

emotional & mental

Thriving while fully experiencing the diverse range of human emotions, experiences, and vulnerabilities.

Faculty and Staff Counseling and Consultation Office (FASCCO)

Faculty and Staff Counseling and Consultation Office (FASCCO) provides counseling and consultation services for U-M Ann Arbor campus faculty and staff.

Michigan Medicine Office of Counseling & Workplace Resilience

Michigan Medicine faculty and staff services are available through the Michigan Medicine Office of Counseling & Workplace Resilience.

MHealthy Portal, powered by Asset Health

In addition to being the place for special programs like Active U, the portal has many resources to support your mind and mood. Choose the Exercise Video Library for access to yoga, meditation, and mindfulness videos. It also has self-guided Path to Wellness programs, as well as shorter Knowledge courses. All active, benefits-eligible faculty, staff, and their U-M health plan enrolled spouse/OQA can access this program on the MHealthy Portal.

Mental and Emotional Health

Programs and resources for our faculty and staff community. Find contact information for counseling, general information about mental health, a schedule of mental health presentations, tips for stress reductions, and more.

Michigan Medicine Wellness Office

Dedicated to improving workforce well-being, reducing professional burnout, and creating a caring, safe environment where all faculty, staff, and learners at Michigan Medicine can thrive.

Be Kind Be Well

Kindness in the workplace can help build collaboration, compassion, and recognition in your colleagues. It simply makes work better for everyone. See resources and take the Be Kind Be Well pledge!

U-M Depression Center:

Support to help detect depression and bipolar disorders earlier, treat more effectively, prevent recurrences and progression, counteract stigma, and improve public policy.

University Psychological Clinic

The University Psychological Clinic provides psychoeducational evaluations and evidence-based psychotherapy to students and faculty at the University of Michigan as well as members of the local community and southeast Michigan.

U-M Center for the Child and Family

Comprehensive range of mental health services for children and families in the community.

Ann Arbor Center for Mindfulness

Offers classes in Mindfulness-Based Stress Reduction for a fee.

Abuse Hurts

The university's Abuse Hurts initiative is a cross-campus collaboration promoting the prevention of and effective response to domestic or intimate partner abuse and sexual violence affecting members of the university community.



WELLNESS OFFICE

IMPROVING HEALTH WHILE CARING FOR EACH OTHER

● ORGANIZATIONAL-LEVEL ● WORK-LEVEL ● INDIVIDUAL-LEVEL

wellnessoffice.med.umich.edu