

**UNIVERSITY OF MICHIGAN ON-CAMPUS RESOURCES
FOR CONCERNS RELATED TO MENTAL HEALTH ISSUES**

For an up-to-date electronic version, visit tiny.cc/distresssignals

<p>CAPS Tappan Street Auxiliary Building 609 Tappan Ave</p>	<p align="center">http://caps.umich.edu/</p>
<p><i>Counseling and Psychological Services offers a variety of brief support services aimed at helping students resolve personal difficulties and strengthen the skills, attitude and knowledge that will enable students to take full advantage of their experiences at the University of Michigan.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • To schedule your first appointment, go to the CAPS office to complete the confidential intake information on their secure computers. The receptionist will then set up your initial appointment. • If you are in a crisis or have an urgent need to be seen, the Counselor on Duty can meet with you between 10:00 am and 6:00 pm Monday, Wednesday, and Thursday or 12:00 pm and 6:00 pm on Tuesday or 11:00 am and 4:00 pm on Friday during the Fall and Winter semesters. You will need to come to CAPS, fill out the Welcome to CAPS form (check the box next to “Do you need to be seen today?”) and complete computer intake forms. • Call 734-764-8312. To reach someone after hours, call the 24 hour line at 734-764-8312 and press 0. • For mental health resources, visit MiTalk (mitalk.umich.edu) 	
<p>Care Managers, UHS University Health Services 207 Fletcher Street</p>	<p align="center">http://www.uhs.umich.edu/caremanager</p>
<p><i>Care Managers support and promote mental health by screening for and addressing depression and high-risk alcohol use; discussing other mental health concerns such as anxiety, stress, sleep problems, and eating disorders; connecting patients to support resources both at U-M and in the Ann Arbor community; exploring how to improve feelings of loneliness, isolation, and not belonging; helping patients develop self-care and stress reduction strategies.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • If your birth month is January - June, please contact Kristina at 734-647-4666 or kkile@med.umich.edu • If your birth month is July - December, please contact Diana at 734-764-7713 or pdiana@med.umich.edu 	
<p>Collegiate Recovery Program University Health Services 207 Fletcher Street</p>	<p align="center">http://www.uhs.umich.edu/recovery</p>
<p><i>CRP provides holistic, tailored support to Michigan students who are in recovery from alcohol or other drug problems. The mission is to provide a supportive community where students in recovery can achieve academic success while enjoying a genuine college experience, free from alcohol and other drugs.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Email collegiate.recovery.program@umich.edu • Call CRP's Program Manager Matt Statman at 734-763-3933 	

Depression Center Rachel Upjohn Building 4250 Plymouth Road, SPC 5763	http://www.depressioncenter.org
<p><i>The mission of the University of Michigan Comprehensive Depression Center is to detect depression and bipolar disorders earlier, treat more effectively, prevent recurrences and progression, counteract stigma, and improve public policy.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Schedule an appointment with the Depression Center through the U-M Department of Psychiatry scheduling office: https://medicine.umich.edu/dept/psychiatry/contact-us-0 • In case of an emergency, call the Psychiatric Emergency Room (at UM Hospital) at 734-936-5900 • For resources or drop-in support groups, visit Campus Mindworks at http://www.campusmindworks.org/ 	
Division of Public Safety and Security 1239 Kipke Drive	http://dpss.umich.edu
<p><i>The Division of Public Safety and Security (DPSS) is responsible for all police and security functions related to the University's Ann Arbor campus.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call 734-763-1131 or text 377911. In the case of an emergency, dial 911 	
FASCCO (Faculty and Staff only) 1009 Greene Street 2076 Administrative Services Building	https://hr.umich.edu/benefits-wellness/health-well-being/mental-health-counseling-consultation-services/faculty-staff-counseling-consultation-office-fascco
<p><i>The Faculty and Staff Counseling and Consultation Office provides support and assistance to University staff and faculty in resolving personal or work related concerns. Through a range of sensitive and innovative services, FASCCO seeks to enhance the emotional health, well-being and job performance of members of the university community. By providing confidential and professional counseling, coaching, training and consultation services to staff, faculty, retirees, benefit-eligible dependents and departments, FASCCO helps individuals develop and foster strengths and resiliency to enhance their personal and professional lives.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • To inquire about services or make an appointment, call 734-936-8660 or email fascco@umich.edu. Although confidentiality is intended in all FASCCO communication, everyone is advised to call instead of email if confidentiality is of concern. 	
LSA Newnan Academic Advising Center 1255 Angell Hall 435 S. State Street	http://www.lsa.umich.edu/advising
<p><i>LSA general academic advisors are there to help students plan their courses, talk about their chosen paths, think about alternatives, refer them to resources, and support them in happy or difficult times.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call 734-764-0332 to set up an advising appointment 	

