



# Holistic Mental Health Network

Life can be challenging. Academic, work, and personal issues can interfere with our success. Allegany College of Maryland is committed to supporting students, faculty, and staff by offering comprehensive mental health services. This holistic network focuses on the wellbeing and resilience of each individual person, and is built upon a foundation of self-care.

Reactive  
↑  
↓  
Proactive

**SEEK**  
*Help*



- Dial 911
- Crisis Text line: Text "PA" to 741741
- Suicide & Crisis Life Line | Dial 988
- National Domestic Violence Hotline | 1-800-799-7233
- Bedford – Somerset DBHS | 814-623-5166
- Bedford – Somerset DBHS Crisis Intervention Hotline | 1-866-611-6467
- RAINN (Rape, Abuse, and Incest Ntl Network) | 1-800-656-4673

**USE**

*Campus Resources*



- Counseling at UPMC | Call 240-964-8585 to schedule
- Tina Imes, Director of Bedford Co Campus & Student Services 814-652-9528 ext.6224
- Take a free & anonymous online screening for mental health by visiting <https://screening.mentalhealthscreening.org/allegany>

**TALK**

*with Others*



- Participate in the Student Mental Health Support Group. For more information, contact Renee Gibson at [rgibson@allegany.edu](mailto:rgibson@allegany.edu)
- Talk with a friend, family member, mentor, coach, neighbor
- Counsel with religious leader – pastor, minister, priest, rabbi, imam
- Reach out to academic and student services advisors

**DEVELOP**

*Self-Knowledge*



- Participate in a mind-body wellness group
- Visit mental health screening: <https://screening.mentalhealthscreening.org/allegany>
- Visit Student Lounge on Brightspace
- Attend a Mental Health First Aid Training, watch Kognito training videos, or use mental health apps
- Attend educational programs sponsored by Student Life, Residence Life, Academic Programs, and Clubs
- Take an Integrated Health or Psychology Course at ACM

**BUILD**

*Your Community*



- Join a student club. Contact Landon Defibaugh, Student Services Specialist, at 814-652-9528 ext. 6201
- Visit College to Community Partnership Center for community and civic engagement opportunities
- Participate in Phi Theta Kappa and other Bedford County Campus Community Events & Activities
- Learn more about Pathways for Success. Contact Tara DeVore, Director, at [tdevore@allegany.edu](mailto:tdevore@allegany.edu)
- Attend campus events including speakers & more

**PRACTICE**  
*Self-Care*



- Engage in prayer, meditation, mindfulness
- Move your body daily for 30 minutes
- Aim for 8 hours of uninterrupted sleep
- Eat a balanced and healthy diet. The ACM Pantry can help! To complete a request form, visit [www.allegany.edu/the-pantry](http://www.allegany.edu/the-pantry)
- ACM nature trail at Tenley Park, walking Track at Everett Elementary, and downtown

Autonomy – Do It Yourself

Intervention – Need Some Help