

Last Updated: November 7, 2023

The UMB Student Counseling Center (SCC) recognizes these are challenging times. Students impacted by local, national, and international news seeking additional support are encouraged to reach out to the SCC. You may call the SCC directly at (410) 328-8404 and indicate that you have been impacted by recent events.

Students are also welcome to use the SCC same-day service appointments at 2 p.m. Monday - Friday. Appointment requests should be made online. These appointments are offered on a first come, first served basis and should be requested on the day you are available to meet with a counselor.

Providers in the Jewish Community

- 1. Relief Resources:** This non-profit organization dedicated to supporting the international Jewish community in overcoming the broad range of conditions related to mental illness. They provide referrals for qualified mental health providers that identify as Jewish. (<https://reliefhelp.org>)
- 2. Okclarity:** This is a resource for those looking to find vetted and experienced Jewish therapists, psychiatric medication providers, coaches, dietitians and more. Also features a blog, of social media content covering recent national events. (<https://okclarity.com>)
- 3. Jewish Community Services (JCS):** JCS offers a broad array of services and resources to address the diverse needs of individuals, families, and communities in the Greater Baltimore Region, including mental health and psychiatric services, support groups and grief counseling, call 410-466-9200 for more information. (<https://jcsbalt.org/services/emotional-behavioral-health/therapy-psychiatry>)
- 4. Shalom Tikvah:** This non-profit organization supports Jewish families facing mental illness and other challenging life circumstances by providing intensive services to promote individual and family healing. Located in Pikesville, MD, families are never turned away based on ability to pay and *services are always provided in response to what the family needs to thrive; never in response to what insurance will cover.* (<https://shalomtikvah.org>)
- 5. Behavioral Health Direct:** Yisrael Schwartz, LCPC (<https://behavioralhealthdirect.com>)
- 6. Refuat Hanefesh:** This is a supportive community that openly discusses mental health and strives to create a Jewish community that is more aware, respectful and empathetic towards people living with mental illnesses and mental health challenges. (<https://refuathanefesh.org>)
- 7. Thinking Tree Psychology Aliza Scharf, LCSW-C:** Aliza is a trauma specialist that also specializes in somatic body based work. She speaks Hebrew and is offering a Special Price for UMB Students, please call 443-928-3612 for more information.