The health and wellness of students is a high priority at the University of Michigan School of Social Work. A variety of services and events are provided to students to help promote wellness while enrolled in programs at the School.

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The University of Michigan School of Social Work has identified the following Health and Wellness Advocates within the Office of Student Services:

Lauren Davis, LMSW
laurdavi@umich.edu
734/936-0961
1748 School of Social Work

Nyshourn Price, LMSW
ndp@umich.edu
734/936-0961
1748 School of Social Work

Students should feel free to contact either Lauren or Nyshourn regarding any health, mental health or wellness issue. This could include need for advocacy and referral to University or community resources, financial resources or counseling.

If Lauren and Nyshourn are not available, please feel free to contact the following members of the Office of Student Services as well:

Erin Zimmer, LMSW - elpena@umich.edu or 734/936-0961
Tim Colenback, LMSW - timot@umich.edu or 734/764-5332

Additionally, the Office of Student Services will be announcing health and wellness workshops, events and activities on an ongoing basis. Be sure to check the “MSW Official” announcements from the Ctools site: https://ctools.umich.edu/ as well as the current student blog: http://mblog.lib.umich.edu/SSW/ for up-to-date information.
Office of Student Services Health and Wellness Initiative

Our goal is to provide supportive service to you, the School of Social Work graduate student, to promote wellness, self care and the maintenance of a healthy school-life balance.

Our objectives are to improve your understanding of health and mental health service options, expand the number of activities to address stress, improve coordination with outside offices and health-related entities, and to improve the services for students with disabilities and/or mental health concerns as a means to support academic success.

To meet these goals, the Office of Student Services provides the following services:

- Supportive Services:
  - Advocacy
  - Resource connection (University and Community-based)
  - Wellness and Self Care Awareness

- Calendar of events/activities per term:
  - Workshops
  - Activities

We continue to develop programs and activities that get valuable resources into your hands easily, to provide opportunities to improve wellness, increase awareness, support personal and professional development, and promote better balance. We will continue to do this in partnership with faculty and staff who have an interest in your well-being.

**Phone:** 734/936-0961, ndp@umich.edu, laurdavi@umich.edu, ssw.wellness@umich.edu

**Location:** 1748 School of Social Work
Academic Support

Office of Student Services
Students in need of tutoring services should contact the Office of Student Services at the following:
Phone: 734/936-0961
Location: 1748 School of Social Work
Email: ssw.msw.info@umich.edu

Sweetland Writing Center
The Sweetland Writing Center offers a variety of writing courses and support for graduate students. Among its services and courses, Sweetland Writing Workshop faculty offer skillful, supportive advice to graduate students as they draft their course papers, projects, and theses.
Phone: 734/764-0429
Location: 1139 Angell Hall
Website: http://www.lsa.umich.edu/sweetland/

Career Services

The Career Center
The Career Center offers services and resources to aid in the career exploration and job search of Master’s and Ph.D. students. Services include workshops, programs, counseling, postings of job opportunities and upcoming campus visits by companies in various fields. Students should also check with their departments for additional career resources.
Phone: 734/764-7460
Location: 3200 Student Activities Building (515 E Jefferson)
Website: http://careercenter.umich.edu/

School of Social Work Career Services
The goal of the School of Social Work Career Center is to provide leadership and encourage career exploration and development. The Career Center provides the following services to students and Alumni, resume and cover letter review, licensure preparation including test modules, interviewing assistance, instructional workshops, networking luncheons and more.
Phone: 734/763-6259
Location: School of Social Work, Room 1696
Website: http://ssw.umich.edu/employment/

