

NEED HELP NOW? *Call* 1-800-273-TALK (8255)

**EACH** OF US HAS  
*the power to*  
**TAKE CARE**  
**OF OUR EMOTIONAL**  
**HEALTH**

*Find resources on campus so you can get help for yourself, or learn how you can help a friend.*

ULifeline is an anonymous, confidential, online resource center where college students can be comfortable searching for the information they need and want regarding mental health issues like depression, anxiety, suicidal behavior, and more.

Are you feeling tired, overwhelmed, anxious or worried about a friend?

Take a free online assessment to learn whether or not a professional consultation will be helpful to you.



**Learn More & Take the Online Mental Health Self-Evaluator at:**

**[www.ulifeline.org/UMBC](http://www.ulifeline.org/UMBC)**



**ULifeline**  
Your online resource for college mental health

ULifeline is a project of The Jed Foundation. Check out [www.jedfoundation.org](http://www.jedfoundation.org) for more information and other resources.



The UMBC Counseling Center (410) 455-2472 [www.umbc.edu/counseling](http://www.umbc.edu/counseling)