

## Mental Health Resources for Students

<p>If you are <b>concerned about a friend</b> and don't know what to do...</p>	<p><a href="#">UHS Helping a Friend</a></p>
<p>If you or someone you know is in <b>immediate danger</b> because of thoughts of <b>suicide</b> or if you believe <b>someone is a danger to others...</b></p>	<ul style="list-style-type: none"> <li>*Call 911 or <a href="#">DPSS</a> (Division of Public Safety &amp; Security) 734.763.1131 or text 377911</li> <li>*<a href="#">UM Psychiatric Emergency Service</a> (24/7) 734.936.5900 or 734.996.4747</li> <li>*<a href="#">National Suicide Prevention Lifeline</a> (1.800.273.8255)</li> <li>*<a href="#">UM Crisis Phone &amp; Text Line</a>, Text: 741-741, Phone: 734-996-4747</li> </ul>
<p>If you are experiencing symptoms of <b>depression, anxiety, feeling overwhelmed</b>, or have had <b>changes in your academic performance...</b></p>	<ul style="list-style-type: none"> <li>*Call or over to <a href="#">Counseling and Psychological Services (CAPS)</a> (734.764.8312, Tappan Street Auxiliary Building) (<b>confidential resource</b>).</li> <li>*<a href="#">UM Psychological Clinic</a>, 734.764.3471, 500 E. Washington, Suite 100</li> <li>*<a href="#">Dean of Students Office</a>, 734.764.7420, <a href="mailto:DeanofStudents@umich.edu">DeanofStudents@umich.edu</a>, 609 Tappan Street</li> <li>*<a href="#">UHS Care Manager</a>, check website for contact information</li> <li>*<a href="#">Wolverine Support Network</a>, check website for contact information</li> <li>*<a href="#">Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs</a>, 734.764.7297, 1213 Angell Hall</li> <li>*<a href="#">Dept of Psychiatric Outpatient Care</a>, 734.764.0231, Rachel Upjohn Building, 4250 Plymouth Rd</li> <li>*<a href="#">St. Joes Behavioral Services</a>, check website for phone numbers and locations</li> <li>*<a href="#">MiTalk</a>, 734.764.8312, 609 Tappan</li> <li>*<a href="#">Campus Mind Works</a>, check website for specific resources and wellness groups</li> <li>*<a href="#">UM Community Provider Database</a>, check website for contact information</li> </ul>
<p>If you are experiencing <b>bullying/harassment, sexual harassment, stalking, interpersonal violence, or sexual assault...</b></p>	<ul style="list-style-type: none"> <li>*<a href="#">DPSS</a> (Division of Public Safety &amp; Security) 734.763.1131 or text 377911</li> <li>*<a href="#">Sexual Assault Prevention and Awareness Center (SAPAC)</a>, 24/7 Crisis line: 734.936.3333, <a href="mailto:theAdvocate@umich.edu">theAdvocate@umich.edu</a>, 330 E. Liberty St., Suite 3D (<b>confidential resource</b>)</li> <li>*<a href="#">CAPS</a>, 734.764.8312, Tappan Street Auxiliary Building (<b>confidential resource</b>)</li> <li>*<a href="#">Office of the Ombuds</a>, 734.763.3545, <a href="mailto:umstudentombuds@umich.edu">umstudentombuds@umich.edu</a>, 6015 Fleming Admin Building (<b>confidential resource</b>)</li> <li>*<a href="#">Dean of Students Office</a>, 734.764.7420, <a href="mailto:DeanofStudents@umich.edu">DeanofStudents@umich.edu</a>, 609 Tappan Street</li> <li>*Make a Report: <a href="https://sexualmisconduct.umich.edu/">https://sexualmisconduct.umich.edu/</a></li> </ul>

<p>If you are concerned about your <b>alcohol and drug use...</b></p>	<ul style="list-style-type: none"> <li>*<a href="#">UHS Care Manager</a>, 734.764.8320, 207 Fletcher Street</li> <li>*<a href="#">UM Addiction Treatment Service</a>, 1-800-525-5188, 4250 Plymouth Rd</li> <li>*<a href="#">UM Collegiate Recovery Program</a>, 734.763.3933, <a href="mailto:collegiate.recovery.program@umich.edu">collegiate.recovery.program@umich.edu</a></li> <li>*<a href="#">UHS Programs and Services for Alcohol and Other Drugs</a>, check website for specific resources and wellness groups</li> <li>*<a href="#">UM Addiction Center</a>, 1-800-525-5188, Rachel Upjohn Building, 4250 Plymouth Rd</li> </ul>
<p>If you are dealing with a <b>personal tragedy, familial crisis, or other loss...</b></p>	<ul style="list-style-type: none"> <li>*<a href="#">Dean of Students Office</a>, 734.764.7420, <a href="mailto:DeanofStudents@umich.edu">DeanofStudents@umich.edu</a>, 609 Tappan Street</li> <li>*<a href="#">CAPS</a>, 734.764.8312, Tappan Street Auxiliary Building (<a href="#">confidential resource</a>)</li> <li>*<a href="#">Student Legal Services</a>, 734.763.9920, 715 N. University Ave., Suite 202</li> <li>*<a href="#">Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs</a>, 734.764.7297, 1213 Angell Hall</li> </ul>
<p>If you are experiencing <b>housing issues</b> and/or <b>interpersonal conflicts...</b></p>	<ul style="list-style-type: none"> <li>*<a href="#">Dean of Students Office</a>, 734.764.7420, <a href="mailto:DeanofStudents@umich.edu">DeanofStudents@umich.edu</a>, 609 Tappan Street</li> <li>*<a href="#">Office of Student Conflict Resolution</a>, 734.936.6308, <a href="mailto:oscr@umich.edu">oscr@umich.edu</a>, 100 Student Activities Building</li> <li>*<a href="#">CAPS</a>, 734.764.8312, Tappan Street Auxiliary Building (<a href="#">confidential resource</a>)</li> <li>*<a href="#">Student Legal Services</a>, 734.763.9920, 715 N. University Ave., Suite 202</li> <li>*<a href="#">Office of the Assistant Dean for Undergraduate Education and Student Academic Affairs</a>, 734.764.7297, 1213 Angell Hall</li> </ul>
<h2 style="margin: 0;">Wellness Resources for Students</h2>	
<p>If you are planning to <b>study abroad</b> and want to learn more about mental health and other wellness resources while away...</p>	<ul style="list-style-type: none"> <li>*<a href="#">Center for Global and Intercultural Study-CGIS</a>, 734.764.4311, <a href="mailto:cgis@umich.edu">cgis@umich.edu</a>, 200 Weiser Hall</li> </ul>
<p>If you are exploring your <b>sexual orientation, gender identity, or gender expression...</b></p>	<ul style="list-style-type: none"> <li>*<a href="#">Spectrum Center</a>, 734-763-4186, <a href="mailto:spectrumcenter@umich.edu">spectrumcenter@umich.edu</a>, 1443 Washtenaw Ave</li> </ul>
<p>If you are interested in general information or workshops on <b>mindfulness and meditation...</b></p>	<ul style="list-style-type: none"> <li>*<a href="#">Center for the Education of Women (CEW+)</a>, <a href="mailto:contactcew@umich.edu">contactcew@umich.edu</a>, 330 E. Liberty Street</li> <li>*<a href="#">Newnan Academic Advising Center</a>, <a href="mailto:ask.isa.advising@umich.edu">ask.isa.advising@umich.edu</a>, 1255 Angell Hall</li> </ul>