Salisbury University Guide to Student Mental Health Resources

**Know How to Get Help During a Mental Health Emergency.** If someone is in immediate danger to self or others call 911 or University Police at 410-543-6222. If you are not sure who to contact read the [Know How to Get Help](https://www.salisbury.edu/administration/student-affairs/counseling-center/_files/mental-health-help-flyer.pdf?v=20240713015252) information sheet to learn more.

**All students, means ALL students.** All Salisbury University students have access to free in-person and virtual mental health resources. If a student is enrolled in any capacity (satellite, graduate, non-degree seeking, on summer break not currently in a class, etc.) then the mental health services listed below are available and completely free!

**In-person services** are available through the [Counseling Center](https://www.salisbury.edu/administration/student-affairs/counseling-center/timelycare/) located in the Guerrieri Student Union (GSU) room 263. Services include:

* Daily walk-in hours.
* Crisis support.
* Brief individual counseling.
* Topic-focused groups.
* Referrals and consultations.
* Outreach events and workshops.

To schedule walk in, call 410-543-6070, or [schedule online](https://salisbury.titaniumhwc.com/onlinescheduling) during hours of operation (Monday through Friday from 8 a.m. until 4:30 p.m.) The Center primarily offers in-person services however, staff can provide limited virtual services dependent on individual circumstances. Visit the [Counseling Center’s Services](https://www.salisbury.edu/administration/student-affairs/counseling-center/clinical-services.aspx) webpage to learn more.

**Virtual services** are available anywhere in the U.S. through an external tele-mental health service provider called [TimelyCare](Timelycare.com/Salisbury). Services include:

* TalkNow
	+ 24/7 mental health support.
* Scheduled Counseling
	+ Choose from a variety of therapists and attend up to 12 scheduled individual sessions every academic year (renews on August 1st.)
* Basic Needs
	+ Receive assistance accessing basic needs including health insurance.
* Self-Care
	+ Access on-demand yoga, meditation, and self-care journeys.
* Peer Community
	+ Post anonymously on TimelyCare’s Peer Community.

To get started, students can download the TimelyCare app or visit [Timelycare.com/Salisbury](https://timelycare.com/salisbury) and register with their SU student email. Visit the [Counseling Center’s TimelyCare website](https://www.salisbury.edu/administration/student-affairs/counseling-center/timelycare/) for more information.

**Wellbeing 101** is a free online course that teaches SU students how to protect and foster their mental health. Students can start today by clicking [here](account.3rdmil.com/sso?id=2BE256B5-D077-48C7-AB4C-F701B22E25CA) and entering the control number SALISWB1 when prompted.

**Attending Counseling Center events** can be another great way to improve mental wellbeing! You can learn more about all of the events below on the Center’s [Outreach webpage](https://www.salisbury.edu/administration/student-affairs/counseling-center/outreach-programs.aspx#OutreachEvents).

   Paws for Mental Wellbeing

* + Spend an hour relaxing with friendly pups from Pets on Wheels! Running during the fall and spring semester in Fireside Lounge, check the [website](https://www.salisbury.edu/administration/student-affairs/counseling-center/outreach-programs.aspx#PawsforMentalWellbeing) for the most up to date information.
* Take 5
	+ Explore mindfulness through the five sense during the fall semester

   Take Back the Night

* + Increase awareness and prevention of sexual violence while empowering survivors in early April. (Open to the public.)

  Out of the Darkness

* + Come together to help to prevent suicide and support the American Foundation for Suicide Prevention (AFSP) in late April. (Open to the public.)

**Follow us on Social Media** to stay up to date with Counseling Center events and services. Posts also include helpful information and healthy coping skills as a part of our Mental Health Monday campaign! Follow us @SburyCounseling on [Instagram](https://www.instagram.com/sburycounseling/), [Facebook](https://www.facebook.com/profile.php?id=100063450472196), and [X](https://x.com/SburyCounseling)!