**Mental Health Resource List**

**BIPOC Resources**

[**Inclusive Therapists**](https://www.inclusivetherapists.com/)- is a mental health community that commits to and practices: advancing justice & equity for all intersectional identities; culturally affirming & responsive client care; centering the needs of marginalized, underserved populations; celebrating all identities and

abilities in all bodies; decolonizing & destigmatizing mental healthcare; and dismantling systemic oppression & white supremacy in mental healthcare. On Instagram [@inclusivetherapists](https://www.instagram.com/inclusivetherapists/)

[**Melanin & Mental Health®**](https://www.melaninandmentalhealth.com/)- was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. They are committed to promoting the growth and healing of our communities through their website, online directory, and monthly events. On Instagram [@melaninandmentalhealth](https://www.instagram.com/melaninandmentalhealth/)

[**AAKOMA Project**](https://aakomaproject.org/)**-** the mission is to help diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. We believe deeply that Mental health research and care must benefit everyone

[**U.S. Department of Health and Human Services Office of Minority Health**](https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=9447)- encourages their partners to educate their communities about the importance of improving access to mental health care and treatment and to help break down other barriers such as negative perceptions about mental illness

[**Therapy for Black Girls**](https://www.therapyforblackgirls.com/)- is an online space dedicated to encouraging the mental wellness of Black women and girls. On Instagram [@therapyforblackgirls](https://www.instagram.com/therapyforblackgirls/)

[**Therapy for Black Men**](https://therapyforblackmen.org/)- a directory to help men of color in their search for a therapist. Using the directory, men can search by therapist location and specialization. Searching by location, the results will include the therapists near you and will display their credentials, location, and the issues they treat. At TherapyForBlackMen.org, men will also find a wide range of resources aimed at helping them in their search for a multiculturally-competent therapist.

[**Black Emotional and Mental Health Collective**](https://www.beam.community/) is a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. They envision a world where there are no barriers to Black healing. Their mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. On Instagram [@\_beamorg](https://www.instagram.com/_beamorg/)

[**Apply to the Nina Pop Mental Health Recovery Fund**](https://docs.google.com/forms/d/e/1FAIpQLSdDk1ZaSv_nCqc1wI0KH0ZsOS28FT9tH-BRviA-VUB_Cf-tZg/viewform)- The Okra Project encourages all Black folks who identify as nonbinary, agender, bigender, genderfluid, or any identity that they consider to be under the Transgender umbrella to apply to whichever fund they feel most connected too. The Nina Pop Mental Health Recovery Fund is an emergency mutual aid fund that raises money to pay for one-time mental health therapy sessions with licensed Black women therapists who will affirm their gender today.

[**Apply to the Tony McDade Mental Health Recovery Fund**](https://docs.google.com/forms/d/e/1FAIpQLScFbCqnPzsY0pSi39i_AjsTpVZpqJ20IOlJoX37N5qOHqN6cA/viewform)- The Tony McDade Mental Health Recovery Fund is an emergency mutual aid fund that raises money to pay for one-time mental health therapy sessions with licensed Black male therapists

[**Loveland Foundation**](https://thelovelandfoundation.org/) is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Our resources and initiatives are collaborative and they prioritize opportunity, access, validation, and healing. We are becoming the ones we’ve been waiting for. On Instagram [@thelovelandfoundation](https://www.instagram.com/thelovelandfoundation/)

[**Therapy for Latinx**](https://www.therapyforlatinx.com/) is a new online database that makes it easy for Latinx people to find mental health professionals in their own communities. Therapy For Latinx is easy to use for both mental health professionals and people seeking mental health treatment. If you are looking for the therapist, you can search the database via state, or add keywords if you are searching for a special focus. For Latinx therapists who want to be included in the database, the listing form is simple and straightforward. The resource is also available in both English and Spanish, and, what's more, Therapy For Latinx offers free online mental health screenings in partnership with Mental Health America. On Instagram [@therapyforlatinx](https://www.instagram.com/therapyforlatinx/)

[**Life is Precious™/La Vida es Preciosa**](http://comunilife.org/life-is-precious/la-vida-es-preciosa/) program prevents suicide in young Latinas – the teen population with the highest rate of suicide attempt in the country.  Life is Precious™ combines individual and group counseling, arts therapy, academic support, and nutritional and fitness activities. Psychiatric services are provided by partnering clinics