Office of the Dean of Students Tappan Auxiliary Building 609 Tappan Ave.	http://deanofstudents.umich.edu/
<p><i>The Dean of Students Office is a central place for students, parents, faculty and staff to receive assistance navigating the complex issues of student life. The staff of the Dean of Students Office provides support to individual students or groups experiencing life situations impacting their Michigan experience and coordinates the appropriate individual or campus-wide response. Staff members work to promote a safe, respectful, healthy and inclusive campus community, coordinate programs services, and monitor and respond to emerging situations that impact students.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call 734-764-7420 or email deanofstudents@umich.edu 	
Psychiatric Emergency Services University Hospital 1500 East Medical Center Drive	https://medicine.umich.edu/dept/psychiatry/patient-care/psychiatric-emergency-service
<p><i>Psychiatric Emergency Services (PES) provides emergency/urgent walk-in evaluation and crisis phone services available 24 hours a day, 7 days a week, for people of all ages. The following services are provided: psychiatric evaluation, treatment recommendations, crisis intervention, screening for inpatient psychiatric hospitalization, and mental health and substance abuse treatment referral information. Psychiatric Emergency Services is a joint program with the Department of Psychiatry and the Washtenaw Community Health Organization (WCHO).</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call the crisis phone service at 734-936-5900 or 734-996-4747, available 24/7 • Walk in service is available through check-in at Emergency Department Entrance. 	
Psychological Clinic 500 E. Washington St., Suite 100	http://mari.umich.edu/psych-clinic/
<p><i>The psychologists, psychiatrists, and social workers at the Psychological Clinic offer mental health services including psychological assessment and treatment for an array of mental health issues for community members in the Ann Arbor area, including students, staff, and faculty from the University of Michigan. They provide treatment for individuals as well as for relationship problems and offer group counseling for different common concerns.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call the clinic at 734-764-3471 • Visit the website listed above to fill out a form to schedule an appointment 	
Rackham Resolution Officer for Graduate Students and Postdoctoral Fellows 1120 Rackham Building 915 E. Washington Street	http://www.rackham.umich.edu/directory/resolution-officer
<p><i>The Rackham Resolution Officer provides a safe and confidential environment to discuss concerns, and advises faculty, postdoctoral fellows, staff, and students on matters related to emergencies, crisis situations, disputes, and student conduct violations. The Resolution Officer also provides information about Rackham Graduate School and University policies and procedures, makes referrals, and offers resources when appropriate.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call 734-936-1647 • Direct email inquiries to RackResolutionOfficer@umich.edu 	

SAPAC Michigan Square Building 330 E. Liberty St. 3rd Floor	http://sapac.umich.edu
<p><i>The Sexual Assault Prevention and Awareness Center promotes healthy relationships, teaches non-violence and equality, supports survivor healing, and fosters a respectful and safe environment for all members of the University of Michigan community. SAPAC provides educational and supportive services for the University of Michigan community related to sexual assault, intimate partner violence, sexual harassment, and stalking.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Reach the 24/7 Crisis Line at 734-936-3333 • Email sapac@umich.edu or call 734-764-7771 	
Services for Students with Disabilities G-664 Haven Hall 505 S. State Street	http://ssd.umich.edu/
<p><i>SSD provides accommodations and other services for students with disabilities, such as coaching and mentoring, resources, and scholarships and awards.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Students wishing to receive accommodations must register with the SSD office - information can be found at ssd.umich.edu/documentation • Email ssdoffice@umich.edu or call 734-763-3000 	
University Health Services 207 Fletcher Street	http://www.uhs.umich.edu/mentalhealthsvcs
<p><i>UHS is your campus health and wellness resource, offering comprehensive clinical services plus support for your well-being. Most services are free for currently enrolled U-M students (Ann Arbor campus).</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Appointments are required for most medical services at UHS • Call 734-764-8320 (option 2), visit UHS in person, or email UHS-ApptSchd@umich.edu to set up an appointment • For an emergency, call UHS at 734-764-8320 (option 2 - Ask for Nurse Advice) during business hours 	
Wolverine Wellness University Health Services, Suite 0245 207 Fletcher Street	https://www.uhs.umich.edu/wolverine-wellness
<p><i>Wolverine Wellness specializes in issues of addiction and eating disorders. Wolverine Wellness provides information and referrals, provides early intervention, collaborates and consults, influences policy and advocates for health for the U-M campus community.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Call 734-763-1320 	
Well-Being Canvas Course	https://umich.instructure.com/courses/200
<p><i>This new addition to the Canvas website for University of Michigan students provides a series of resources to help promote student well-being. Created in a collaborative effort with students, this resource provides ways to "Take a Break", find resources for help, and connect you to the Campus Events calendar filled with opportunities associated with well-being or mindfulness.</i></p> <p>To make use of these services:</p> <ul style="list-style-type: none"> • Find the newly added icon on the Canvas site and self-enroll in the "course". 	
Private Mental Health Practitioners	
<p><i>There are many licensed mental health practitioners in the Ann Arbor and Southeastern Michigan area. A quick internet search will provide phone numbers and email addresses for many of them.</i></p>	