

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

Compassionate | Confidential | No Cost

MENTAL HEALTH INFORMATION & RESOURCES

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/>