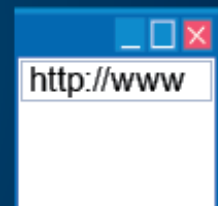


<http://careguides.med.umich.edu/psych-covid>

PATIENT EDUCATION FROM HEALTH SYSTEM EXPERTS



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Pandemics and quarantines are known to cause a significant increase in mental health and substance use issues.

Visit this page to access materials Michigan Medicine experts selected for people coping with mental health problems magnified by the COVID-19 pandemic including anxiety, depression, substance abuse, sleep difficulties and PTSD.

Information You Can Trust!