Ombuds and Legal Services

Office of the Ombuds
The Ombuds office is a place where student questions, complaints and concerns about the functioning of the University can be discussed confidentially in a safe environment. The Office offers informal dispute resolution services, provides resources and referrals, and helps students consider options available to them.
Phone: 734/763-3545
Location: 6015 Fleming Administration Building
Website: http://ombuds.umich.edu/
School of Social Work- Student Union Ombudsman
The Student Union Ombudsman is independent of the School Social Work Student Union officers who shall act as an advocate for individual students in grievance with the Student Union. Should a grievance arise between a student and the School of Social Work, its faculty, staff and/or administrators, that student shall be directed to contact the University, Office of Ombudsman and/or its successor department.
Email: ssw.studentunion@umich.edu

School of Social Work - Student Advisory Board (SAB)
Student Advisory Board provides a formal avenue for student facilitated discussion and input regarding the policies and procedures affecting the overall student experience in the School of Social Work. The SAB is comprised of members of the School of Social Work Student Union, as well as the Associate Dean for Educational Programs, Assistant Dean for Student Services, Director of Field Instruction, Director of Career Services, Assistant Director for Student Services, and the School of Social Work Registrar.
Email: ssw.studentunion@umich.edu

University of Michigan Office of Student Conflict Resolution (OSCR)
University of Michigan Office of Student Conflict Resolution builds trust by conducting an operation that is educationally focused, student-driven, and community-owned, promotes justice by facilitating conflict resolution for the Michigan community and creating a just and safe campus climate, and teaches peace by serving as a campus resource for conflict management.
Phone: 734/936-6308
Location: G-121 South Quad
Website: http://www.oscr.umich.edu

University of Michigan Student Legal Services (SLS)
University of Michigan Student Legal Services provides legal services to U-M students. Resources include landlord/tenant disputes, criminal defense, divorce/family law, notary service and wills.
Phone: 734/763-9920
Location: 2304 Michigan Union
Website: http://studentlegalservices.umich.edu/

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Health Services and Resources

Health Insurance
Health insurance for students is available for purchase through the University Health Service. Information can be found at the following website:
http://www.uhs.umich.edu/healthinsurance
Phone: 734-764-8320

Tuition Refund Insurance
Tuition Refund Insurance plan could be useful if students have a health condition that could compromise their ability to complete a term. For details, see the following:
http://www.uhs.umich.edu/tri/
University Health Service (UHS)
University Health Service is a health care clinic located on the central campus of the University of Michigan. U-M students, faculty, staff and others affiliated with U-M are eligible to visit UHS. For students who are enrolled for the current semester on the Ann Arbor campus, most UHS services are covered by the health service fee, which is paid as part of tuition. Services that are covered by this fee include:

- Clinic visits (e.g. medical clinics, gynecology, specialty clinics, nurse visits, etc.)
- Eye care for medical problems (does not include routine eye exams, glasses, contact lenses)
- Health education
- Nutrition counseling
- Physical therapy
- Radiology
- Most laboratory tests
- Advice by telephone

The health service fee covers services for approximately one week before and two weeks after the term. These times are called grace periods. Additional services are available for a FEE. It is recommended that you call the Appointment Scheduling Office for advice about the best way to visit.

Phone: 734/764-8320 (appointment scheduling)
Location: 207 Fletcher Street
Website: [http://www.uhs.umich.edu/](http://www.uhs.umich.edu/)

University of Michigan Dental School
The University of Michigan School of Dentistry is one of the nation’s leading dental schools engaged in oral health care education, research, and patient care. For information regarding services please contact them at the number below.

Phone: 734/763-6933
Location: 1011 North University
Website: [http://dent.umich.edu/](http://dent.umich.edu/)

Mental Health Services and Resources

Campus Mind Works
The Campus Mind Works website was created to support University of Michigan students who have been diagnosed with an ongoing mental health disorder. This site provides information and resources to help students manage their illness and get the most out of their college experience.

Website: [http://www.campusmindworks.org/](http://www.campusmindworks.org/)

Counseling & Psychological Services (CAPS)
Counseling and psychological services include crisis intervention, brief personal counseling, and short-term psychotherapy for individuals, couples, and groups. Common reasons people go to CAPS are anxiety, depression, relationship issues, academic stress, and eating disorders. Consultation and workshops on various informational and skill-building topics are also available.

