

UMD Mental Health Resources: On Campus

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 911 OR UNIVERSITY POLICE AT (301) 405-3555

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255

CLIN Psychology Clinic

<https://psyc.umd.edu/graduate/clin-psychology-clinic>

(301) 405-4808

Offers individual therapy as well as many other services on a sliding-scale fee

*Appointment required

*Services administered by graduate students

Maryland Psychotherapy Clinic & Research Lab

<http://www.mpcrl.umd.edu/>

(301) 405-5820

Offers low-cost psychotherapy services starting at \$50 for a 45-minute session (sliding scale may be considered depending on client need), unlimited amount of sessions

*Appointment required

*Services administered by graduate students

Center for Healthy Families

<https://www.thecenterforhealthyfamilies.com/services>

(301) 405-2273

Offers couple, family, and individual therapy, as well as occasional group therapy on a sliding-scale fee (from \$15 to \$65 based on client's income)

*Appointment required

*Services administered by graduate students

UMD Health Center

Behavioral Health Services (301) 314-8106

<https://health.umd.edu/behavioral-health>

M-F: 9:00am-5:00pm

Provides therapy and psychiatry services

*Appointments required

Faculty Staff Assistance Program (301) 314-8170 or (301) 314-8099

<https://health.umd.edu/fsap>

M-F: 8:00am-4:00pm

Provides free therapy and psychiatry services for faculty and staff, including Graduate Assistants

*Appointments required

Health Promotion and Wellness Services (301) 314-8128, health@umd.edu

<https://health.umd.edu/wellness-advocacy/stress-management>

Stress Management Consultation

M and W: 9:00am-3:00pm

Tu, Th, and F: 10:00am-5:00pm

*Appointments required

Relaxation Training

M-F: 9:00am-5:00pm

*Appointments required

Wags for Wellness Therapy Dog Visits

1st Monday of every month: 11:00am-1:00pm

2nd Thursday of every month: 11:00am-1:00pm

3rd Friday of every month: 1:00pm-3:00pm

*Drop-ins welcome

UMD Counseling Center

<https://www.counseling.umd.edu/cs/clinical/>

(301) 314-7651

M-Th: 8:30am-9:00pm

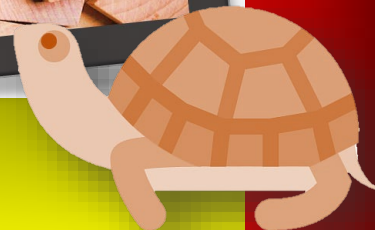
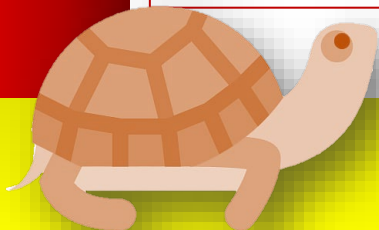
F: 8:30am-4:30pm

Clinical Services include Individual (limit 8 sessions per 12 months), Group (unlimited sessions), Couples, and Career Counseling (limit 5 sessions), as well as Workshops, Drop-in Hours, and Student Referrals

Only therapists, no psychiatrists

*Must schedule an intake appointment (initial evaluation) before beginning sessions

After-Hours Crisis Support (301) 314-7651



UMD Mental Health Resources: Off Campus

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 911 OR UNIVERSITY POLICE AT (301) 405-3555

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255

PROVIDERS BY INSURANCE:

Please search using your own plan information to confirm if these providers/facilities (below) are available to you

Kaiser Permanente (301-468-6000)

Find a doctor:

<https://healthy.kaiserpermanente.org/maryland-virginia-washington-dc/doctors-locations#/search-form>

***Closest therapy and psychiatry services to College Park, MD located in Silver Springs and Shady Grove.

United Healthcare (1-866-414-1959)

Find a doctor: <https://www.uhc.com/find-a-physician>

Local Examples *(note: not an exhaustive list)*:

