SUPPORT
CHANGES EVERYTHING

YOU ARE NOT ALONE
If you (or someone you know) are going through a difficult time, there are confidential counseling services available at no charge to every member of the U-M community. Come talk with us.

WE’RE HERE FOR YOU

Students
caps.umich.edu
734-764-8312

Campus Faculty and Staff
fascco.umich.edu
734-936-8660

Michigan Medicine Faculty and Staff
counseling.med.umich.edu
734-763-5409
REACHING OUT CHANGES EVERYTHING

IT’S OKAY TO ASK FOR HELP
It can take courage to seek support. But if you (or someone you know) are concerned about mental health, there are confidential counseling services available at no charge to every member of the U-M community. Come talk with us.

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