



# **ONE TEAM ONE LEGACY**

## **FOOTBALL ALUMNI OF MICHIGAN**

## **Mental Health Affects Everyone**

Today, September 10, is World Suicide Prevention Day.

FAM believes that mental health is essential, and suicide is preventable. Our Wolverine Hope call center is here to support our Michigan Football alumni and their families with confidential access to mental health and recovery resources.

If you or someone you know is struggling, we're here with talk therapy, telehealth, and substance use treatment options. 70% of calls are about a friend or family member. We encourage you to raise awareness, increase knowledge, and reach out to someone who may be struggling. Thank you for your support, and Go Blue!

## **If You Need Mental Health Support**

# **Call Wolverine Hope**

**877.8HOPE80 | 877.846.7380 | [WOLVERINEHOPE@HOPEDESK.CO](mailto:WOLVERINEHOPE@HOPEDESK.CO)**

# WOLVERINE HOPE

## WOLVERINE HOPE IS A MENTAL HEALTH SUPPORT PROGRAM

OFFERED BY THE FOOTBALL ALUMNI OF MICHIGAN (FAM) TO ANY FORMER PLAYER, COACH, OR SUPPORT STAFF, AND THEIR IMMEDIATE FAMILY. WE PROVIDE A **DEDICATED CONCIERGE CALL LINE** SPECIFICALLY FOR FORMER ATHLETES TO RECEIVE PERSONALIZED AND **CONFIDENTIAL GUIDANCE** TO HELP NAVIGATE VARIOUS MENTAL HEALTH RESOURCES, INCLUDING TALK/TELEHEALTH THERAPY, SUBSTANCE USE TREATMENT, OR PSYCHIATRIC CARE.

WOLVERINE HOPE UTILIZES A NETWORK OF THOUSANDS OF **VETTED MENTAL HEALTH PROVIDERS NATIONWIDE**, AND WE ASSIST IN FINDING THE BEST CLINICAL, FINANCIAL, AND GEOGRAPHIC MATCH FOR EACH INDIVIDUAL WE SERVE. **WE ENSURE** THOSE SEEKING ASSISTANCE ARE DIRECTED TO THE MOST APPROPRIATE RESOURCES IN A TIMELY MANNER.



## WHO CAN UTILIZE THE WOLVERINE HOPE PROGRAM?

ANY FORMER MICHIGAN FOOTBALL PLAYER, COACH, OR SUPPORT STAFF, AND THEIR IMMEDIATE FAMILY.

## WHAT TYPE OF MENTAL HEALTH SERVICES ARE AVAILABLE?

TALK OR TELEHEALTH THERAPY/COUNSELING, SUBSTANCE USE TREATMENT, PSYCHIATRIC CARE, INTERVENTION, LIFE COACHING.

## DOES WOLVERINE HOPE COST MONEY?

NO, THE PROGRAM IS FUNDED BY FOOTBALL ALUMNI OF MICHIGAN (FAM). IT IS FREE TO CALL. WOLVERINE HOPE DOES NOT PAY FOR MENTAL HEALTH SERVICES, BUT IT DOES WORK WITH INDIVIDUALS TO FIND CARE WITHIN A BUDGET OR WITH PROVIDERS THAT ACCEPT YOUR INSURANCE

## CAN I CALL IF I DON'T KNOW WHAT KIND OF HELP I NEED?

YES, OUR TEAM UTILIZES CERTIFIED PEER RECOVERY SPECIALISTS TO ANSWER ALL OF YOUR MENTAL HEALTH QUESTIONS. OUR NETWORK OF PROVIDERS OFFERS A WIDE RANGE OF MENTAL HEALTH SERVICES, LOCATED NATIONALLY, AND WE CAN PLACE YOU WITH THE BEST FIT CLINICALLY, FINANCIALLY, AND GEOGRAPHICALLY.

## IS IT NORMAL TO BE ANXIOUS ABOUT ASKING FOR HELP?

YES, ALMOST ALL OF US ARE HESITANT TO TALK ABOUT OUR MENTAL HEALTH. IT IS NATURAL TO HAVE SOME ANXIETY. OUR TEAM HANDLES THESE CALLS EVERY DAY, AND OUR SPECIALISTS ARE THERE TO WALK YOU THROUGH EACH STEP OF THE PROCESS. EVERY CALL IS CONFIDENTIAL.

**CALL 877-8HOPE80**  
877-846-7380

**WOLVERINEHOPE@HOPEDESK.CO**

Management and implementation of the Wolverine Hope Program will be through The Hope Desk. This organization brings concierge service and an expansive network of reputable mental health and substance use programs nationwide. This ensures swift, confidential matching with ideal resources for those in need.

## About The Hope Desk:

The Hope Desk is committed to demystifying the complexities of mental health and substance misuse by providing simplified, accessible support solutions. We strive to streamline the process of connecting with the right

resources, aiming to make seeking help as straightforward as possible. By working closely with organizations, we assist members or employees grappling with mental health and substance misuse issues by guiding them to the most suitable services based on their unique situation, including geographic location, care level, financial capacity, and insurance coverage. By curating a comprehensive network of trusted programs and launching in-person mental health educational initiatives and anti-stigma campaigns, The Hope Desk eliminates the confusion often associated with finding proper support. For more, visit <https://hopedesk.co>.

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