

Many University of Michigan students struggle with mental and/or physical health issues. Below are suggestions (clustered by topic) for asking students about health concerns and referring them to campus resources as part of your usual conversations. (For phone, use 734 area code.)

You can also help remind students that many campus resources are free, e.g. most services at UHS are free to students when they are currently enrolled (i.e. taking regular classes on the Ann Arbor campus).

General Well-Being

Questions:

- How are you settling in to school this year?
- What is your schoolwork load (or the transition) like?
- How are you balancing academics with other parts of your life?
- Who can you talk to about your school concerns (friends, family, etc.)?
- What's the most challenging aspect of being here?
- How satisfied are you with your living situation (roommates, housing, etc.)?
- How are you spending your time? What types of activities are you involved in besides classes?
- What, if anything, do you think is getting in the way of your studies?
- Tell me about your hometown.
- What's it like to go home for holidays or vacations?
- Would you like me to tell you how to use UHS (or other campus resources)?

Alcohol and Other Drugs

Question:

- Some students find that drinking/other drug use (yours or others') can get in the way of their studies or life in general. What's your experience?

Resources:

- Alcohol and Other Drugs <http://www.uhs.umich.edu/aod/>
- Alcohol and Other Drug Prevention Program <http://www.uhs.umich.edu/umaodpp/>
- BASICS is a free, two-session program to help college students moderate or quit drinking. <http://www.uhs.umich.edu/basics/>
- IMEP is a free, two-session program to help college students moderate or quit marijuana use. <http://www.uhs.umich.edu/imep/>
- e-CHUG is a free, online alcohol assessment for college students. <http://www.uhs.umich.edu/echug/>
- Director Mary Jo Desprez (615-7694), Health Educators Marsha Benz (647-4656)
- Tobacco Consultation Service, quitsmoking@med.umich.edu, 998-6222
- Counseling and Psychological Services: Free and confidential counseling. (764-8312) <http://www.umich.edu/~caps/>
- UMix: Free late-night, alcohol-free fun for all students, 10pm-2am on about half of the Friday nights during the school year. <http://www.umich.edu/~umix/>

Disabilities

Questions:

- Are you having significant problems in one class compared to the others?
- Do you have learning needs that are not being accommodated?

Resource:

- Office of Services for Students with Disabilities (763-3000) can screen for learning disabilities and help document problems. They screen for mobility disabilities, document problems and arrange for transportation options (including for temporary problems, like a broken leg).
<http://www.umich.edu/~sswd/>

Eating and Body Image (not just for women!)

Questions:

- Do thoughts about food or your weight interfere with your enjoyment of life?
- How do you fit meals and/or relaxation into your schedule?
- How are you managing to eat and sleep well and get out and have fun?

Resources:

- UHS:
 - Health Educator Kellie Carbone (647-4699) <http://www.uhs.umich.edu/edbi/>
 - Registered Dietician Julie Stocks (763-3760)
 - UHS clinicians (764-8325)
- Counseling and Psychological Services (764-8312) <http://www.umich.edu/~caps/>

International Students

Questions:

- How are you adjusting to school and life here?
- How is it going for you in terms of making friends?

Resources:

- UHS: Carol Tucker (647-4657) at UHS for assistance, language interpretation or mandatory TB screening
- UM International Center (764-9310) <http://www.internationalcenter.umich.edu/>

Mental Health

Questions:

- Many students feel homesick, especially at first. How are you feeling?
- What are you doing to take care of yourself?
- Who can you talk to?

Resources:

- Emergencies (e.g. student is not making sense, appears highly agitated, or has a plan for harm to self or others): UMHS Psychiatric Emergency Services (936-5900)
- Urgent needs Mon-Fri during daytime hours: Counseling and Psychological Services (764-8312) <http://www.umich.edu/~caps/>. Ask for the counselor-on-duty, available on a first-come, first-served basis. Students complete a computerized intake process before meeting with a therapist.
- UHS provides medical management of common mental health concerns.
<http://www.uhs.umich.edu/stressindex/>

- UM Department of Public Safety (DPS) can do a "well-being check" for students who live on-campus (Ann Arbor police may do the same for off-campus residents). This is for a student who appears to be missing or otherwise has not been heard from. Call 911 (emergency) or 763-1131 (non-emergency) and provide police with as much information as possible about the student and reason for concern.
- Mi Talk is a website for UM students. It has mental health resources such as online screenings for depression and anxiety, skill-building tools, and recorded workshops, lectures and relaxation exercises. <http://mitalk.org/>
- Two print guides are available from Counseling and Psychological Services: *The Mental Health Resource Guide* and *Aiding Students in Distress: A Guide for Faculty and Staff* (764-8312) <http://www.umich.edu/~caps/>.

Sexual Health is generally inappropriate to ask about, unless the student offers information.

Resources:

- UHS offers many services, all confidential and mostly free to currently enrolled students:
 - HIV testing <http://www.uhs.umich.edu/hivtesting/>: Carol Tucker (647-4657)
 - Sexually transmitted infections: (764-8325) <http://www.uhs.umich.edu/stiassess/>
 - Pregnancy testing and options counseling: Students may walk in during open hours (763-4511) <http://www.uhs.umich.edu/pregtest/>
 - Gynecology: <http://www.uhs.umich.edu/gynclinic/>
 - Emergency contraception: <http://www.uhs.umich.edu/emergencycontraception/>
- Health Educator: Chinyere Neale (647-4659) <http://www.uhs.umich.edu/sxhresources/>
Sexual assault, domestic violence, sexual harassment, stalking: Sexual Assault Prevention and Awareness Center (SAPAC): 24-hour crisis (936-3333), business (998-9368). Amy Burandt. <http://www.umich.edu/~sapac/>
 - If event(s) are recent, encourage student to contact SAPAC, which provides advocacy, crisis intervention, education and training. Call while student is in your office, if possible. Offer to walk the student over if you are able.
 - If event(s) happened in the distant past, you can ask how a student is doing now. Your concern might be appreciated, and depending on need, you may want to refer to Counseling and Psychological Services for counseling.
- Counseling and Psychological Services: (764-8312) <http://www.umich.edu/~caps/>
- Spectrum Center (The Office of LGBT Affairs at UM): Ariana Bostian-Kentes, Gabe Javier, Jackie Simpson, Will Sherry (763-4186) <http://www.spectrumcenter.umich.edu/>

Travel Abroad may bring special health concerns, and the following resources are available to assist:

- UHS Travel Health Services: <http://www.uhs.umich.edu/travelhealth/>
- Travel Abroad Health Insurance: <http://www.uhs.umich.edu/tai/>
- Travel Information and Registration Web: <http://www.umich.edu/~itoc/>

Health Insurance and Medical Costs:

- Domestic Student Health Insurance Plan: <http://www.uhs.umich.edu/msa/>
- Tuition Refund Plan refunds 85% of the insured term's tuition, mandatory fees and University Housing fees (room and board), less any refund or credit due from the University, if students withdraw due to physical or psychological reasons. <http://www.uhs.umich.edu/tri/>
- UHS Managed Care/Student Insurance Office assists students with insurance benefits and finding financial resources to pay medical bills (764-5182 or toll-free 866-368-0002), email mancare-stuins@umich.edu