate_student_life
Graduate Student Lounge	<ul style="list-style-type: none"> Lounge open to graduate students with work spaces, refrigerator, microwave, and board games Free coffee and raffles for graduate students every Thursday between 8:30am-4pm 	<ul style="list-style-type: none"> Lounge located in 0121 Stamp Lounge is open weekdays from 8:30am-5pm 	<ul style="list-style-type: none"> http://thestamp.umd.edu/graduate_student_life/about_gsl
Graduate Student Life – Family Programs	<ul style="list-style-type: none"> Listserv for graduate students with children Events for graduate students and their families 	<ul style="list-style-type: none"> All events are free 	<ul style="list-style-type: none"> http://thestamp.umd.edu/graduate_student_life/family_programs
University Recreation & Wellness	<ul style="list-style-type: none"> Access to gyms, pools, and golf course Fitness classes at various gyms throughout campus Personal training and nutrition coaching 	<ul style="list-style-type: none"> Gym and pool access and fitness classes are free to all students Other activities are discounted for students 	<ul style="list-style-type: none"> https://recwell.umd.edu/activities



	<ul style="list-style-type: none"> ● Club and intramural sports ● Adventure trips (e.g., hiking, kayaking, biking), including graduate student only trips ● Clinics and classes for outdoor activities 		
Memorial Chapel	<ul style="list-style-type: none"> ● Chapel open for private meditation and worship ● Chaplains available for students of various religions for spiritual counseling ● Drop-in faith classes and worship services 	<ul style="list-style-type: none"> ● Chapel open on weekdays from 8am to 5pm 	<ul style="list-style-type: none"> ● http://thestamp.umd.edu/memorial_chapel

Financial & Legal Services			
Resource	Services	Notes	Contact
Office of Student Financial Aid	<ul style="list-style-type: none"> ● Financial Aid ● Emergency Assistance ● Emergency Loans ● Financial Literacy 		<ul style="list-style-type: none"> ● https://financialaid.umd.edu/ ● (301) 314-8377 ● https://financialaid.umd.edu/aid/emergency_assistance.html ● https://financialaid.umd.edu/literacy/index.html
Grad Student Legal Aid (GLAO)	<ul style="list-style-type: none"> ● Free legal information, consultations, referrals and brief assistance to grad students. ● Immigration Attorney Appointments 		<ul style="list-style-type: none"> ● https://thestamp.umd.edu/gh/the_4_g_network/graduate_student_legal_aid ● https://thestamp.umd.edu/gh/the_4_g_network/graduate_student_legal_aid ● http://umddepartments.orgsync.com/org/gradlegalaid/Immigration