THE UNIVERSITY OF MARYLAND COUNSELING CENTER
The Counseling Center

• Accessibility and Disability Service
• Counseling Service
• Research Unit
• Testing Office

Shoemaker Building
www.counseling.umd.edu
(301)314-7651
Accessibility and Disability Service

• Accessibility and Accommodations
  • Documentation from qualified & credentialed provider.
• Advocacy and Coaching
• Contact: 301-314-7682 or dissup@umd.edu

Most Common Registered Disabilities

- ADHD
- Learning Disability
- Psychological
- Physical
- Medical
- Deaf/Hard of Hearing or Visual
What brings students to the Counseling Service?

- Difficulty concentrating
- Low self-esteem/self-confidence
- Anxiety
- Self-management (time, goals)
- Loneliness
- Studying effectively
- Depression
The Referral Process?

• Many paths to the Counseling Center
  • Self Referral
  • Referred by others (e.g., Parents, Resident Life, Faculty, Staff, Students)

• Emergency Referral
  • Students in immediate distress can be seen on an emergency basis by a counselor without an appointment.
  • Calling ahead to the Center’s receptionist can help facilitate the process.
Counseling Service

• Intake and Initial Consultation
  • Mental Health and Personal Counseling (short-term)
  • Career Counseling and Testing
  • Group Therapy
  • Workshops (anxiety and depression coping skills)
  • Referrals to off-campus therapy
• Crisis Intervention and Emergency appointments
• 24/7 Emergency support
• Outreach and educational presentations around campus

Free and confidential!
Counseling Service

• Parent and Faculty/Staff Warmline
  • Call our main phone number: 301-314-7651
  • We will respond to calls the same day, or early the next day if we receive a late call
  • Phone consultation is offered to discuss students of concern.
  • Often this results in a referral for counseling.
Questions?
Common Questions from Parents

• Can I make an appointment for my student?
• I would like to check in every now and then about my student’s progress, just to make sure they are on the right track. Can I?
• Who are your counselors? Do you assign cases to trainees?
• Are there counseling services you do not provide?
• My student is on medication for their mental health, can they get their medication from the Counseling Center?
• Other questions?
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heck out our new campus resource directory online!