

# 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:** ACM contracts with UPMC WESTERN MARYLAND (Cumberland) to provide counseling to eligible students in two convenient locations: on campus in the NMWC, AH-115 and at UPMC Outpatient Therapy Services. While 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.

**On-Site in the Nurse Managed Wellness Clinic (Allied Health - 115):** UPMC Counselor, LaDawn Yoder, is on campus when classes are in session during the Fall & Spring semesters, weekdays as follows:

**Mondays: 9:00am - 2:00pm**  
**Tuesdays: 12:30pm - 7:00pm**  
**Thursday: 12:30pm - 5:30pm**  
**Fridays: 8:00am - 1:30pm**

\* Walk-ins are accepted if LaDawn is available.

Teleservices are also available for students who prefer sessions from a distance.

**Off-site at UPMC-WM Outpatient Therapy Services:** Multiple counselors are available by appointment in the following situations: (1) students prefer to see a counselor off-campus, 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 issue with which s/he needs assistance. \*14 sessions per year are paid by ACM. (7 during the period July 1- December 31 and 7 during the period January 1 - June 30.)

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

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

**Pennsylvania Students:** Students attending the Bedford County campus are eligible to receive counseling services provided by Bedford-Somerset Developmental and Behavioral Health Services. Contact the Student Services office at 814-652-9528, ext. 6200 for more information.

**\*\*NEW FOR FALL 2022\*\* - Student Mental Health**

**Support Group** Join UPMC's onsite counselor, LaDawn Yoder, and other ACM Students every **2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 4:30pm - 5:30pm, in the Serenity Room (H-58)**. Students interested in participating should stop by CC-12 or the NMWC, AH-115 to pick-up in-take paperwork that is required prior to attending the Student Mental Health Support Group. **For more information, contact Renee Gibson at 301-784-5206, stop by CC-12, or email [rgibson@allegany.edu](mailto:rgibson@allegany.edu).**

**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 in need of **emotional support** and **guidance** are encouraged to contact Renee Gibson, Student Support Coordinator. In addition to students having a confidential and comforting space to express their challenges or struggles, students will also have access to information regarding Mental Health, community resources, referrals to mental health services (both on and off-campus) and additional campus services that may be beneficial. **Connect with Renee by calling 301-784-5206, emailing [rgibson@allegany.edu](mailto:rgibson@allegany.edu), or stopping by CC-12.**

**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:** ACM has registered with MindWise to offer FREE and anonymous online screening programs for depression, generalized anxiety disorder, PTSD, bipolar disorder, alcohol/drug use disorders, and eating disorders. Students can complete a screening from any internet connection; if the results indicate treatment or services may be needed, students will be given appropriate referral information. To take a screening, visit <https://www.allegany.edu/student-and-legal-affairs>

**Online Therapy for Veterans:** Active-duty military members and veterans experience a high rate of PTSD. Therapy is a vital tool that can help lessen the impact of mental health concerns, and online options can make therapy more accessible to veterans. To learn more about online therapy services for veterans, visit <https://www.onlinetherapy.com/therapy-for-veterans/> (\*Students are responsible for any costs associated with online therapy.)

**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.)

**988 Suicide & Crisis Lifeline:** Dial 988 or to chat online, visit <https://988lifeline.org/chat/> - 24/7, free and confidential support for people in distress; prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Crisis Text Line:** Text "HOME" to 741741 (Free/confidential) A global not-for-profit organization providing free mental health texting service through confidential crisis intervention via SMS message. Available 24/7

**Maryland Crisis Connect:** 1-800-422-0009 / 1-866-411-6803 (or Dial 211 select option 1, for crisis help or resources.) Offers crisis intervention & linkage with local community resources, information and referral and telephone support for anyone experiencing a crisis. Assistance is available by phone, text, and chat.

**Veteran's Crisis Line:** 1-800-273-8255 or 1-877-VET2VET

If you're a Veteran in crisis or concerned about one, caring & qualified VA responders are standing by to help 24/7. The Veterans Crisis Line is a free, anonymous, and confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.

**The Trevor Project:** 1-866-488-7386 or text "START" to 678-678 A national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

**National Domestic Violence Hotline:** 1-800-799-7233 Available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

**RAINN (Rape, Abuse, and Incest Natl. Network):** 1-800- 656-4673 The nation's largest anti-sexual violence organization. Available 24/7. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

**Doctors on Demand:** 24/7 access to doctors, psychiatrists, psychologists, therapists and other medical experts. Select and see your favorite providers right from your smartphone, tablet or computer. (While it's free to sign up and check your coverage when you register, students are responsible for any costs associated with virtualcare.)

*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.*