

# Know How to Get Help

## Salisbury University Police Department

## Counseling Center

## SU Cares

### Salisbury University Police Department (SUPD) 410-543-6222

- Immediate danger to self or others.
- Bizarre thinking or other behaviors that suggest potential risk of harm.
- Concerns about ability to keep oneself or others safe after hours. If there is concern that help cannot wait, then **DO NOT WAIT**, call SUPD!
  - If you are unsure about someone's safety, SUPD can complete a **Welfare Check** where they will gather information provided and check on the welfare of an individual 24/7.
  - Housing and Residence Life staff can also check on their residents' welfare (main line 410-543-6040; available Monday to Friday, 8 a.m. to 4:30 p.m.).

### Counseling Center 410-543-6070

- Thoughts of harming self or others **WITHOUT** immediate threat.
  - If there is a need to meet with a counselor that day, come into the Center before 3:30 p.m. and **state your need upon arrival**.
  - Students can connect with mental health support anytime, anywhere through TimelyCare by downloading the app or visiting [TimelyCare.com/Salisbury](https://www.timelycare.com/Salisbury), registering for free with their SU email and selecting **TalkNow**.
  - If unsure about how to help a student who may be having non-lethal mental health concerns, call the center and ask to consult with a counselor.
  - Learn more about how identify signs and refer those in need by completing Kognito training for free. Get started by visiting [Salisbury.Kognito.com](https://www.salisbury.edu/kognito).
- Other mental health concerns **WITHOUT** immediate threat.
  - There are many clinical services available at the Counseling Center. Visit the Center's website for the most up-to-date information.
  - Students can access up to 12 virtual scheduled session through TimelyCare for free by selecting Scheduled Counseling.

### SU Cares (Case Management) 410-677-0022

- Complete an **Online CARE Report** if there are concerns about a student's behavior **WITHOUT** immediate threat.
  - An Online CARE Report can be completed in addition to calling the Counseling Center and/or SUPD. Counseling Center staff and Salisbury University Police do not see CARE reports.
- Case management needs can include, but are not limited to, medical withdraws,