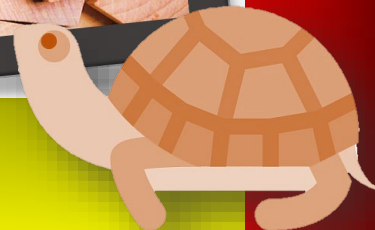
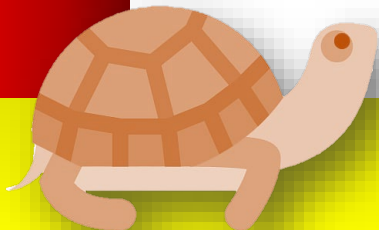
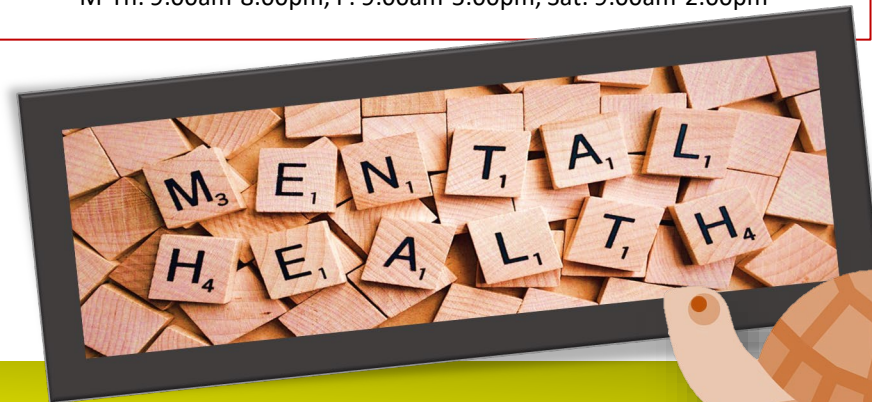
- **Hefuna Mental Health Wellness LLC (301-982-3437)**
7474 Greenway Center Dr Greenbelt, MD 20770
M-T: 8:00am-5:00pm, and F: 12:00pm-5:00pm
*Expertise: Anger management, anxiety, Bipolar Disorder, Depression, Mood Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Psychotic/Schizophrenic Disorders, Adult/Child/Couples/Marriage/Family/Geriatrics/Group/Adolescent
- **La Clinica del Pueblo (202-462-4788)**
2970 Belcrest Center Dr Unit 301 Hyattsville, MD 20782
M, T, F: 8:30am-5:00pm; W, TH: 8:30am-9:00pm
*Expertise: Abuse, Anxiety, Depression, Domestic Violence, Gay/Lesbian Issues, Gay/Lesbian Identified Clinician, HIV/AIDS/ARC, Mood Disorder, Parent Support and Training, Post Traumatic Stress Disorder, Rape Issues, Adult/Child/Geriatrics/Adolescent
- **Utopia Health Center LLC (301-220-2842)**
7317 Hanover Pkwy Ste A Greenbelt, MD 20770
M-F: 9:00am-6:00pm
*Expertise: Chemical Dependency/Substance Abuse/SUD, Anger Management, Anxiety, Attention Deficit Disorders, Behavior Modification, Bipolar Disorder, Cognitive Behavioral Therapy, Mood Disorder, Assessment/Referral-Substance Abuse, Evaluation/Assessment-Mental Health, Adults/Couples/Marriage/Family/Adolescent

CareFirst BlueCross BlueShield PPO & EPO (844-439-6482)

Find a doctor: <https://individual.carefirst.com/individuals-families/providers-facilities/find-provider/search-for-provider-facility.page>

Local Examples *(note: not an exhaustive list)*:

- **Institute for Life Enrichment (301-474-3750)**
4700 Berwyn House Rd #101A College Park, MD 20740
M-F: 9:00am-8:00pm, Sat: 9:00am-5:00pm
*Expertise: Persons with co-occurring mental and substance abuse disorders, Persons with HIV or AIDS, lesbian, gay, bisexual, or transgender (LGBT) clients, seniors/adults
- **Mid Atlantic Psychological Services (240-297-9857)**
9658 Baltimore Ave #450 College Park, MD 20740
Offers appointments Monday-Sunday. Call for appointment.
- **University Psychological Center, Inc (301-345-1919)**
6201 Greenbelt Rd #U18 Berwyn Heights, MD 20740
M-Th: 9:00am-8:00pm, F: 9:00am-5:00pm, Sat: 9:00am-2:00pm



UMD Mental Health Resources: Online Resources and Mobile Apps

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 911 OR UNIVERSITY POLICE AT (301) 405-3555

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255

Online searching

Open Counseling.com: Search for free/low-cost therapy in your area, or schedule an online therapy session

Openpathcollective.org: Nonprofit organization that offers therapists at low cost from \$30-\$60

Mental Health Apps

Youper: Youper is an AI chat-bot app created by a team of doctors, scientists, and engineers. It incorporates strategies from Cognitive Behavioral Therapy, Acceptance, and Commitment Therapy, Mindfulness, and other science-based approaches. (Free)

notOK: A digital panic button service to get immediate support via text, phone call, or GPS location when you're struggling to reach out. (Free)

MoodKit: Developed by two clinical psychologists using principles and techniques of Cognitive Behavior Therapy, including wellness activities that fall into five categories: Productivity, Social, Enjoyment, Physical, and Healthy Habits. (\$4.99)

Quit That! – Habit Tracker: Quit That! is an app to help track all of the stuff you are trying to quit. There are no limits to the habits you would like to track. (Free)

Self-Help for Anxiety Management (SAM): SAM offers a range of self-help methods for people who are serious about learning to manage their anxiety. It was developed by a team of psychologists, computer scientists, and student users. (Free)

MoodKit: Developed by two clinical psychologists using principles and techniques of Cognitive Behavior Therapy, including wellness activities that fall into five categories: Productivity, Social, Enjoyment, Physical, and Healthy Habits. (\$4.99)

Online Therapy

TalkSpace: Talkspace is a convenient and affordable way to connect with a licensed therapist — all from the privacy of your device. Send your therapist text, audio, picture, and video messages at any time, and they will respond daily, 5x/week. Talkspace also offers “face-to-face” therapy experience using Live Video Sessions to connect in real-time. Plans range from \$65 to \$100 per week and you can cancel your plan anytime (see website for more information <https://www.talkspace.com/>)

Better Help: Better Help provides online professional counseling services that are accessible, affordable, and convenient - so anyone who struggles with life's challenges can get help, anytime, anywhere. Better Help offers access to licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), and board licensed professional counselors (LPC). Plans range from \$50 to \$80 per week (billed monthly) and you can cancel your membership at any time for any reason (see website for more information: <https://www.betterhelp.com/>)

