

MHEALTHY RESOURCE COACH



Are financial challenges taking a toll at home or work? Feeling overwhelmed?

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:

- Housing & utility issues
- Transportation concerns
- Food security
- Debt/budget counseling
- Public assistance/social services



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

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

YOU'RE NOT ALONE.

Contact the MHealthy Resource Coach Program:

734-647-7888 | MHealthyResourceCoach@med.umich.edu

mhealthy.umich.edu/resourcecoach

