All undergraduate students, registered for 6 or more credits, must have health insurance. The on-line waiver must be completed once every academic year. Visit [www.firststudent.com](http://www.firststudent.com) for more information.
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UNIVERSITY OF MARYLAND
MENTAL HEALTH SERVICES

Counseling Center
301-314-7651
1101 Shoemaker Building, Chapel Drive
College Park, MD
Free Individual Counseling and Psychotherapy
Drop-In Hours for Students of Color, LGBTQ, Veterans, and International Students
Consultation Services
Career Counseling

Crisis Services
Counseling Services
Group Therapy and Support groups
Educational Trainings and Workshops
Outreach Services

Health Center
301-314-8106
Building 140, Campus Drive
College Park, MD
Medication Evaluation and management
Substance Use Counseling
Stress Management Services
Pet Therapy Events
Meditation, Acupuncture, and Massage

www.counseling.umd.edu
www.health.umd.edu

COUNSELING CENTER
UNIVERSITY HEALTH CENTER
How your student will pay for care at the UHC...

- For medical services, we work like a typical doctor’s office, participating with or billing many insurance carriers.
- Copays and coinsurance are payable at the time of service.
- Payments for mental health service is expected at the time of service, a nominal visit fee.
- Pharmacy bills many insurance plans.
- Discounted rates for students whose insurance that will not reimburse us.

Visit www.firststudent.com for more information.
Enroll or waive the Student Health Insurance Plan.

Submit the mandatory immunization information.

Talk with your student about alcohol, sexual assault and healthy choices.
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What is the single most consistent predictor of college success?
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