

Pandemic Parenting: A Virtual Roundtable Resource Page

Counseling for campus employees:
Faculty & Staff Counseling & Consultation Office (FASCCO)
fascco@umich.edu
(734) 936-8660

Counseling for Michigan Medicine employees:
The Office of Counseling & Workplace Resilience (OCWR)
counseling@med.umich.edu
(734) 763-5409

Counseling for students:
Counseling and Psychological Services (CAPS)
caps-uofm@umich.edu
(734) 764-8312

Work-Life Resource Center
<https://hr.umich.edu/about-uhr/service-areas-offices/work-life-resource-center>
worklife@umich.edu
(734) 936-8677

U-M Family Helpers
<https://hr.umich.edu/benefits-wellness/work-life/u-m-family-helpers>

Washtenaw County Resource Guide:
<https://www.canfamilies.org/washtenaw-county-resource-guide>

Additional mental health resources:
<https://hr.umich.edu/benefits-wellness/health-well-being/mhealthy/faculty-staff-well-being/mental-emotional-health/need-help-now/university-resources-mental-emotional-health>

Additional Resources

<https://www.nytimes.com/2022/10/06/education/learning/students-schools-colleges-pandemic-life.html>

<https://www.cdc.gov/childrensmentalhealth/features/COVID-19-helping-children-transition-back-to-school.html>

Pandemic Parenting Podcast: <https://www.pandemic-parent.org/podcast>