

# Quick Guide to Student Mental Health Resources

## Know How to Get Help During a Mental Health Emergency

**Immediate  
danger to self  
or others**



**University Police**  
410-543-6222

**Mental health  
concerns  
WITHOUT  
immediate threat**



**Counseling Center**  
410-543-6070

**Concerns about a  
student's behavior  
WITHOUT  
immediate threat**



**SU Cares**  
410-677-0022



**Scan the QR Code to  
download the full  
informational poster**

## Access Mental Health Resources

**Salisbury University Counseling Center**  
410-543-6070 / Guerrieri Student Union 263  
[salisbury.edu/counseling](https://salisbury.edu/counseling)

- Brief Individual Counseling
- Walk-In Hours
- Crisis Support
- Referrals and Consultations
- Educational Topic Focused Groups
- Online Resources
- Outreach Events and Programing



### TimelyCare

[timelycare.com/salisbury](https://timelycare.com/salisbury)

External tele-mental health service provider that is free for all SU students and available anywhere in the United States.

- TalkNow: 24/7 mental health support
- Scheduled Counseling: Up to 12 scheduled sessions
- Basic Needs: Assistance accessing basic needs, including health insurance
- Self-Care: On-demand Yoga, Meditation, and educational session
- Peer Community: Connect to other college students by posting anonymously



### Wellbeing 101

Free online course that teaches SU students how to protect and foster their mental health. Start today by scanning the QR code and entering the control number SALISWB1 when prompted.

## Follow the Counseling Center on Social Media

### @SburyCounseling on Instagram, Facebook, and X

- Mental Health Mondays
- Information about upcoming events
- Reminders and updates about services
- And more!

