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
- 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
Mental health resources
map inside.

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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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