[**Asian & Pacific Islander American Health Forum**](https://www.apiahf.org/) influences policy, mobilizes communities, and strengthens programs and organizations to improve the health of Asian Americans, Native Hawaiians, and Pacific Islanders. APIAHF envisions a world where all people share responsibility and take action to ensure healthy and vibrant communities for current and future generations

[**Center for Native American Youth**](https://www.aspeninstitute.org/programs/center-for-native-american-youth/) believes all Native American youth should lead full and healthy lives, have equal access to opportunity, and draw strength from their culture and one another. As a policy program, they work to improve the health, safety, and overall well-being of Native American youth through youth recognition, inspiration and leadership; research, advocacy, and policy change; and by serving as a national resource exchange

[**Asian Mental Health Collective**](https://www.asianmhc.org/about-us/#vision-and-mission)**-** It is the mission of the Asian Mental Health Collective to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally, [**Therapist Directory**](https://www.asianmhc.org/apida)

**On Campus Resources**

[**UHS managed care office**](https://www.uhs.umich.edu/mgdcare)- Suite 2109, you can walk in and meet with someone who will figure out what places take your insurance and will make the appointment for you. If you don’t have insurance, they will also help you find resources that fit your needs.

Wellness Resources on Canvas- When students go on to Canvas, they can find resources for mental health and general wellbeing by clicking the colorful wheel on the side

[**CAPS**](https://caps.umich.edu/)- Michigan Union 530 South State St Suite 4079, 734-764-8312 (Press 0 after hours to speak with a licensed mental health professional). Mostly virtual due to COVID.

There are [**embedded CAPS counselors placed in 13 different Schools and Colleges**](https://caps.umich.edu/article/caps-embedded-staff) at UM. By doing so, each therapist can address the specific and unique needs of each culture through confidential clinical service delivery and tailored outreach, education, and prevention programs, engage with faculty and staff through consultation, and develop materials specifically tailored to each school and college.

[**Counselor on Duty at CAPS**](https://caps.umich.edu/article/crisis-services)-Our urgent/crisis services are available 24/7 for those students who are in crisis or have an urgent need to be seen by our counselor on duty. Counselor on Duty at CAPS is available: Monday-Friday: 9am-4:30pm

[**University Health Service (UHS)**](https://www.uhs.umich.edu/)- 207 Fletcher Street, 734-764-8320, Hours- Monday, Tuesday, Wednesday: 8am-5pm, Thursday: 9am-5pm, Friday: 8am-4:30pm, Saturday: 9am-noon for urgent health concerns, A comprehensive campus health resource.

[**Wolverine Wellness**](https://www.uhs.umich.edu/wolverine-wellness)- UHS- 2nd floor Suite 2110 and 4th floor, 734-763-1320, Hours- Monday, Tuesday, Wednesday: 8am-5pm, Thursday: 9am-5pm, Friday: 8am-4:30pm, Saturday & Sunday: Closed- works to support and improve student wellness, provides information and resources

[**Wellness Coaching**](https://www.uhs.umich.edu/wellness-coaching)- holistic approach to examine personal wellbeing through 8 dimensions of wellness (physical, emotional/mental, environmental, financial, occupational, social, intellectual and spiritual) to optimize personal health and wellness

[**Nurse Advice by Phone**](https://uhs.umich.edu/advice)- 734-764-8320, Nurses can provide advice about self-care and deciding where to go

[**Online Mental Health Screenings**](https://caps.umich.edu/article/online-screenings-available-24-7)- Available 24/7, a variety of screenings that each only take a few minutes, remains anonymous, will receive immediate results with recommendations and key resources

[**Mindfulness Sessions through LSA**](https://lsa.umich.edu/advising/stay-on-track/staying-motivated/mindfulness.html)- Every Monday, from 12-12:30, you can go to Angell Hall G243 to take a break and be taken through a guided meditation

[**Services for Students with Disabilities (SSD)**](https://ssd.umich.edu/)- G664 Haven Hall, (734) 763-3000, Hours- Monday through Friday: 8am-5pm, You can document a mental health condition to receive the appropriate accommodations. A note will be sent out to all your professors so they are aware of what you are going through.

