

Retriever Integrated Health Counseling Center Services

- Free and confidential
- Group counseling
- Short-term individual counseling
- Workshops, programs, and trainings
- Assistance with referrals
- Walk-in urgent mental health services

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



RETRIEVER
INTEGRATED
HEALTH

Free Online Self-Help and
Interactive Services



Learn more
health.umbc.edu

Find us at The Center for Well-Being 2nd Floor
Open Monday-Friday 8:30am-5pm
Call (410) 455-2542 or visit your RetrieverCare
Portal to schedule an appointment



Connect with us on
myUMBC or
Instagram



@UMBCrih