

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

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

If harm is imminent contact the UM Psychiatric Emergency Room at 734-936-5900 or dial 911.

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

Student schedules intake with a CAPS Central therapist online at 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.)

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.

UWill

Stressbusters

Togetherall

MiTalk

Silvercloud

Peer Counseling

[Caps.umich.edu](https://caps.umich.edu)