

got stress?

# You're not alone.

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

Here are just a *few* of the resources:

### 24-Hour Emergency Lines:

|   |          |
|---|----------|
| Emergency   | 911      |
| UM Psychiatric Emergency Services                         | 996-4747 |
| Sexual Assault Prevention<br>and Awareness Center (SAPAC) | 936-3333 |
| SOS Crisis Center   | 484-4300 |
| SafeHouse Center  | 995-5444 |

### Counseling and Support:

|  |          |
|--|----------|
| Counseling and Psychological Services (CAPS)                       | 764-8312 |
| Psychological Clinic   | 764-3471 |
| University Health Service (UHS)                                    | 764-8320 |
| Sexual Assault Prevention<br>and Awareness Center (SAPAC)          | 998-9368 |
| Office of Lesbian Gay Bisexual<br>and Transgender Affairs (LGBTQA) | 763-4186 |
| Services for Students with Disabilities (SSD)                      | 763-3000 |
| International Center   | 764-9310 |

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/mentalhealth/](http://www.rackham.umich.edu/mentalhealth/)

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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 647-2640.

For more information about the *UM Healthy Minds Study*  
contact Daniel Eisenberg at [daneis@umich.edu](mailto:daneis@umich.edu).

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David A. Brandon, Ann Arbor · Laurence B. Deitch, Bingham Farms · Olivia P. Maynard, Goodrich  
Rebecca McGowan, Ann Arbor · Andrea Fischer Newman, Ann Arbor · Andrew C. Richner, Grosse Pointe Park  
S. Martin Taylor, Grosse Pointe Farms · Katherine E. White, Ann Arbor · Mary Sue Coleman, ex officio