Mental Health and Wellness Resources

**CGIS/GIEU:** provides a wide variety of global engagement and learning opportunities to the University of Michigan community.

**Division of Public Safety and Security:** call DPSS (911) first if there is ever an emergency or if you are concerned about the immediate health or safety of an individual. For non-emergencies call 734-763-1131.

**First Generation Students:** this website seeks to provide first-generation students at the University of Michigan with resources, insight and inspiration that can help you thrive and succeed on campus as you pursue your degree.

**International Center:** advises international students on immigration and VISA issues including but not limited to employment, health insurance, and travel, also advises students on study, travel, and work abroad.

**Multi-Ethnic Student Affairs (MESA):** using the lens of race and ethnicity, MESA engages and transforms students to build inclusive spaces and equitable opportunities. Their focus is on community engagement, leadership development, and social justice education.

**Office for Institutional Equity:** fields all reports of discrimination, harassment, and bias and also provides legal and policy interpretation as well as education and training.

**Office of the Ombuds:** student concerns, complaints, and questions about the functioning of the university can be discussed here in a safe environment.

**Services for Students with Disabilities:** provides services to students with visual impairments, learning disabilities, mobility impairments, hearing impairments, chronic health problems and psychological disabilities, so they may enjoy a complete range of academic and non-academic opportunities. Services are free of charge.

**Sexual Assault Prevention and Awareness Center (SAPAC):** offers a 24-hour crisis line, crisis intervention, counseling, outreach, and educational services related to sexual assault, intimate partner violence, stalking, and sexual harassment.

**SAPAC Our Community Matters:** resource guide for students, faculty, and staff who may have experienced sexual assault, intimate partner violence, and/or stalking. Understand your reporting options and be aware of support services through the university and community.

**Student Life Dean of Students:** is available to assist with multiple student related concerns and can also help students to navigate and access other appropriate resources.

**Spectrum Center:** with a focus on sexual orientation, gender identity, and gender expression, this office provides opportunity for students to find community, support, and leadership opportunities.

**Students with Children:** Website dedicated to the needs of student caregivers at U-M who juggle parenting, other family care, work, and study.

**Transfer Students:** applying to U–M, information on academics, cost and financial aid and student life especially for those students transferring to U–M.

**University Bias Incident Reporting System:** report incidents of harassment and/or discrimination either witnessed first-hand or disclosed to you second- or third-hand.