

## University of Maryland, College Park - Resources for Mental Health Support

The Student Government Association (SGA) at the University of Maryland, College Park, stands in solidarity as we acknowledge the significant challenges students face in maintaining their mental health. As a collective organization, we aim to provide every student at the University of Maryland with the resources and assistance they need to thrive academically and emotionally by cultivating a nurturing environment where students feel understood, supported, loved, and cared for. Our strength as a community is not measured by our achievements, but by how we support one another through adversity. Foremost, we want students to recognize that their health and well-being come *first*, exceeding all other responsibilities.

In times of distress, we implore students to utilize the following resources available on and off campus:

### **Mental Health Hotlines**

National Sexual Assault Hotline - 800-656-4672

National Suicide and Crisis Lifeline - 988

Substance Abuse and Mental Health Services Administration National Helpline - 800-662-4257

Crisis Textline - Text HOME to 741741

Childhelp National Child Abuse Hotline - 800-422-4453

State of Maryland Helpline - Text "MDMINDHEALTH" to 898-211

Prince George's County Crisis Services - 301- 429-2185

### **Campus Organizations for Mental Health Support**

Active Minds at Maryland

*Instagram: @active\_minds\_at\_maryland*

Help Center

*Instagram: @umdhelppcenter*

Lean On Me, College Park

*Instagram: @leanonme\_cp*

Multi-Ethnic Mental Health Organization

*Instagram: @memound*

SKY at UMD

*Instagram: @skyatumd*