

How to Schedule at SU's Counseling Center

To view current services visit: Salisbury.edu/Counseling-Services

Initiate a first appointment by:



Attending a walk-in appointment in the GSU, room 263, on weekdays from 10am to 12pm or 1pm to 3pm



Calling 410-543-6070 during regular business hours (weekdays from 8am to 4:30pm)



Scheduling online at salisbury.titaniumhwc.com/online scheduling or scanning the QR code above

In person services by SU staff

OR

Virtual services available 24/7

How to Schedule with TimelyCare

To view current services visit: Salisbury.edu/TimelyCare

Initiate a first appointment by:



Download the TimelyCare app on your Apple or Android device or visit TimelyCare.com/Salisbury.

To get started, enter your school email or create an account.

All fields marked with asterisks are required*

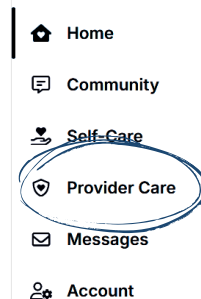
Email Address*

Email Address

Continue

New to TimelyCare? [Get registered](#)

Register with your @gulls.salisbury.edu email address.



Select Provider Care.

What type of visit would you like?*

ON-DEMAND

TalkNow
Emotional support when you need someone to talk to
● 20-30 minute visit

SCHEDULED

Counseling
Explore challenges and develop coping skills while building a meaningful relationship with a therapist
● 50-60 minute visit

Choose TalkNow to connect with a provider in minutes or Scheduled to begin ongoing counseling.

Quick Guide to Student Mental Health Resources

Know How to Get Help During a Mental Health Emergency

**Immediate
danger to self
or others**



University Police
410-543-6222

**Mental health
concerns
WITHOUT
immediate threat**



Counseling Center
410-543-6070

**Concerns about a
student's behavior
WITHOUT
immediate threat**



SU Cares
410-677-0022



Scan the QR Code to
download the full
informational poster

Access Mental Health Resources

Salisbury University Counseling Center
410-543-6070 / Guerrieri Student Union 263
salisbury.edu/counseling

- Brief Individual Counseling
- Walk-In Hours
- Crisis Support
- Referrals and Consultations
- Educational Topic Focused Groups
- Online Resources
- Outreach Events and Programing



TimelyCare

timelycare.com/salisbury

External tele-mental health service provider that is free for all SU students and available anywhere in the United States.

- TalkNow: 24/7 mental health support
- Scheduled Counseling: Up to 12 scheduled sessions
- Basic Needs: Assistance accessing basic needs, including health insurance
- Self-Care: On-demand Yoga, Meditation, and educational session
- Peer Community: Connect to other college students by posting anonymously



Wellbeing 101

Free online course that teaches SU students how to protect and foster their mental health. Start today by scanning the QR code and entering the control number SALISWB1 when prompted.

Follow the Counseling Center on Social Media

@SburyCounseling on Instagram, Facebook, and X

- Mental Health Mondays
- Information about upcoming events
- Reminders and updates about services
- And more!

