

we're here to help

Mental Health and Wellness Resources for U-M School of Nursing Students



- **U-M School of Nursing Academic Advisors**

Academic advisors are a good initial point of contact and can provide suggestions for mental health and wellness resources.

Undergraduate: UMSN-UndergradAdvisors@med.umich.edu

Graduate: UMSN-GradAdvisors@med.umich.edu

- **U-M Counseling & Psychological Services (CAPS)**

CAPS provides counseling, crisis support and a variety of mental health resources.

U-M School of Nursing Embedded Counselor Kristen Adams: adamskri@umich.edu to make an appointment

Central Campus CAPS: caps.umich.edu

After hours urgent support number: 734-764-8312

- **Online Resources**

U-M students can access these online mental health and wellness resources for free, anytime.

Online Mental Health Screening: screening.mentalhealthscreening.org/goblue

Togetherall: caps.umich.edu/article/togetherall

SilverCloud: caps.umich.edu/article/silvercloud-interactive-mental-health-resource

- **Emergencies**

Michigan Medicine Psychiatric Emergency Services/Crisis Phone Service: 734-936-5900 or 734-996-4747, available 24/7

Call 911 or go to your nearest emergency room

National Suicide Prevention Lifeline: 988