Student expresses mental health concern

Crisis
If a student is in a crisis or overwhelmed with distress recommend CAPS Central same-day support. Crisis can include but is not limited to suicidal thoughts/intent, self-harm, panic attacks, symptoms so overwhelming that functioning is impaired, or functioning has been impaired for one week or more.

If during business hours: Walk into CAPS Central on the 4th floor of Student Union or call 734-764-8312 to schedule a counselor on duty appointment.
If harm is imminent contact the UM Psychiatric Emergency Room at 734-936-5900 or dial 911.

After-hours support: Call 734-764-8312, dial 0 to speak with a counselor 24/7, 365.

Non-Crisis
General mental health concerns that impact academic, occupational, and/or social functioning that do not require immediate support. Common concerns include anxiety, depression, relationship concerns, stress.

Student emails embedded therapist at jboschee@umich.edu to schedule an intake.

Other Support Options
CAPS offers several additional support options for students who are struggling with mental health concerns. Visit caps.umich.edu and search the terms below for more information.

Student schedules intake with a CAPS Central therapist online at caps.umich.edu.

UWill
Togetherall
Silvercloud
Stressbusters
MiTalk
Peer Counseling
Caps.umich.edu

Students are not limited to the embedded therapist and can meet with a therapist at CAPS Central for any reason (identity, expertise, etc.)