



Self-Care & Support

Ombuds Office
ombuds.umich.edu
734-763-3545

Office of Student Conflict Resolution
oscr.umich.edu
734-936-6308

Sexual Assault Prevention & Awareness Center
sapac.umich.edu
734-998-9368

Faculty and Staff Assistance Program
fasap.umich.edu
734-936-8660

International Center
internationalcenter.umich.edu
734-764-9310

Spectrum Center
spectrumcenter.umich.edu
734-763-4186

Multi-Ethnic Student Affairs
mesa.umich.edu
734-763-9044

Students with Disabilities
ssd.umich.edu
734-763-3000

Counseling & Psychological Services
caps.umich.edu
734-764-8312

National Suicide Prevention Lifeline
suicidepreventionlifeline.org
800-273-TALK (8255)

University Psychological Clinic
mari.umich.edu/psych-clinic
734-764-3471

U-M Depression Center
depressioncenter.org
734-936-4400

U-M Psychiatric Emergency Services
psych.med.umich.edu/patient-care/psychiatric-emergency-service
734-996-4747

U-M Spiritual Care
uofmhealth.org/patient-visitor-guide/counseling-spiritual-service
734-936-4000

Training Resources

ADVANCE
advance.umich.edu

Center for Research on Teaching and Learning
crlt.umich.edu

Office for Institutional Equity
hr.umich.edu/working-u-m/workplace-improvement/office-institutional-equity/education-training-programs

Center for the Education of Women
cew.umich.edu

Office for Health Equity and Inclusion
med.umich.edu/ohei

University Human Resources
hr.umich.edu/working-u-m/professional-development/learning-professional-development/courses/diversity-equity-inclusion

More Information

Responding to Incidents of Hate Speech (Center for Research, Learning and Teaching)
<http://www.crlt.umich.edu/node/93036>

Responding to Everyday Bigotry (Southern Poverty Law Center)
<https://www.splcenter.org/20150126/speak-responding-everyday-bigotry>

Techniques for intervening if you witness hate speech or harassment
http://www.huffingtonpost.com/entry/comic-islamophobia-racism-guide_us_582b6cd5e4b01d8a014aea4b

The Bias Response Team
<https://deanofstudents.umich.edu/article/bias-response-team>

Employee Assistance Program
<https://hr.umich.edu/benefits-wellness/health/mhealthy/mental-emotional-well-being/umhs-employee-assistance-program-eap>

UM Student support groups, workshops and lunch series -
<https://caps.umich.edu/article/groups-lunch-series-workshop-opportunities>

Diversity Officer for Graduate & Postdoctoral Studies

Claire Ofiara, cfano@umich.edu or 734-764-4562