

got stress?

# You're not alone.

In the past 12 months, more than a third of graduate and professional school 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 *Healthy Minds Study*.

# 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 problems?

*Over 80% of graduate and professional school 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 *Healthy Minds Study*.*

Here are just a *few* of the resources:

**24-Hour Emergency Lines:**

Emergency	911
U-M Psychiatric Emergency Services	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
Psychological Clinic	734-764-3471
University Health Service (UHS)	734-764-8320
Sexual Assault Prevention and Awareness Center (SAPAC)	734-998-9368
Spectrum Center	734-763-4186
Services for Students with Disabilities (SSD)	734-763-3000
International Center	734-764-9310
University Center for the Child and the Family (UCCF)	734-764-9466

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

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

- Some services are free to students.
- Some base their charges on what you can afford.
- Health insurance may cover some or all of the fees.

For more information go to  
[www.rackham.umich.edu/student\\_life/  
advice\\_support/mental\\_health/](http://www.rackham.umich.edu/student_life/advice_support/mental_health/)

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# 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.healthymindsstudy.net](http://www.healthymindsstudy.net).

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