[**Dean of Students Office**](https://deanofstudents.umich.edu/)- Tappan Street Auxiliary Building 609 Tappan, 734-764-7420, Hours- Monday-Friday: 8am-5pm, helps students experiencing anything that may interrupt academics and connects students with appropriate resources

[**Wolverine Support Network**](https://www.umichwsn.org/)- WSN Lounge (Michigan Union, Room 4312)- can join group at the beginning of each semester or attend weekly walk-in groups that require no sign up. Walk-In group time and location varies week-to-week.

Check <https://www.facebook.com/pg/UMichWSN/events/> for details!) Works to create an inclusive community of students supporting each other, weekly group meetings led by trained students to address student’s wellbeing

[**Sexual Assault Prevention and Awareness Center (SAPAC)**](https://sapac.umich.edu/)- Educational and supportive services for the U-M community for sexual assault, dating/domestic violence, sexual harassment, and stalking. Provides resources and support.

[**Spectrum Center**](https://spectrumcenter.umich.edu/)- Education, information and advocacy services to create an open, safe, and inclusive environment for LGBTQ+ members of the campus community.

[**Depression Toolkit**](https://www.depressioncenter.org/depression-toolkit)- Information, resources and treatment options for depression

[**Depression Center**](https://www.depressioncenter.org/)- Rachel Upjohn ([4250 Plymouth Rd. Ann Arbor, MI 4810](https://www.uofmhealth.org/our-locations/eaap-depression/map)9) 734-936-4400 Develops, disseminates, and advances state-of-the-art science, education, treatment, and prevention strategies for clinical depression. Treatment services available to the public on a fee-for-service basis (accepts some insurance plans).

[**Athletes Connected**](https://athletesconnected.umich.edu/)- 734-936-4400, wellness group meetings for student-athletes

[**MiTalk**](https://caps.umich.edu/mitalk)- Self-help resources on a variety of difficulties students face

[**Campus Mind Works**](http://www.campusmindworks.org/)- A website and outreach initiative developed by the U-M Depression Center which provides support for students with mental health disorders. The website contains an extensive database to help students easily locate the most appropriate support resources for their particular needs. In addition, the site provides self-care tools and strategies to help students manage their symptoms and stay healthy within the context of college life

[**Schedule an Advising Appointment- Link specific to LSA students**](https://lsa.umich.edu/advising/schedule-an-appointment)- You can make an advising appointment and click the reason “General Advising- Experiencing Difficulties” to talk about options with your advisor

**Off Campus Resources**

[**Community Providers Database**](http://umcpd.umich.edu/) is a searchable listing of off-campus mental health care providers

[**Psychology Today**](https://www.psychologytoday.com/us)- This is a great resource for people to find therapists in the area

[**Washtenaw County Community Mental Health**](https://www.washtenaw.org/839/Community-Mental-Health)- Provides an array of services for clients diagnosed with severe and persistent mental illness. Entry point for Medicaid-eligible and uninsured for mental health, public health and or substance abuse information and services in Washtenaw County. Callers receive health information and/or referrals to community services.

[**Family Crisis Center of Washtenaw**](https://www.familycrisiscenterwashtenaw.org/)-  734-660-7059 or 734-255-8082, crisis intervention, licensed therapist, individual, couples and family therapy, grief groups/support, community support

[**National Alliance on Mental Illness - Washtenaw County**](http://www.namiwc.org/)- 734-994-6611, Offers support (including support groups), education and advocacy for people with mental illness and their family members in Washtenaw County.

[**VA Ann Arbor Healthcare System**](https://www.annarbor.va.gov/)- 800-361-8387 or 734-769-7100, Veterans crisis line, inpatient unit, mental health clinic, PTSD clinical team, substance abuse treatment

[**Chelsea Community Hospital Behavioral Health**](https://www.stjoeshealth.org/location/st-joseph-mercy-chelsea-outpatient-behavioral-health-services)- 800-328-6261 or 734-593-5250, outpatient therapy and psychiatric services, inpatient behavioral health unit

[**Eastern Michigan University Counseling Clinic, College of Education**](https://www.emich.edu/coe/clinics/counseling-clinics.php)- 734-487-4410, counseling and therapy for EMU students as well as community members

[**Ozone House (Ann Arbor)**](http://ozonehouse.org/)- 734-662-2265, Crisis line, family & individual counseling, residential programs, case management

[**The Corner Health Center**](http://www.cornerhealth.org/)- 734-484-3600, counseling & social work, Transgender services

[**To Write Love on Her Arms**](https://twloha.com/)- Use FIND HELP tool to locate free or reduced counseling and other mental health resources

