What to do if you have a mental health/wellness concern:

I am a **OGPS student or postdoc** & am looking for help with a mental health or wellness concern

Go to
https://ogpscounselors.youcanbook.me/
to schedule an appointment to meet with the counselor to discuss your goals & concerns.

My situation is **urgent** and needs to be addressed today or tomorrow.

IF IT'S AN **EMERGENCY:**
If It is an emergency, or you think you or someone close to you is in immediate danger, call 911 or UMHS Psychological Emergency Services at **734-936-5900 or 734-996-4747**

IT'S URGENT, BUT *not* an emergency:

Is it during regular business hours (8am-5pm, Mon-Thurs)?

YES

Email OGPS Counselors at OGPScounselors@umich.edu or go to
https://ogpscounselors.youcanbook.me/
to see if the OGPS Counselor has availability today.

NO

If you are a **OGPS student:**
If it is a crisis during business hours & the OGPS counselor isn't available, or it is after hours, see CAPS crisis services:
https://caps.umich.edu/article/crisis-services

If you are a **Postdoc:**
Contact the Office of Counseling & Workplace Resilience 24/7 at **734-763-5409**

If the OGPS Counselor isn't available

After the urgent situation is managed, it is recommended you schedule a follow-up appointment with the OGPS Counselor