

CRISIS INFO

Available 24/7:

- National suicide and crisis lifeline: Call or text 988
- CAPS After Hours: Call (734) 764-8312 (Press 0)
- Psychiatric Emergency Services (PES): Call (734) 996-4747

Does someone else need immediate help?

- Call DPSS at (734) 763-1131
- Call 911

U-M Collections of Resources

- Mitalk: short, blog-type posts about a variety of issues.
- Healing Blue App: lists of resources for students, mental health-related and otherwise.

ALL IS FREE UNLESS SPECIFIED

More information on
Carna's Website
(carnamentalwellness.org)

Carna is a nonprofit organization that strives to provide accessible information about mental health and wellness.



Funded by Wolverine Wellness



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[@carna.mentalwellness](https://www.instagram.com/carna.mentalwellness)



www.carnamentalwellness.org

UMICH RESOURCES

carnamentalwellness.org

1:1 PROFESSIONAL RESOURCES

- U-M students pay a mandatory health service fee (included in tuition) that funds clinical services at UHS and well-being services (CAPS).
 - Medication: if you want medication for a mental illness such as anxiety or depression, you may be able to start with a UHS primary care doctor (may cost depending on insurance).
- Counseling Services
 - Call CAPS (734 764 8312) to schedule a therapy appointment
 - Uwill Teletherapy Services: video, phone, chat, and message sessions with licensed mental health professionals.
- Wellness Coaching. @ Wolverine Wellness: NOT therapy. They can help with: general coaching, alcohol/drug/nicotine addiction, disordered eating, and group coaching.

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PEER TO PEER

- Wolverine Support Network: holds weekly groups led by trained facilitators.
- CAPS Individual Peer Counseling: connects students with someone of a similar age, interest and background who can serve as a resource or someone to rant to.
- Togetherall: clinically moderated, online peer-to-peer mental health community.
- Resource Navigators: peer-to-peer wayfinding that helps you pinpoint spaces, places, and people at Michigan.

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IDENTITY/ EXPERIENCE-SPECIFIC

- Multi-Ethnic Student Affairs (MESA): support and programming for BIPOC students
- Spectrum Center: support and programming for LGBTQ+ students
- Transfer student support: discord.gg/JJ6ayHpE
- Maize and Blue Cupboard: food pantry, free with mcard
- Sexual Assault Prevention and Awareness Center (SAPAC): free and confidential intervention and/or support for survivors of sexual assault, relationship violence, or sexual harassment, in addition to Peer-Led Support Groups.
- Office of Student Conflict Resolution (OSCR): where students can navigate conflict (alone or with a peer) in a peaceful, restorative, and self-reflexive manner.

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