

# NDMU

## STUDENT ROADMAP



College can be a difficult time for many students, and finding campus resources can be challenging. This roadmap outlines the resources available for Notre Dame of Maryland University students and provides tips on how to seek help.

### Possible Warning Signs That You or a Friend May Be Struggling

Trust your gut. It can be easy to brush away your own feelings of distress or concerns about a friend's behavior. When it is someone else, sometimes we assume another person will step in and help, but you might be the first person to act. Substance use and/or mental health issues can show up in different ways, such as:

- Missing class or meetings
- Poor performance on tests or getting behind on projects or schoolwork
- Feeling/appearing disengaged/"checking out"
- Irritability, anxiety, or changes in mood or behavior are other signs that you or a friend might need help.

Type of Concern	Who to Contact	Contact Information
Alcohol and/or drug use, anxiety, stress, relationship problems	Counseling Center	(410) 532-5384   <a href="http://ndm.edu/student-life/counseling-services">ndm.edu/student-life/counseling-services</a> 016 Theresa Hall   Submit an <a href="#">Appointment Request</a>
A student appears drunk, high, or is in possession of alcohol or drugs	Office of Residence Life or Office of Public Safety	Residence Life: (443) 900-5320 Office of Public Safety: (410) 435-0100
Injury, sleep problems, illness	MedStar PromptCare Health Services	(855) 546-1994   <a href="http://medstarhealth.org/mpc-towson/">medstarhealth.org/mpc-towson/</a> 6317 York Road
Gender-based harassment, sexual misconduct, relationship violence	Title IX Office	(410) 532-5109   <a href="http://ndm.edu/about-us/compliance/title-ix">ndm.edu/about-us/compliance/title-ix</a> Submit a <a href="#">Sexual Misconduct Complaint Form</a>
Support and resources concerning diversity, equity, and inclusion, and any other student concern (non-emergency)	Office of Inclusion and Community Standards	Submit a <a href="#">Student Support Referral Form</a> And/or, email the Office of Inclusion and Community Standards: <a href="mailto:pics@ndm.edu">pics@ndm.edu</a>
Report a non-emergency crime	Office of Public Safety or Office of Inclusion and Community Standards	Non-emergency: (410) 435-0100   <a href="http://ndm.edu/public-safety">ndm.edu/public-safety</a> And/or submit a <a href="#">Student Support Referral Form</a>
Feeling unsafe/threatened, in immediate danger, or there is a life-threatening emergency	Off-Campus Police and Office of Public Safety	911 (410) 532-5360 (24-hr University Police emergency line)

### Conversation Starters If You Are Concerned for a Friend

Often the biggest barrier to acting is not knowing how to start the conversation, so here are some tips to encourage friends to seek help. It might take several times for a friend to seek help, but let them know you are a resource.

- Start from a place of compassion and concern → "How is the school year going for you?"
- Asking for permission is always a safe place to start → "Would you be willing to talk about what's going on?"
- Affirming your friend positively reinforces further conversation → "Thank you for your honesty and openness about what's going on with you."
- Share a resource → "[NAME/OFFICE] might be helpful. Can I help you make an appointment or give you their info?"