Phone: 734/764-8312
Location: 3100 Michigan Union
Website: [http://caps.umich.edu/](http://caps.umich.edu/)
MiTalk
In MiTalk students will find a number of mental health resources including online screenings for depression and anxiety, skill-building tools to help you manage stress and academic life, and digitally recorded workshops, lectures, and some relaxation exercises that you can play on the website or download to your mp3 player. The site is completely free of charge to U-M Students, but if you want to download any videos, you will need to sign-up for a free account.

Website: [http://www.mitalk.org/](http://www.mitalk.org/)

Services for Students with Disabilities (SSWD)
Services for Students with Disabilities provide assistance regarding academic, economic, social, and recreational activities to students who have documented disabilities. Specific services available through SSWD include counseling, assistance with classroom accommodations, volunteer readers and note takers, sign language and oral interpreters, peer tutors, accessible transportation, orientation and registration assistance, special scholarships, tape recorders and talking calculators, aids for reading and studying, such as Braille and large print materials, adaptive computer technology, and telecommunication devices for the deaf. Staff in SSWD also serve as intermediaries and advocates for students with disabilities.

To register for services, or to volunteer as a reader, note taker, or tutor, contact Services for Students with Disabilities.

Phone: 734/763-3000
Location: G-664 Haven Hall
Website: [http://ssd.umich.edu/](http://ssd.umich.edu/)

*Students with disabilities may also contact Nyshourn Price or Lauren Davis at the School of Social Work, 734/936-0961.

Center for the Education of Women (CEW)
The Center for the Education of Women assists students to complete their education, make career decisions, develop professionally, and balance school with other family and life responsibilities. There is no charge for counseling appointments, which are available to anyone, whether affiliated with the University or not. CEW also serves as an advocate on behalf of campus women. Services provided are:

- Free counseling
- Scholarships
- Emergency Grants

Phone: 734/764-6005
Location: 330 E Liberty Street
Website: [http://www.cew.umich.edu](http://www.cew.umich.edu)

Sexual Assault Prevention & Awareness Center (SAPAC)
Sexual Assault Prevention & Awareness office offers crisis intervention, education/programs on sexual assault, sexual harassment, dating and domestic violence, prevention, awareness, sexism, and related issues. Services are available to U-M students, staff, faculty, and their families from all U-M campuses.

24 hour Crisis Line: 734/998-3333
Phone: 734/764-7771
Location: G509 Michigan Union
Email: sapac@umich.edu
Website: http://sapac.umich.edu/

Spectrum Center
The University of Michigan Spectrum Center provides a comprehensive range of education, information and advocacy services working to create and maintain an open, safe and inclusive environment for lesbian, gay, bisexual, transgender, and similarly-identified students, faculty, and staff, their families and friends, and the campus community at large.

Phone: 734/736-4186  
Location: 3200 Michigan Union  
Email: spectrumcenter@umich.edu  
Website: http://spectrumcenter.umich.edu/

Student Veterans Assistance Program (SVAP)
Student Veterans Assistance Program helps students make the transition from military duty to life at the University of Michigan. Whether you’re just beginning your college education, transferring from another school or returning to school after your service, SVAP assists in making the most of the U-M experience.

Phone: 734-764-6413  
Location: 1100 LSA Building, 500 S. State Street  
Website: http://www.vets.umich.edu/

University of Michigan Center for the Child and the Family
The University Center for the Child and the Family is a University of Michigan agency offering a comprehensive range of mental health services for children and families in the community. University affiliation is not required to receive services. Services include comprehensive assessments and therapies for the full range of child, couple, and family concerns, psychological and educational testing, therapy and guidance for children and families experiencing loss, lesbian, gay, and bisexual family services, and support groups in such areas as social skills and parenting.

