# Mental Health Resources for Students

<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>
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</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)* |
| 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, https://www.uhs.umich.edu/caremanager*  
*Wolverine Support Network*  
*Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs, 734.764.7297, 1213 Angell Hall* |
| 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)*  
*SAPAC, 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, https://www.uhs.umich.edu/caremanager*  
*UM Addiction Treatment Service, https://www.uofmhealth.org/our-locations/eaap-addiction*  
*UM Collegiate Recovery Program, https://www.uhs.umich.edu/recovery, 734.763.3933, collegiate.recovery.program@umich.edu*  
*UHS Programs and Services for Alcohol and Other Drugs, https://www.uhs.umich.edu/aodprograms*  
*UHS Wellness Coaching, https://uhs.umich.edu/wellness-coaching* |
| 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* |
If you are experiencing **housing issues** and/or **interpersonal conflicts**…

*Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs*, 734.764.7297, 1213 Angell Hall

*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*

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### 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*