



OFFICE OF COUNSELING AND WORKPLACE RESILIENCE

# CARE FOR YOURSELF



# SO YOU CAN KEEP CARING FOR OTHERS.

Office of Counseling and Workplace Resilience

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[counseling.med.umich.edu](https://counseling.med.umich.edu)



When it comes to caring for yourself, the **Office of Counseling and Workplace Resilience** (formerly the Employee Assistance Program) can help.

We serve you, our Michigan Medicine faculty and staff colleagues, with compassionate and confidential services at no cost, including:

- Mental Health Counseling
- Individual and Couples Counseling/Coaching
- Trauma, Grief, and Loss Counseling
- Coaching for Health Care Professionals
- Crisis Intervention and Stress Debriefing
- Leader Consultation
- Unit/Department Resilience Building
- Educational Presentations and Programs

A PLACE OF CALM IN THE MIDDLE OF IT ALL.