



No-charge counseling services, available for you – no matter where you live.

These days, many of us are struggling with personal, family, and emotional health concerns, such as feelings of isolation and anxiety. But, you should know that you are not alone.

As a U-M employee living outside the state of Michigan (within the United States), support is as close as a phone call (or a click on a website). Contact our partner ComPsych, a national provider of mental and behavioral health services. You can access ComPsych support services by calling, toll free, **844-206-1126 (TTY: 800-697-0353)** or at guidanceresources.com.

Register using the ID “umich” and follow the prompts.

This is the same type of service available through U-M Mental Health Counseling and Consultation Services for faculty and staff living in Michigan, which provides up to 5 sessions of counseling at no charge. It does not replace services from your health plan. You can learn more from this [brief video about counseling services with ComPsych](#).

Questions?

Contact ComPsych at **844-206-1126** or visit guidanceresources.com. You can also contact the Faculty and Staff Counseling and Consultation Office in Ann Arbor at **734-936-8660**.

For more information visit:
myumi.ch/Mr5Nb



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