

# HAVE YOU HEARD?

**WOLVERINE HOPE IS  
A FREE MENTAL  
HEALTH RESOURCE  
FOR YOU AND YOUR  
IMMEDIATE FAMILY**

**WATCH OUR  
NEW VIDEO &  
SCROLL DOWN  
TO LEARN MORE**



**Wolverine Hope is Funded by the  
Football Alumni of Michigan (FAM)**



## Football Alumni of Michigan



What is Wolverine Hope?

It's a free way to get personalized and confidential guidance about mental health resources like therapy, substance use, life coaching, and psychiatric care. They have thousands of vetted providers around the country, so they can match you with care close to you.

Can I use my insurance?

Yes! Wolverine Hope doesn't pay for mental health services, but it does work with you to find care within your budget and providers who take your insurance.

What if I need help for my kids or my partner?

You can still use Wolverine Hope to find care for immediate family members. In fact, 70% of calls to the Hope Desk are about a loved one.

How do I use it?

Access is available 24/7 by calling (877) 8HOPE80 or you can send an email to [wolverinehope@hopedesk.co](mailto:wolverinehope@hopedesk.co)!



# A Note to the FAM

"While our Teammate Assistance Program (TAP) has significantly aided our alumni with financial, legal, and career challenges, we acknowledge the profound struggles many face with mental health. Wolverine Hope, accompanied by a robust mental health awareness campaign beginning this year, empowers us to extend our support network, reaching more alumni and their immediate families than ever before. If you or a family member are in need of mental health or substance use care, I wholeheartedly encourage you to utilize this free service funded by the Football Alumni of Michigan."

- Andy Borowski, FAM Chairman

[www.michiganfootballalumni.org](http://www.michiganfootballalumni.org)

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>.

[Click here to join FAM](#)

[Click here to donate and help](#)



*Copyright © 2023 Football Alumni of Michigan, All rights reserved.*

**Our mailing address is:**

745 State Circle  
Ann Arbor, Michigan 48108

Want to change how you receive these emails?

You can [unsubscribe from this list](#).