

Allegany College of Maryland STUDENT & LEGAL AFFAIRS

Student Counseling Program

Quick Reference Guide

Allegany College of Maryland understands that in addition to the academic pressures of being a college student, challenges students are facing within their personal lives can sometimes interfere with academic success. ACM is committed to supporting students, faculty, and staff who are experiencing overwhelming feelings of uncertainty, fear, stress, and anxiousness. It's important to take care of yourself and seek the support you need. Please feel free to utilize the services that are provided below. If you need assistance finding support in your local community, please reach out today. We welcome the opportunity to journey with you through life's challenges!

Personal Counseling:

Allegany College of Maryland contracts with **UPMC WESTERN MARYLAND** (Cumberland) to provide counseling to individual students. Individual counseling is the primary service. (Couples and family counseling are also available.) All services provided by UPMC are completely confidential and provided by qualified, licensed mental health professionals. *ACM offers 2 locations for students to see a professional counselor: on campus and at UPMC outpatient services.*

On-site: UPMC Counselor, LaDawn Yoder, is on campus when classes are in session during Fall/Spring semesters, in the Nurse Managed Wellness Clinic (Allied Health #115) weekdays:

Mondays: 11:00am - 4:00pm
Tuesdays: 12:30pm - 7:00pm
Thursday: 11:00am - 4:00pm
Fridays: 8:00am - 1:30pm

Students can schedule an appointment by calling the number listed below. **Walk-ins are accepted if LaDawn is available. Teleservices are also available for students who prefer sessions from a distance.*

Off-site: Multiple counselors are available by appointment in the following situations: (1) students prefer to go off-campus to see a counselor, or (2) students need counseling on days/times outside of the on-site schedule listed above. Any eligible student is entitled to receive up to seven* (7) hours of counseling per semester for any mental health issues with which s/he needs assistance.

*14 sessions per year are paid by ACM.
 7 during the period July 1-December 31
 7 during the period January 1 - June 30

To schedule an appointment with LaDawn or a counselor at UPMC Western Maryland, call (240) 964-8585.

Crisis Counselors are also available to speak to students over the phone and can be reached at 240-964-1399.

The Pennsylvania campus contracts separately with Bedford - Somerset Developmental and Behavioral Health Services (814) 623-5166; for more information, contact Student Services offices in Bedford at (301) 784-6200

Additional On-Site Support:

*Students who are in a crisis and need immediate support are encouraged to contact LaDawn in the NMWC, by calling 301-784-5670. **If LaDawn is unavailable, students should call the UPMC crisis counselor at 240.964.1399.***

Students who are not in immediate crisis but need **emotional support and guidance**, such as problem-solving or other treatment referrals, should email Student Support Coordinator, Renee Gibson at rgibson@allegany.edu. She can meet with students when she's on campus or virtually when working remotely.

Renee Gibson's office is in **CC-152**, her phone number is **(301) 784-5206**, and she can also be reached via email at rgibson@allegany.edu *(While departments will have limited staff working, Student & Legal Affairs will have someone available, who has been trained in Mental Health First Aid, to meet the urgent needs of faculty, staff, and students.)*

Family Crisis Resource Center:

Allegany College of Maryland has partnered with the Family Crisis Resource Center (Cumberland) to provide easily accessible domestic violence and sexual assault support services to students. FCRC is a non-profit, nongovernmental sexual assault and domestic violence victim services organization. FCRC is available by appointment and in emergencies to help any student [or employee]. All FCRC services are free. **FCRC can be reached by calling (301) 759-9244.**

Screening for Mental Health:

Allegany College of Maryland has registered with MindWise to offer online screening programs for depression, generalized anxiety disorder, PTSD, bipolar disorder, alcohol/drug use disorders, and eating disorders. These **free** personal assessments can be completed by any student from any internet connection; if the results indicate treatment or services may be needed, the student will be given appropriate referral information. <https://www.allegany.edu/student-and-legal-affairs>
 (Student Counseling tab >> click: [Anonymous Online Screenings](#))

Emergencies

Anyone who witnesses a medical or mental health emergency requiring immediate intervention should **CALL 911 AND THEN CALL CAMPUS SECURITY @ X.5555**. Health and safety are too important to hesitate, and you do not need permission to call 911. (NOTE: ACM does not provide transportation and/or hospitalization costs.)

Maryland Crisis Connect: 1-800-422-0009 / 1-866-411-6803

Or you can Dial 211 (select option 1) for crisis help or resource info

National Suicide Prevention Lifeline: 1-800-273-TALK

(8255) Crisis Text Line: Text "HOME" to 741741

(Free/confidential) Doctors on Demand

<https://www.doctorondemand.com/> National Domestic

Violence Hotline 1-800-799-7233

RAINN (Rape, Abuse, and Incest Natl. Network) 1-800-656-4673

A list of local mental health providers (Cumberland campus) is available by contacting the Office of Student & Legal Affairs or the Nurse Managed Wellness Center. Selecting a private provider is the student's choice; payment is the student's responsibility.

**PLEASE REMEMBER THAT YOU
ARE NOT ALONE... WE ARE
ALWAYS HERE FOR YOU.**