

RESOURCE COACH ASSISTANCE DURING COVID-19

A stack of colorful sticky notes (yellow, orange, and blue) is shown on a dark wood-grain background. The top-most note is bright green and has the words 'WE CAN HELP' written on it in a black, hand-drawn, sketchy font.

WE
CAN HELP

Feeling overwhelmed for yourself or your family?

Confidential support is available. We take the guesswork out of navigating the system and link you to the right resources at U-M and in your community.

Get help and guidance with:

- Finding food for your loved ones
- Meeting other basic needs or financial challenges
- Understanding the federal CARES Act and how it applies to you
- Navigating student loan payments and forbearance

Free, confidential service for all U-M faculty and staff.

YOU'RE NOT ALONE.

Contact the MHealthy Resource Coach Program:

734-764-0404 | MHealthyResourceCoach@med.umich.edu



This program supports U-M's philosophy of well-being.