



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

Autonomy – Do It Yourself

Intervention – Need Some Help

SEEK
Help



- Dial 911 or ACM Campus Security | 301-784-5555
- UPMC Crisis Counselor | 240-964-1399
- Maryland Crisis Hotline | 1-800-422-0009
- Suicide & Crisis Life Line | Dial 988
- Crisis Text Line | Text "HOME" to 741741 (free/confidential)
- National Domestic Violence Hotline | 1-800-799-7233
- Family Crisis Resource Center | 301-759-9244
- RAINN (Rape, Abuse, and Incest Ntl Network) | 1-800-656-4673

USE

Campus Resources



- Personal Counseling at UPMC Outpatient Therapy Services and on-campus in the Nurse Managed Wellness Clinic AH-115 | 240-964-8585
- Family Crisis Resource Center | 301-759-9244
- Renee Gibson, Student Support Coordinator | rgibson@allegany.edu or 301-784-5206
- Mental Health First Aid – look for Koala sticker on office doors
- Residence Life | 301-784-5638
- Take a free & anonymous online screening for mental health by visiting <https://screening.mentalhealthscreening.org/allegany>

TALK
with Others



- Participate in a support group. For more information, contact Renee Gibson at rgibson@allegany.edu
- Talk with a friend, family member, mentor, coach, neighbor
- Counsel with religious leader – pastor, minister, priest, rabbi, imam
- Talk with Resident Assistants or Residence Life Professional Staff | Director: 301-784-5368 or Area Coordinator: 304-784-5638
- 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, & Clubs
- Take an Integrated Health or Psychology Course at ACM

BUILD
Your Community



- Join a student club. Contact Erin Yokum, Director of Student Life, at eyokum@allegany.edu
- Visit College to Community Partnership Center for community and civic engagement opportunities
- Aspiring Young Mentors – student programming to build connections and success
- Participate in student government
- Learn more about Pathways for Success. Contact Tara DeVore, Director, at tdevore@allegany.edu
- Attend campus events including speakers, sports, & more

PRACTICE
Self-Care



- Engage in prayer, meditation, mindfulness
- Move your body daily for 30 minutes
- 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
- ACM walking track, nature trail, and Labyrinth