Faculty and Staff Mental Health and Well-being Resources

Counseling, Consultation, Programming, and Services

- **FASCCO (Faculty and Staff Counseling and Consultation Office)**
  - FASCCO core services and highlights
  - List of offerings
- **Michigan Medicine Office of Counseling and Workplace Resilience**
  - Mental health strategy that outlines a spectrum of interventions
  - Trauma-informed resources
    - Trauma informed care resources Quick Reference
    - Trauma Guidance after Impactful incident _ Leader Resource
- **M-Healthy**
  - MHealthy Portal overview and list of mental and emotional well-being Portal offerings
  - Leaders Creating A Culture of Connection Workshops overview and comprehensive list of offerings and descriptions
- **Michigan Medicine Wellness Office**
- **Mary A. Rackham Institute**

Self-Directed Resources and Resource Guides

- **Eisenberg Family Depression Center Toolkit**
- **Silvercloud** - "SilverCloud is a free online, self-guided, interactive mental health resource for U-M students, faculty and staff that provides cognitive behavioral interventions. It can help students manage day-to-day stresses and anxiety, improve resilience, learn skills to understand thoughts, feelings, and behaviors, and reduce symptoms of depression and anxiety."
- **Well-being at Michigan**
- **U-M Mental Health Resource Guide**
- **Mental health continuum of care** at University of Michigan
- **UM adopted the Okanagan Charter, joined the United States Health Promoting Campuses Network, and created the Well-being Collective (October, 2022 Record Story).**
Student Mental Health Efforts

● [Student Mental Health Innovative Approaches Review Committee Report -August 2021](#)
● [Wolverine Wellness](#)
● [CAPS (Counseling and Psychological Services)](#)
● [Office of Graduate and Postdoctoral Studies Health and Wellness Services](#)
● [Athletes Connected](#)
● [Rackham Committee on Graduate Student Mental Health and Well-Being](#)

External Resources

● [MH Commision of Canada](#)
  ○ [Mental Health Commission of Canada - 13 factors of psychological health and safety in the workplace](#)
● [New WHO workplace MH guidelines](#)
● [News story about workforce fearing stigma about revealing MH struggles at work](#)
● [U.S. Surgeon General 2022 report on workplace Mental Health](#)