

## **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 Commission 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](#)