[**American Foundation for Suicide Prevention**](https://afsp.org/)- Can click the “Find Support” tab on the home page to find resources if you have lost someone to suicide, you have made a suicide attempt, a loved one has made a suicide attempt, if you are worried someone may be at risk or if you are experiencing thoughts of suicide

[**Apps for Emotional and Mental Wellbeing**](https://www.uhs.umich.edu/apps-stress)

[**10 Therapist approved apps for Mental Wellness**](https://blogs.psychcentral.com/your-life/2017/12/10-therapist-approved-apps-for-mental-wellness/)

[**Washtenaw FAN**](https://www.familiesagainstnarcotics.org/washtenaw)- The Washtenaw Chapter of Families Against Narcotics is committed to helping you, those in recovery, and the families affected by addiction. Our mission is to change and save lives by empowering individuals and communities through education, prevention, and support. By partnering with area treatment and public safety professionals, the legal community, schools, and other help organizations, we are facilitating change in the way substance abuse disorder (SUD) is viewed and treated in Washtenaw County and beyond.

[**UM Addiction Treatment Services**](https://medicine.umich.edu/dept/psychiatry/programs/addiction-center/clinical-care)- We specialize in working with adolescents, young adults and college students, including individuals with both mental health and substance use issues. We also offer specialized group therapy options. We are offering virtual visits and are accepting new patients. To schedule an appointment call the Department of Psychiatry Call Center: 734-764-0231 or 800-525-5188

**Crisis Resources**

[**UM Psychiatric Emergency Services**](https://medicine.umich.edu/dept/psychiatry/patient-care/psychiatric-emergency-service)- 734-936-5900 (24/7 support), provides emergency/urgent walk in evaluation (located in University of Michigan Hospital- 1500 East Medical Center Drive)

[**National Suicide Prevention Lifeline**](https://suicidepreventionlifeline.org/)- 1-800-273-8255, press 2 to continue in Spanish (24/7 free support)

[**Crisis Text Line**](https://www.crisistextline.org/)- Text “home” to 741-741 (24/7 free support)

[**SAPAC Crisis Line**](https://sapac.umich.edu/)- 734-936-3333 (24/7 free support)- Speak to an advocate who can provide confidential crisis intervention and referral services

[**LGBTQ+ Suicide Hotline- Trevor Project**](https://www.thetrevorproject.org/#sm.0000r5zh2wb05e4qw2h1ktv4g00q1)- 1-866-488-7386 (24/7 free support)

[**Trans Lifeline**](http://translifeline.org/)is staffed by trained transgender volunteers. Call 877-565-8860

[**Washtenaw Critical Incident Stress Management Team/Traumatic Events Response Network (TERN)**](https://www.washtenaw.org/1566/Critical-Incident-Stress-Management)- 734-994-2911 (ask for CISM or TERN team)- response to traumatic events including suicide

[**SAMHSAs**](https://www.samhsa.gov/find-help/national-helpline) National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

**Mental Health Clinics (these clinics have a sliding fee scale for those uninsured and accept many insurances)**

[**Aunt Bertha**](https://www.auntbertha.com/)- Search for free or reduced cost services

[**Catholic Social Services**](https://www.cssalberta.ca/) (Do not need to be Catholic to receive services)- 734-971-9781

[**University of Michigan Psychological Clinic**](https://mari.umich.edu/psych-clinic/)- 734-764-3471

[**University of Michigan Ambulatory Psychiatry Clinic**](https://medicine.umich.edu/dept/psychiatry/patient-care/outpatient-care)- 734-764-0231

[**The Women’s Center of Southeastern Michigan**](https://womenscentersemi.org/)- 734-973-6779

[**Jewish Family Services**](https://jfsannarbor.org/) (Do not need to be Jewish to receive services)- 734-769-0209

[**University of Michigan Center for the Child and Family**](https://mari.umich.edu/uccf/)- 734-764-9466

[**Eastern Michigan University Psychology Clinic**](https://www.emich.edu/psychology/psychologyclinic/)- 734-487-4987, therapy and neuropsychological services

**Certification Program**

[**Mental Health First Aid**](https://www.mentalhealthfirstaid.org/)- training course (one 8-hour session or two 4-hour sessions) that teaches you to identify the signs of a mental health crisis and intervene with a dedicated action plan. I have personally used this many times and have been successful. Cheap and accessible training, yet effective.