

Mental Health Resources for Students

<p>If you are concerned about a friend and don't know what to do...</p>	<p>UHS Helping a Friend</p>
<p>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...</p>	<ul style="list-style-type: none"> *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
<p>If you are experiencing symptoms of depression, anxiety, feeling overwhelmed, or have had changes in your academic performance...</p>	<ul style="list-style-type: none"> *Call or over to Counseling and Psychological Services (CAPS) 734.764.8312, Michigan Union (confidential resource). *UM Psychological Clinic, 734.764.3471, 500 E. Washington, Suite 100 *Dean of Students Office, 734.764.7420, DeanofStudents@umich.edu, Michigan Union *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
<p>If you are experiencing bullying/harassment, sexual harassment, stalking, interpersonal violence, or sexual assault...</p>	<ul style="list-style-type: none"> *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, Michigan Union (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, Michigan Union *Make a Report: https://sexualmisconduct.umich.edu/

<p>If you are concerned about your alcohol and drug use...</p>	<ul style="list-style-type: none"> *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
<p>If you are dealing with a personal tragedy, familial crisis, or other loss...</p>	<ul style="list-style-type: none"> *Dean of Students Office, 734.764.7420, DeanofStudents@umich.edu, Michigan Union *CAPS, 734.764.8312, Michigan Union (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
<p>If you are experiencing housing issues and/or interpersonal conflicts...</p>	<ul style="list-style-type: none"> *Dean of Students Office, 734.764.7420, DeanofStudents@umich.edu, Michigan Union *Office of Student Conflict Resolution, 734.936.6308, oscr@umich.edu, 100 Student Activities Building *CAPS, 734.764.8312, Michigan Union (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
<h2 style="margin: 0;">Wellness Resources for Students</h2>	
<p>If you are planning to study abroad and want to learn more about mental health and other wellness resources while away...</p>	<ul style="list-style-type: none"> *Center for Global and Intercultural Study-CGIS, 734.764.4311, cgis@umich.edu, 200 Weiser Hall
<p>If you are exploring your sexual orientation, gender identity, or gender expression...</p>	<ul style="list-style-type: none"> *Spectrum Center, 734-763-4186, spectrumcenter@umich.edu, 1443 Washtenaw Ave
<p>If you are interested in general information or workshops on mindfulness and meditation...</p>	<ul style="list-style-type: none"> *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

