



GET SOME HELP!

At the University of Maryland, there are many resources available to support you.

COUNSELING AND MENTAL HEALTH

- [UMD Counseling Center](#)-Counseling Service, Accessibility & Disability Service, Learning Assistance Service, and the Testing Office
- [UMD Help Center](#). - Student run peer counseling
- [UMD Behavioral Health Services](#)- mental health counseling, psychiatry, pharmacy, medication management, health promotion, wellness service, and other services.
- [National Suicide Prevention Lifeline](#): 800-273-8255 or the Maryland Crisis Hotline 800-422-0009.
- SAMHSA hotline- 800-662-4357: Free, confidential, 24/7/365 treatment referral and information resource for individuals and families facing mental health and/or substance use disorders.
- [Togetherall](#) provides a safe, online community for person-to-person well-being and mental health support that is monitored by licensed mental health professionals.
- [UMD Memorial Chapel](#)- The garden of remembrance is a good place for quiet reflection. Go visit and leave an entry in one of the anonymous journals under the benches there.
- [UMD Art & Learning Center](#) Explore and enjoy your creative side and have an outlet for your stress.
- [UMD Recwell](#) - Taking care of your physical health is good for your mental health as well.

ACADEMICS

- [Tutoring and academic support resources](#)
- [UMD Teaching and Learning Center](#) resources- includes tutoring, study skills, academic counseling, and learning to learn. → Check out the [Math Success Center](#) and [Guided Study Sessions](#) for specific courses.
- Even more [study and academic support resources from UNC](#)
- Talk to the [AGNR librarian](#) for help on your next research project
- [National Tutoring Association](#)- Find a tutor online
- [Accessibility & Disability Service \(ADS\)](#) - provides accommodations to qualified individuals to ensure equal access to services, programs, and activities.

COMMUNITY SUPPORTS

- [LGBTQ Equity Center](#)- networking, advocacy, and support for LGBTQ Terps.
- [Multicultural Involvement & Community Advocacy](#)-(MICA)- empowers students through education on issues of race, ethnicity, sexual orientation, gender identity, gender expression, religion and their intersections
- [First Generation Terps](#)- A resource for students who are the first in their family to attend college
- [Transfer and Off-campus Student Life](#) resources
- [TerpVets](#) - Student-run organization supporting our veterans on and off campus
- [Minorities in Agriculture and Natural Resources Related Sciences \(MANRRS\)](#)-Promotes academic and professional advancement by empowering minorities in agriculture, natural resources, and related sciences.
- [UMD Parents Google Group](#) (search UMDParents) for students, faculty, and staff who are parents.
- [Religious Ministries](#) On campus .
- UMD [Office of Diversity and Inclusion](#)
- UMD [Office of Multi-Ethnic Student Education](#)
- [AGNR Student organizations](#) - A great place to find a community of people with similar interests

LEGAL ISSUES

- [UMD Legal Aid](#)- Free legal aid for full time UMD students on a range of issues.
- [Free legal answers](#) and advice

TECHNICAL SUPPORT

- [Tech Issues](#)- The Division of Information technologies help landing page
- ELMS-Canvas how-to [guides](#)
- [Zoom technical support](#)



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PHYSICAL VIOLENCE AND SEXUAL ASSAULT

- [CARE Center](#)- Campus Advocates Respond and Educate to Stop Violence, a confidential resource for victims of violence including sexual assault. 24/ crisis hotline. 301-741-3442
- [Office of Civil Rights & Sexual Misconduct](#)- Also known as the Title IX office, this office works administers UMD policies against discrimination and harassment.
- [UMD Police](#)
- [National Sexual Violence Resource Center](#) - Listing of survival communities and hubs for survivors of different types of sexual assault. Organized by resource type.
- [National Domestic Violence Hotline](#)-24/7 hotline for those experiencing domestic violence. Provides resources and support for those reaching out. Can be utilized via call, text and online messaging. 1-800-787-3224

FOOD

- [UMD Campus Pantry](#) - Open to students, faculty, and staff who are experiencing food insecurity.
- [Hungry Terps Twitter Feed](#) - Find food giveaways, free meals, and other free food on campus
- [College Park Community Food Bank](#) - Through the Church of the Nazarene
- [Supplemental Nutrition Assistance Program \(SNAP\)](#) - MD Dept of Human Services- Available to a limited number of students who meet certain eligibility requirements.
- Find food pantries in your neighborhood at [FoodPantries.org](#).

MONEY

- [UMD Career Center](#) - Learn more about your interests and aptitudes as you plan for a career.
- [UMD Financial aid office](#) - Student loans and other financial supports
- [UMD student crisis fund](#) - One time emergency funds for terps struggling with a sudden financial problems.
- Other [UMD Student financial crisis supports](#)
- [AGNR Scholarships](#) and special loans as well as [scholarships across UMD](#).
- [Fostering Terp Success](#) - Assistance for Terps who are unhoused and lack a supportive family network or have a history of being in the foster care system.

CAMPUS EMERGENCIES

- [UMD Police](#) Call 301-405-3333 (UMPD emergency line) if you are on campus or 911 if you are off campus.
- [UMD Inclement Weather](#) page
- [UMD Apps](#) - Stay up to date with what is going on around campus from your phone.
- [UMD Office of Emergency Management](#)
- [Prince George's County Office of Emergency Management](#)
- [FEMA - Preparing for a disaster](#) handbook