

# Connecting can make a world of difference.

The past year has impacted our mental health and relationships. In honor of Mental Health Month, let's show care for one another by building belonging and support. Check-in with colleagues. And if you feel like you could use a little more support, reach out to us - we're here for you with free and confidential counseling services available to every member of the U-M community.

**MAY IS MENTAL HEALTH MONTH**  
Learn more at [myumi.ch/uhr-mental-health](https://myumi.ch/uhr-mental-health)

## We're Here for you

**A2, Dearborn and Flint  
Faculty and Staff:**

🌐 [fascco.umich.edu](https://fascco.umich.edu)

📞 734-936-8660

**Michigan Medicine  
Faculty and Staff:**

🌐 [counseling.med.umich.edu](https://counseling.med.umich.edu)

📞 734-763-5409

**Students:**

🌐 [caps.umich.edu](https://caps.umich.edu)

📞 734-764-8312

