

Health and Wellness Resources:

Emergencies: Back of your J-card includes contact information for immediate help.

For urgent mental health care:

- Homewood Counseling Center: **410-516-8278** (Press 1 to reach the on-call counselor 24/7)
- TimelyMD-Talk Now
- Silvercloud
- Calm app

Sexual Assault Helpline (410-516-7333): A confidential service of the Johns Hopkins University Counseling Center staffed 24/7 by trained professional counselors

Student Health and Wellness Center 410-516-8270 (daytime)

Confidential Resources-In addition to the counseling center and student health and wellness

Gender Violence Prevention & Education – 410-516-8396

Primarily serves students.

Alyse Campbell, Gender Violence Prevention & Education Specialist
acampb39@jhu.edu

Religious & Spiritual Life – 410-516-1880

3400 North Charles Street, Baltimore, MD 21218

<http://jhu.edu/chaplain>