



Student Health and Well-Being Guide

Counseling Services

Lawyer Assistance Program (LAP)

Free and confidential. Services include virtual assessment, referral, short-term counseling, and financial assistance for mental health and addiction treatment.

 1-888-388-5459


 Lisa Caplan at lisa@msba.org

 [Learn More](#)

UMB Student Counseling Center (SCC)

Free and confidential. Services include short-term individual counseling, psychiatric and medication management, discussion groups, referrals, and same day appointments.

 3rd Floor of the SMC Campus Center

 410- 328-8404


 [Make an Appointment](#)

Crisis Care Resources

If you or someone you know is experiencing an after-hours emergency, please utilize the [UMB Crisis Care Resource Guide](#), call or text 988 to be connected with a counselor 24/7, call 911, or go to an emergency room.

Care Connect

Care Connect is a 24/7 integrated behavioral health program provided through Wellfleet. Student members in need of assistance may simply call to be immediately connected with a counselor.

 1-888-857-5462

 SUPPORT to 51230

 [Learn More](#)

Food Access Resources

UMB Student Pantry

Free food and hygiene items available for all students, including a selection of Halal, Kosher, vegan, and vegetarian shelf-stable options. Place pantry orders via an online form.

 1st Floor of the SMC Campus Center

 [Request Items Here](#)

UMB FREE

Free leftover food from campus events. First come, first served.

 [UMB FREE Mailing List Sign-Up](#)

Supplemental Nutrition Assistance Program (SNAP)

Provides monthly assistance to low-income individuals and families to help them purchase food to meet their food and nutritional needs.

 [SNAP Eligibility for Students](#)

Find Food Near You

Search for food banks and nutrition assistance across Maryland via ZIP code.

 [Find Food Near You](#)

Student Health Resources

Student Health Center

Offers routine medical services, immunization compliance support, and assistance with any health-related concerns. Same-day scheduling for urgent needs, walk-in or scheduled visits, and telemedicine appointments are all available.

 408 W. Lombard St.  [Learn More](#)

Student Health and Well-Being Guide

Student Health Resources Cont.

Student Health Insurance

Learn about UMB's mandatory insurance requirements and options for waiving coverage, along with additional insurance plans like Dental and Vision coverage available for all students.

 [Learn More](#)

Academic Accommodations

Educational Support and Disability Services (ESDS)

Works with students with all types of disabilities including physical, learning, sensory, psychological, ADHD, and chronic and acute medical conditions to provide reasonable academic accommodations through an interactive process.

 3rd Floor of the SMC Campus Center

 [Request Accommodations](#)



 School of Law's Liaison to ESDS, Jason Hess at j.hess@law.umaryland.edu

Students who are Pregnant and Seeking Accommodations

Students who are pregnant may request academic accommodations through the Office of Educational Support and Disability Services (ESDS). After a student's pregnancy and recovery period, any post pregnancy and/or postadoption arrangements will be coordinated with the School of Law in consultation with UMB's Title IX Coordinator.

 [Student Parental Leave Policy](#)

 [Request Accommodations](#)

 Amanda Barnes at amanda.barnes@law.umaryland.edu for information regarding the Lactation Room
 Mary MacFadden, Title IX Coordinator, mmacfadden@umaryland.edu

Faith-Based or Religious Accommodations

Reasonable academic accommodations will be provided for students to observe sincerely held faith-based or religious holidays and activities.


 [Religious Accommodations Policy](#)


 Vice Dean Eisenberg at deisenberg@law.umaryland.edu

Spiritual Wellness

Faith, Religious, and Spiritual Practice Spaces

There are spaces available to you on campus for prayer, meditation, and reflection. These spaces are located in several different places across campus.


 [Campus Space for Faith-Based or Religious Practices](#)

 [Spiritual Wellness Spaces Close to Campus](#)

Campus Safety

Safe Walk

Safe Walk is a public safety service available on campus 24 hours a day.

 410-706-6882 to request a Safe Walk

Safe Ride

Safe Ride is a public safety available from 7:00 am to 1:00 am 365 days a year.

 Request a Safe Ride with the [Mobile UMB App](#)

Student Health and Well-Being Guide

Campus Safety Cont.

UMB Alerts

Get real-time emergency and weather alerts by signing up for texts, calls, and emails.

 [Get UMB Alerts](#)

Public Safety Newsletter



Stay informed with safety tips and event announcements.

 [Subscribe Here](#)

Veterans Resources

Veterans Crisis Line

Support for veterans, active service members, and their loved ones.

 Dial 988, then Press 1
 Text 838255

Military OneSource

Comprehensive support for active duty and veteran students.

 [Military OneSource](#)

Vet Centers

Free professional counseling and support services for eligible veterans and families.

 [Vet Centers](#)

National Resource Directory


A portal connecting veterans and families to services for reintegration and well-being.

