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Spring 2021

Counseling Center_Speak Your Truth Submission Form

University of Maine Counseling Center

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Speak your Truth! Learnings, Surprises, Satisfactions and Dissatisfactions of the past 1+ year.

We would love to hear from you! Please submit a poem, piece of free writing, or video submission (preferably via YouTube) reflecting on your experience over the last (very unique) year. Whether it be about the pandemic, racial/social/political upheaval, or personal challenges; reflect on this last year and what life has been like for you or the resilience you have had. We would like to compile a virtual board of these submissions for the UMaine community to reflect on and join together with one another. You can choose to not identify yourself in your work or include a brief description of your project if you wish. This submission is voluntary and by submitting you agree that this is your own work and that we have your permission to publicly share your poem for the purpose of this project.

While we do not want to censure or silence voices, we will consider the tone of the content submitted through a trauma sensitive lens when making decisions about what to publish. While the Counseling Center may not publish every piece, do know we are committed to portraying your "truth."

This is not a mandated reporting initiative. Your submission will not be considered an official notice to the University. If you would like to file a complaint to Title IX Student Services please contact Title IX at (207) 581- 1406 or email at um.titleix@maine.edu.

We will not be monitoring each submission for mental health risk as they come in. If you are distressed or in crisis, please seek help immediately. Local crisis resources include but may not be limited to:

UMaine Police Department 207-581-4040 (if on campus) or 911 (if off campus)

Local hospital emergency departments:

Northern Light Eastern Maine Medical Center: 489 State St Bangor, ME 04401

St Joseph's Hospital: 360 Broadway Bangor, ME 04401

Maine Crisis Hotline at 1-888-568-1112

National Suicide Prevention Lifeline at 1- 800-273-TALK (8255)

National Crisis Text Line: Text "TALK" to 741741

To speak with a counselor or to make an appointment at your campus during regular business hours (Non-Emergency situations):

University of Maine Counseling Center at 207-581-1392 (Monday-Friday 9 AM-4 PM)

Please submit in the text box below!

