

Resources for Mental Health & Wellbeing

Counseling and Psychological Services (CAPS) - Confidential U-M service

- (734) 764-8312; for after-hours urgent support, call and press 0
- Psychological and psychiatric services for students
- <https://caps.umich.edu/>



Sexual Assault Prevention and Awareness Center (SAPAC) - Confidential U-M service

- (734) 764-7771
- (734) 936-9333; 24-hour crisis line
- Addresses sexual assault, intimate partner violence, sexual harassment, and stalking
- <https://sapac.umich.edu/>



Spectrum Center - U-M service

- (734) - 763-4186
- Support services for LGBTQ+ students
- <https://spectrumcenter.umich.edu/>



Multi-Ethnic Student Affairs (MESA) - U-M Service

- (734) 936-6308
- Diversity and social justice through the lens of race and ethnicity
- <https://mesa.umich.edu/>



Well-being for U-M Students Website - U-M Service

- Searchable list of more campus resources related to wellness and safety
- <https://wellbeing.studentlife.umich.edu/>



Suicide and Crisis Lifeline - National Service

- Call or text 9-8-8
- Chat at <https://988lifeline.org/>
- Free and confidential emotional support to people in suicidal crisis or emotional distress
- If your need is life-threatening, call 9-1-1



SafeHouse Center - Community Service

- Empowering survivors of sexual assault and intimate partner violence
- 24/7 Helpline: (734) 995-5444
- All staff and volunteers at SafeHouse Center are trained to provide trauma-informed support, safety planning, and resources to support survivors in their goals and healing process.



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- www.safehousecenter.org
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Washtenaw Alive - Crisis Services - Community-Based Service

- (734) 544-3050
- 24/7 phone services and mobile crisis services are available to any Washtenaw County Resident
- <https://www.washtenaw.org/2936/Crisis-Services>



The Trevor Project – Crisis Services - National Service

- Call: (866) 488-7386
- Text: 678-678
- 24/7 crisis counseling services available specific to LGBTQ+ youth
- <https://www.thetrevorproject.org/get-help/>



Trans Lifeline – Crisis Services - National Service

- Call: (877) 565-8860
- 24/7 crisis hotline run by and for transgender people – divested from police
- <https://translifeline.org/hotline/>



SAMHSA's National Helpline – Support Services Locator - National Service

- Call: 1-800-662-HELP (1-800-622-4357)
- Substance Abuse and Mental Health Services Administration
- free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for support with mental and/or substance use disorders
- <https://www.samhsa.gov/find-help/national-helpline>



Therapy for Black Girls – Resource Directory - National Service

- Therapist search & mental health information service intended to make mental health services more accessible to Black women
- <https://providers.therapyforblackgirls.com/>



Therapy for Black Men – Resource Directory - National Service

- Call: (646) 780-8278 (*available 9:00-5:00*)
- Email: info@therapyforblackmen.org
- <https://therapyforblackmen.org/> “provides proactive, multiculturally competent care to men of color, in partnership with licensed mental health professionals and coaches in private practice.”



LGBTQ Psychotherapists Of Color – Resource Directory - National Service

- Therapist Search – “Volunteer-led group providing support, networking, leadership development, and community building opportunities for LGBTQs of Color in Psychology, Social Work, and Counseling.”
- <https://www.lgbtqpsychotherapistsofcolor.com/>



Resources for Mental Health & Wellbeing

American Psychological Association List of Crisis Hotlines - National Service

- Alphabetic catalog of crisis hotlines in the U.S.
- Links to help find a psychologist near you
- <https://www.apa.org/topics/crisis-hotlines>



Michigan Crisis and Access Line (MiCAL) - State Service

- Access to suicide hotline 9-8-8
- Peer support WarmLine 1-888-733-7753
 - Non-crisis line to talk to a certified peer support specialist
 - Open 10am-2am, 7 days a week
- <https://mical.michigan.gov/s/>



The following are Student Support Links with many of the resources provided by SMTD and the campus community:

- <https://smtld.umich.edu/STUDENTS/>
- <https://smtld.umich.edu/backstage/crisis-support/>

The following **wellness resources** are provided by the School of Music, Theatre, & Dance's Wellness program:

- [Wellness Guides](#)
- [Physical Health Interactive Toolkit](#)
- [Nutrition Toolkit](#)
- [Mental Health & Well-being Toolkit](#)
- [YouTube playlist](#)
- [General Scheduling link for all our events & services](#)