Exception Time: Fellows are eligible for 22 days of vacation during a one year appointment. Vacation time must be approved by your supervisor and scheduled so as not to interfere with the project. Vacation time must be taken during the annual appointment period, no pay in lieu of time off will be provided.

You are eligible for up to three weeks of sick time if you are unable to fulfill the responsibilities of your appointment due to personal illness, childbirth or injury. You may also use sick time to care for a family member due to sickness, childbirth or injury, or the care of a newly born, adopted or fostered child.

Postdocs receive all UM holidays and Season Days as paid or substitute day(s) if research supporting the postdoc does not permit.

Extended leave up to 6 weeks for qualifying medical disability - eligibility begins after 6 months employment.

FASAP – Faculty and Staff Assistance Program
fasap@umich.edu
734-936-8660

The Faculty and Staff Assistance Program (FASAP) provides support and assistance to University staff and faculty in resolving personal or work related concerns. Through a range of sensitive and innovative services, FASAP seeks to enhance the emotional health, well-being and job performance of members of the university community. By providing confidential and professional counseling, coaching, training and consultation services to staff, faculty, retirees, benefit-eligible dependents and departments, FASAP helps individuals develop and foster strengths and resiliency to enhance their personal and professional lives.

Physician’s Care
Getting a primary physician would be an important first step if the postdoc does not already have one. Here is the link to the UM Benefits website where the provider directory links are located http://benefits.umich.edu/plans/medical/providers.html – pick the link corresponding to the plan in which the postdoc enrolled to find a doctor accepting new patients. You may also be able to search for physicians who speak other languages.

UM Depression Center
http://www.depressioncenter.org/about-us/
734-764-0231
They have workshops, support groups and individual appointments available. Initial appointments my take 2-3 months wait time.

Work Connections
http://www.workconnections.umich.edu/contact.html
Work_Connections@umich.edu
734-615-0643

Angie Farrehi from CoE has a list of psychologists in the community who may be good resources as well. She typically works with students but can provide references for us for research fellows.
afarrehi@umich.edu
734-615-1405