Phone: 734/764-9466  
Location: 530 Church Street, Suite 1465  
Website: http://www.umuccf.org/

University of Michigan Depression Center
The University of Michigan Depression Center is the first ever multi-disciplinary center dedicated to research, education, and treatment of depressive and bipolar illnesses. They bring together world-class resources from the U-M Health System and almost all the University of Michigan Schools and Colleges.

Phone: 1-800-475-6424 or 734/936-4400 (appointment scheduling)  
Location: Rachel Upjohn Building, 4250 Plymouth Rd. Ann Arbor, MI 48109-5763  
Website: http://www.depressioncenter.org/

University of Michigan Psychological Clinic
The University of Michigan Psychological Clinic provides psychological care for students and residents of Ann Arbor and neighboring communities, including University staff and faculty, and graduate and undergraduate students.

Phone: 734/764-3471  
Location: East Hall, Suite 2463  
Website: http://www.psychclinic.org
Psychiatric Crisis Line and Psychiatric Emergency Services (PES)
Psychiatric Emergency Services provides emergency/urgent walk-in evaluation and crisis phone services available 24 hours a day, 7 days a week, for people of all ages. If you have an emergency, please call the Psychiatric Emergency Room at the emergency numbers below.
**Location:** Level B1 of the Medical Center—adjacent to the Medical Emergency Department.
**Emergency Phone:** 9-1-1 or 734/936-5900
**Website:** [http://www.psych.med.umich.edu/](http://www.psych.med.umich.edu/)

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**Department of Public Safety (DPS)**
The University of Michigan Department of Public Safety is a full service law enforcement agency. DPS Police Officers are licensed by the Michigan Commission on Law Enforcement Standards (MCOLES) and have the authority and responsibility to investigate, search, arrest and use reasonable force as necessary to protect persons and property and to enforce the laws of the State of Michigan and the Ordinance of the Regents of the University of Michigan.
**Police, Fire and Medical Emergencies dial 9-1-1**
**For non-emergencies:** 734/763-1131
**Phone:** [http://police.umich.edu/](http://police.umich.edu/)

**Department of Recreational Sport (Rec-Sports)**
Rec-Sports offers a wide range of recreation activities designed to meet the interests of the students and the University community. Current students have access to all of the facilities when they pay their student activity fee each semester.
**Website:** [http://www.recsports.umich.edu/](http://www.recsports.umich.edu/)

**U-Move**
U-Move Fitness is a program within Physical Education in the U-M School of Kinesiology that has been providing group exercise classes for over 30 years. It offers a wide variety of group exercise and wellness classes to U-M faculty, staff, students, and others affiliated with U-M.
**Contact:** 734-764-1342
**Email:** u-move@umich.edu
**Website:** [http://kines.umich.edu/umove](http://kines.umich.edu/umove)

**Safe House Center**
Safe House provides Domestic violence and sexual assault counseling, aid, and shelter—24-hour hotline.
**Phone:** 734/995-5444
**Location:** 4100 Clark Road, Ann Arbor, MI 48105
**Website:** [http://www.safehousecenter.org/](http://www.safehousecenter.org/)

**Students with Children Resources**
Students with Children Resources is a one-stop shopping for all parenting needs…the site is dedicated to the needs of students at the University who juggle parenting or elder care, study and work.
**Website:** [http://www.studentswithchildren.umich.edu/](http://www.studentswithchildren.umich.edu/)
Women, Infant and Children Supplemental Food Program (WIC)
Women, Infants and Children is a health and nutrition program that helps pregnant women, new mothers, and young children eat well and stay healthy. WIC also provides nutrition education and counseling and help accessing health care. To apply for WIC services phone the number below.

Phone: 734/484-6770

The Women's Center of Southeastern Michigan
The Women’s Center of Southeast Michigan provides affordable counseling, financial, legal, and job-related services. Their goal is to interweave services together as a "safety net" that promotes economic and emotional recovery. Although efforts are primarily by and for women, they also welcome men and boys.

Phone: 734/973-6779
Location: 510 South Maple Road
Website: [http://womenscentersemi.org/](http://womenscentersemi.org/)