



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

COUNSELING SERVICE

The Counseling Service unit of the Counseling Center is the primary location for psychotherapy on campus. We are available to help you with a variety of concerns that can affect your mental health, personal wellbeing, and academic effectiveness.

SERVICES

We offer:

- Group counseling
- Brief individual counseling
- Evidence-based workshops
- Career assessment and counseling
- Drop-in hours for underrepresented students
- Referral assistance

A detailed description of all of our services is available on our website.

GETTING STARTED

To begin with any of our clinical services, schedule an intake appointment with the Counseling Center. Scheduling can be done in person or by phone. The goal of the intake session is to determine the nature of the presenting issues and discuss options for addressing these issues.

ELIGIBILITY & CONFIDENTIALITY

Our clinical services are available and free of charge to all currently enrolled UMD students.

All communications between clients and counselors are confidential to the full extent of the Maryland state law. Counseling records are separate from academic records.

Same-day urgent visits are available in person during business hours. Urgent consultation is available by phone anytime outside of business hours by dialing (301) 314-7651.

CRISIS SUPPORT

For life threatening emergencies, please call 911.

WHO SEEKS COUNSELING?

Common presenting concerns include:

- Anxiety
- Difficulty managing stress
- Depression
- Low self-esteem
- Loneliness or difficulty making friends
- Academic issues
- Career concerns
- Relationship conflicts

These concerns are quite common among students. As such, we offer resources for understanding and addressing such concerns on our webpage: counseling.umd.edu/cs/commonconcerns/

OUTREACH & CONSULTATION SERVICES

In addition to offering clinical services, the Counseling Center engages the campus community in wellness and prevention through outreach programming and initiatives. Students, faculty, and staff can request outreach programs for their organizations and departments through our website.

When concerned about a student's mental health and wellbeing, Counseling Center staff can offer consultation to faculty/staff and parents through the Warmline at our main phone number.

COMMITMENT TO DIVERSITY

We are committed to providing culturally informed services to the campus community. We strive to offer services and programs that are inclusive, and give voice to the varied experiences of all individuals, by providing a safe place to be heard, appreciated, and accepted.

Fall & Spring Semester Hours

Mon-Thu: 8:30 a.m.-9 p.m. & Fri: 8:30 a.m.-4:30 p.m.

Summer Hours

Mon-Fri: 8:30 a.m.-4:30 p.m.

Shoemaker Building | (301) 314-7651 | counseling.umd.edu/cs
After-hours counselors are available for crisis situations.

