

The Counseling Center will be closed from
December 22, 2020 - January 3, 2021
The Center will reopen on January 4, 2021

Crisis Resources

If you are experiencing an emergency, call 911. For support regarding other crisis situations contact the following:

- **After-hours support line** at 833-631-1066
- **SU Police Department** at 410-543-6222
- **National Suicide Prevention Lifeline** at 1-800-273-8255
- **Santé Group's Mobile Crisis Team** at 1-888-407-8018.

You may also visit the Counseling Center's Crisis Resources webpage for additional resources.

Coping During the Holidays

Access great resources to help you cope during the holidays through TAO (Therapy Assistance Online) by using the QR Code or the Enrollment Key: **#CopingDuringTheHolidays**

Sign up by creating an account at <https://us.taoconnect.org/register>.

Improve your communication skills to prevent conflict with family members!



Learn more about setting New Year's goals you can keep!