<table>
<thead>
<tr>
<th>If you are concerned about a friend and don’t know what to do…</th>
<th>UHS Helping a Friend</th>
</tr>
</thead>
</table>

| If you or someone you know is in immediate danger because of thoughts of suicide or if you believe someone is a danger to others… | *Call 911 or DPSS (Division of Public Safety & Security) 734.763.1131 or text 377911  
*UM Psychiatric Emergency Service (24/7) 734.936.5900 or 734.996.4747  
*National Suicide Prevention Lifeline (1.800.273.8255)  
*UM Crisis Phone & Text Line, Text: 741-741, Phone: 734-996-4747 |

| If you are experiencing symptoms of depression, anxiety, feeling overwhelmed, or have had changes in your academic performance… | *Call or over to Counseling and Psychological Services (CAPS) (734.764.8312, Tappan Street Auxiliary Building) (confidential resource).  
*UM Psychological Clinic, 734.764.3471, 500 E. Washington, Suite 100  
*Dean of Students Office, 734.764.7420, DeanofStudents@umich.edu, 609 Tappan Street  
*UHS Care Manager, check website for contact information  
*Wolverine Support Network, check website for contact information  
*Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs, 734.764.7297, 1213 Angell Hall  
*Dept of Psychiatric Outpatient Care, 734.764.0231, Rachel Upjohn Building, 4250 Plymouth Rd  
*St. Joes Behavioral Services, check website for phone numbers and locations  
*MiTalk, 734.764.8312, 609 Tappan  
*Campus Mind Works, check website for specific resources and wellness groups  
*UM Community Provider Database, check website for contact information |

| If you are experiencing bullying/harassment, sexual harassment, stalking, interpersonal violence, or sexual assault… | *DPSS (Division of Public Safety & Security) 734.763.1131 or text 377911  
*Sexual Assault Prevention and Awareness Center (SAPAC), 24/7 Crisis line: 734.936.3333, theAdvocate@umich.edu, 330 E. Liberty St., Suite 3D (confidential resource)  
*CAPS, 734.764.8312, Tappan Street Auxiliary Building (confidential resource)  
*Office of the Ombuds, 734.763.3545, umstudentombuds@umich.edu, 6015 Fleming Admin Building (confidential resource)  
*Dean of Students Office, 734.764.7420, DeanofStudents@umich.edu, 609 Tappan Street  
*Make a Report: https://sexualmisconduct.umich.edu/ |
If you are concerned about your **alcohol and drug use**…  
*UHS Care Manager*, 734.764.8320, 207 Fletcher Street  
*UM Addiction Treatment Service*, 1-800-525-5188, 4250 Plymouth Rd  
*UM Collegiate Recovery Program*, 734.763.3933, collegiate.recovery.program@umich.edu  
*UHS Programs and Services for Alcohol and Other Drugs*, check website for specific resources and wellness groups  
*UM Addiction Center*, 1-800-525-5188, Rachel Upjohn Building, 4250 Plymouth Rd

If you are dealing with a **personal tragedy, familial crisis, or other loss**…  
*Dean of Students Office*, 734.764.7420, DeanofStudents@umich.edu, 609 Tappan Street  
*CAPS*, 734.764.8312, Tappan Street Auxiliary Building (confidential resource)  
*Student Legal Services*, 734.763.9920, 715 N. University Ave., Suite 202  
*Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs*, 734.764.7297, 1213 Angell Hall

If you are experiencing **housing issues and/or interpersonal conflicts**…  
*Dean of Students Office*, 734.764.7420, DeanofStudents@umich.edu, 609 Tappan Street  
*Office of Student Conflict Resolution*, 734.936.6308, oscr@umich.edu, 100 Student Activities Building  
*CAPS*, 734.764.8312, Tappan Street Auxiliary Building (confidential resource)  
*Student Legal Services*, 734.763.9920, 715 N. University Ave., Suite 202  
*Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs*, 734.764.7297, 1213 Angell Hall

### Wellness Resources for Students

If you are planning to **study abroad** and want to learn more about mental health and other wellness resources while away…  
*Center for Global and Intercultural Study-CGIS*, 734.764.4311, cgis@umich.edu, 200 Weiser Hall

If you are exploring your **sexual orientation, gender identity, or gender expression**…  
*Spectrum Center*, 734-763-4186, spectrumcenter@umich.edu, 1443 Washtenaw Ave

If you are interested in **general information or workshops on mindfulness and meditation**…  
*Center for the Education of Women (CEW+), contactcew@umich.edu*, 330 E. Liberty Street  
*Newnan Academic Advising Center, ask.lsa.advising@umich.edu*, 1255 Angell Hall