

BASIC NEEDS STATEMENT

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, who lacks a safe and stable place to live and believes this may affect their performance in the course, is urged to contact the Dean of Students office or CAPS for support. Furthermore, please notify me if you are comfortable in doing so. This will allow me to provide any resources that I can. Additionally, students may find the following resources helpful:

1. **Central Student Government Emergency Meal Fund:** csg.contact@umich.edu
2. **Maize and Blue Cupboard** (student-run free food distribution, no forms or income verification required): <https://www.facebook.com/maizeandbluecupboard/>
3. **Center for the Education of Women Emergency Funding:**
<http://www.cew.umich.edu/funding/emergency-funding/>
4. **University of Michigan Office of Student Life Emergency Funding:**
<https://studentlife.umich.edu/article/student-emergency-funds>
5. **University of Michigan Counseling and Psychology Services (CAPS):**
caps.umich.edu
6. **Integrative Empowerment Group (off-campus counseling services, sliding scale offered):** integrativeempowerment.org
7. **Sexual Assault Prevention and Awareness Center:** sapac.umich.edu

Adapted from resources at The Hope Center (hope4college.com)