 [NRD Website](#)

Financial Wellness

Student Financial Aid and Education

The [Office of Student Financial Assistance](#) aids students who need help obtaining funding to finance their education. It also provides students with the education and guidance needed to make informed financial decisions, offering individual consultations, online financial education, useful links, and school-specific resources.

 UMB's Student Financial Assistance Point of Contact - Laura Evans,
lbevans@umaryland.edu

Federal Work Study

Eligible students may work on or off campus and earn funds on a bi-weekly basis.

 [Federal Work Study - Financial Aid](#)



MAX by AccessLex

You will find live webinars on a variety of financial topics, on-demand courses, and access to free one-on-one financing coaching. Not only will this provide a strong foundation for managing your finances while in law school, but each activity grants you an entry into the annual MAX scholarship drawings.

 Register for your free account on [AskEDNA](#) to enter MAX by AccessLex®
 [Schedule a MAX Coaching Call](#)

Law School Scholarship Databank

Search scholarships, fellowships, grants and writing competitions to help you find the ones best suited to you.

 [AccessLex Law School Scholarship Databank](#)
 [JD External Scholarships](#)

Student Health and Well-Being Guide

Emergency Loans

Short-term emergency loans may be available to assist students in meeting unexpected needs or to cover a period of need while approved financial aid is being processed.

 [Request an Emergency Loan](#)

Student Financial Planning


Help with budgeting, debt management, student payroll, scholarships and more.

 Law School's Student Financial Planning Manager - Marilyn Jones, mmjones@law.umaryland.edu

Physical Wellness

URecFit & Wellness

Includes a large fitness center, strength and conditioning room, intramural sports, elevated track, exercise studios, cycling studio, two basketball courts, volleyball, two racquetball courts, and an infinity pool.

 Top 3 floors of the SMC Campus Center

 [Explore URecFit's Free Services](#)

 [Sign up for the Wellness Newsletter](#)

Safer Sex Supplies

Provide STI prevention education and free safer sex supplies, such as external/internal condoms, lubricant, and dental dams.

 [Request Safer Sex Supplies](#)

Menstruation Products


Free emergency menstrual products are located in the Law School's 1st floor all-gender restrooms. Students needing additional sizes or products can place an order through the Student Pantry.

 [Request Menstruation Products](#)

Wellness Spaces

Wellness Room in the Law Library

To help you pursue wellness, lower your anxiety, make time for yourself, and take study breaks, the library has two wellness spaces for law students!

 2nd floor of the library (Room 2215)

Wellness Suite in URecFit & Wellness

The suite is a safe place to meditate, pray, rest, read, color/doodle, and more.

 5th floor of the SMC Campus Center

Social Wellness

Student Organizations

The Law School has a vibrant and active student population of students who take part in over 40 student organizations that enrich student life at Maryland Carey Law. You can find an organization that will appeal to a wide range of legal, social and community interests.

 [Student Organizations](#)

Better Together Wellness Programs

Better Together is an initiative created to encourage students to strengthen their social and emotional well-being. Programs include coffee connect, nourish and connect dinner series, out and about together, gym buddies, group fitness, and intramural sports.

 [Learn More](#)

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Cultural Wellness

Intercultural Center

The Intercultural Center develops programs to educate and encourage dialogue across the entire University community on issues of diversity, equity, inclusion, and interculturalism. Through robust programs, innovative initiatives, comprehensive services, and curated resources, the Intercultural Center aims to serve as an institutional model of inclusive excellence.


 [Upcoming Events](#)

 [Subscribe to the Intercultural Center Newsletter](#)

Office of International Services

The Office of International Services provides support services to international students and scholars who come to UMB from around the world and programs that raise global and intercultural awareness among all UMB students and scholars.

 3rd floor of the SMC Campus Center


 410-706-7488

 [International Students](#)

Reporting at UMB

UMB Reporting Hotline

If you have **experienced, witnessed, or suspect** someone has acted contrary to our Code of Ethics, Core Values, Policies or Procedures, or violated a law **report your concerns**.

 1-866-594-5220

 [UMB Hotline](#)


Reporting at the Law School

Student Suggestions

Any student who has a suggestion for how to improve any aspect of the law school experience may [submit their suggestion on-line](#).

Student Complaints

Any student who believes there is a significant problem with the School's program of legal education *and* its compliance with the ABA's Accreditation Standards should file a written complaint with the Associate Dean for Student Services.

 Dean Smith at e.smith@law.umaryland.edu

We Are Here To Assist You

The Office of Student Services

The Office of Student Services consists of the Office of Student Affairs, the Office of Registration and Enrollment, and the Office of Student Financial Planning. We look forward to collaborating with you throughout the semester to help you achieve personal, professional, and academic success. Please visit us in Suite 280 (Mondays – Thursdays from 8:30 am to 6:00 pm and Fridays from 8:30 am to 5:00 pm) and let us know how we can best support you. You can also reach us via email or by scheduling a meeting with us [here](#).



UNIVERSITY of MARYLAND
FRANCIS KING CAREY
SCHOOL OF LAW

