

Good morning, scholars.

A lot has changed in a short amount of time. One thing that remains the same is CSP's dedication to doing everything we can to help you be successful.

We are here.

- Your faculty are working hard to make sure the quality of learning and instruction continue to meet our high standards.
- Your academic advisors will continue to offer the same guidance and assistance you have always enjoyed.
- When you call or email the CSP office you will be greeted by the same care and compassion you have come to expect.

We have moved all of our services to the phone or online, but we are still here. **If you need anything**, please email or call us (csp-4info@umich.edu, 734-764-9128). We're still answering phones and replying to general emails during regular business hours, M-F from 8am-5pm.

As always, your faculty and academic advisors are ready and eager to listen to your concerns, connect you with resources, and offer the information necessary to navigate this new territory. If you'd like to schedule a phone appointment, ask a question, or just chat, give us a call at 734-764-9128. You can also email your faculty and advisors directly.

Counseling and Psychological Services (CAPS) is still offering [appointments](#) and helpful resources related to COVID-19 and mental health.

- [Managing Anxiety and Stress with COVID-19](#)
- [Resources for anxiety and your mental health in a global climate of uncertainty](#)

This situation will continue to change, but no matter what, we're still here and everything we do is for you.

On behalf of all of us in the Comprehensive Studies Program community, please take care and share with us how we can best serve you.

Kierra