Ann Arbor, Dearborn, Flint campus
Faculty and Staff Counseling and Consultation Office (FASCCO)
734-936-8660 | fascco@umich.edu
website: http://fascco.umich.edu

Michigan Medicine
Office of Counseling and Workplace Resilience
734-763-5409 | counseling@med.umich.edu
website: http://counseling.med.umich.edu
Contact to access the COVID-19 Stress Resource Team

MENTAL HEALTH INFORMATION & RESOURCES
Compassionate | Confidential | No Cost
Michigan Department of Psychiatry
- Resources for COVID-19
  https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19
- Coping and Hoping: Mental Health Tips for Trying Times
  https://medicine.umich.edu/dept/psychiatry/news/archive/202009/coping-hoping-mental-health-tips-trying-times

Michigan Medicine Depression Center
- Depression Center Toolkit
  https://www.depressioncenter.org/depression-toolkit
- The Mental Minute
  https://www.depressioncenter.org/mental-minute-michigan-medicine

Michigan Medicine Wellness Office
https://wellnessoffice.med.umich.edu/

MHealthy, U-M Health and Well-Being Services
http://mhealthy.umich.edu/