

# Retriever Integrated Health

## Counseling Center Online Services



App for self-help and coping skills



Search for community therapists who work with college students



Web-based peer support network



For after-hours crisis support, call RIH at (410) 455-2542 to be connected with an on-call counselor through Protocol.



RETRIEVER  
INTEGRATED  
HEALTH

Learn more  
[health.umbc.edu](http://health.umbc.edu)



Connect with us on  
myUMBC or  
Instagram



@UMBCrih