

got stress?

You're not alone.

In the past 12 months, more than a third of graduate and professional students at U-M thought they needed help because they were feeling sad, blue, anxious or nervous.*

That's right: many of the students around you also feel stressed.

**All figures from the 2015 Healthy Minds Study.*

Here are just a *few* of the resources:

24-Hour Emergency Lines:

Emergency	911
U-M Psychiatric Emergency Services	734-936-5900
	734-996-4747
Sexual Assault Prevention and Awareness Center (SAPAC)	734-936-3333
SafeHouse Center	734-995-5444

Counseling and Support:

Counseling and Psychological Services (CAPS)	734-764-8312
Faculty and Staff Assistance Program (FASAP)	734-936-8660
International Center	734-764-9310
Services for Students with Disabilities	734-763-3000
Sexual Assault Prevention and Awareness Center (SAPAC)	734-764-7771
Spectrum Center	734-763-4186
UMHS Employee Assistance Program (EAP)	734-763-5409
University Center for the Child and Family (UCCF)	734-764-9466
University Health Service (UHS)	734-764-8320
University Psychological Clinic	734-764-3471

See the *full* listing of resources and their locations on the map inside.

So why don't you talk to someone about it?

Are you worried that other students will think you're weak if you get help for emotional or mental health problems?

*Over 85% of graduate and professional students at U-M say they **don't** think it's weak to get help!**

Support is here if you want it.

Staff are ready to listen to your concerns and work with you to manage stress.

**All figures from the 2015 Healthy Minds Study.*

Don't let concern about the possible cost stop you from getting the support you want.

Some services are free to students.

Some assistance may be available for those who qualify.

Health insurance may cover some or all of the fees.

For more information go to
rackham.umich.edu/grad-life/health

rackham.umich.edu/grad-life/health

Mental health resources map inside.

Produced by the Rackham Graduate School at the
University of Michigan.

For more information about this brochure call
734-647-2640.

For more information about the *Healthy Minds Study*, see
www.healthymindsnetwork.org/hms.

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