

# UM Counseling & Psychological Services

## University of Michigan students Top 10 list **do something.**

10. Go to the “**do something.**” tables on October 23<sup>rd</sup> in the basement of the Michigan Union (11–4pm) or on October 30<sup>th</sup> at Pierpont Commons (11 to 4pm) and pick up free stuff!
  9. Help yourself. Help a friend. Register for MiTalk ([mitalk.org](http://mitalk.org)), the new, interactive student-focused, mental health website.
  8. Sign-up your student group for QPR training on the CAPS website ([www.umich.edu/~caps](http://www.umich.edu/~caps)) and learn how to *Question* a friend about suicidal thoughts, *Persuade* them to get help and *Refer* them to the appropriate resources.
  7. De-stress. Go to [www.mitalk.org/multimedia.php](http://www.mitalk.org/multimedia.php) and download yoga and progressive muscle relaxation videos.
  6. Don't be afraid to approach your GSI or professor. Go to academic office hours if you need extra help. Need more tips on how to study better? Check out [www.mitalk.org/academic\\_skills.php](http://www.mitalk.org/academic_skills.php).
  5. Take an anonymous on-line screening ranging from depression, anxiety, alcohol use or eating disorders located at [www.umich.edu/~caps](http://www.umich.edu/~caps).
  4. Volunteer with student groups supporting wellness (e.g., SHARE, PULSE, Finding Voice).
  3. Balance studying with playtime. Check out [www.arborweb.com](http://www.arborweb.com) for fun things to do in Ann Arbor.
  2. If you are struggling or you're worried about a friend, talk with a CAPS “Counselor-on-Duty” about how to help. For more CAPS information: [www.umich.edu/~caps/](http://www.umich.edu/~caps/)
- And the number one way to **do something** .....
1. Get enough sleep, eat well, exercise, laugh, connect with others. Share this list with a friend and **do something.**