

Retriever Integrated Health

Health. Counseling.

Your success in school, work, and life in general is dependent on good physical and emotional/mental well-being. Retriever Integrated Health (RIH) is an interdisciplinary team of medical and counseling professionals/experts who can help you develop good, healthy habits in your daily routines, and is also ready to help you identify and address conditions that may challenge your well-being. Some of the services available at RIH are listed below. Visit <https://health.umbc.edu/> for even more information. **We are here to help you!**

Counseling Services

- Free and confidential
- Individual counseling
- Group counseling
- Workshops, programs, and trainings
- Assistance with referrals
- Online self-help and interactive resources

Complementary Health Services

- Massage therapy
- Acupuncture
- Dietitian services

Medical Services

- Acute illness and injury care
- Annual physicals
- Annual gynecology exams
- GYN care- including birth control and IUDs
- Treatment/monitoring of chronic illnesses
- Psychiatric services
- Immunizations
- Allergy and flu shots
- Tuberculosis screenings
- STI screenings
- and much more!



RETRIEVER INTEGRATED HEALTH



Online Resources!

The Shrink Space

Connect with off-campus therapists. Search our tailored directory of off-campus therapists specialized in student mental health.

Togetherall is an anonymous, online, peer-to-peer mental health support community, available 24/7.



Kognito

For techniques to talk to a friend you are concerned about or to learn how to recognize signs of distress.



WellTrack is designed to help students understand their mental health and to provide them with help. WellTrack offers a suite of online tools and courses such as Depression, Anxiety and Stress, and Find Your Inner Calm Through Mindfulness.

Stay up to date with health and wellness at UMBC -

follow us on myUMBC and on social media @UMBCrih

Retriever Integrated Health

The Center for Well-Being
(410) 455-2542
health.umbc.edu



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