

Wellness and Counseling resources for Graduate Students

The following provides a brief overview of wellness and counseling services available for graduate students at MSU and beyond. If you have questions or wish to talk to someone at MSU (outside of your advisor) about issues that impede your ability to succeed or be productive, you can contact the Graduate Program Director, Remco Zegers (zegers@msu.edu) or Graduate Program Coordinator, Kim Crosslan (crossla3@msu.edu). At FRIB, you can also contact the Associate Director for Education, Heiko Hergert (hergert@frib.msu.edu).

On & Off Campus 24 Hour Emergency Services as listed by MSU Counseling Center:

- If you believe your life is in imminent danger and you cannot keep yourself safe, or you or someone else has decided to seriously harm or kill yourself/themselves or someone else, call 9-1-1 or go to the nearest emergency room, if it is safe to do so.
- 988 Suicide & Crisis Lifeline
- CAPS Remote Crisis Services: call 517-355-8270 and press "1" at the prompt to speak with a crisis counselor.
- ULifeline at <http://www.ulifeline.org/msu/>
- MSU Counseling Center Sexual Assault Program Crisis Line: (517) 372-6666
- MSU's Center for Survivors Crisis Chat: staffed by Sexual Assault Crisis Intervention trained volunteers from 10AM-10PM EST, 7 days a week
- Community Mental Health Crisis Health: (800) 372-8460 (517) 346-8460
- MSU Safe Place (Domestic Violence Shelter): Crisis Line: (517) 355-1100
- MSU Police and Public Safety: Emergency: 911 Business Line: (517) 355-2221

MSU Counseling & Psychiatric Services: <https://caps.msu.edu/>

MSU Counseling & Psychiatric Services helps students succeed by providing support for the University's academic goals, assisting in decreasing student and faculty/staff stress, aiding the effort to provide a health environment, helping students focus on personal and career goals thereby contributing to students' motivation and performance, and by increasing satisfaction with University which results in greater retention. Initial screening appointments are offered on a walk-in/drop-in basis. No scheduled appointment is necessary. Students are generally seen on a first-come, first-served basis, with the exception of crisis walk-ins. The counseling center makes referrals to Olin or other providers, if necessary. See: http://olin.msu.edu/services/couns_psych.htm For emergencies, see above.

MSU CAPS Connect: <https://caps.msu.edu/services/CAPSConnect.html>

Starting September 11th CAPS Connect will hold in-person sessions in BPS 1312 every Monday from 9-11 am until December 11th. This service is available in-person during fall and spring semesters and is open to enrolled MSU students. CAPS Connect is not available during University breaks or the summer semester. **Sign up in advance** to chat with a CAPS clinician! Note that availability is subject to occasional change, but will be kept up-to-date through our scheduling platform. Click the button below to see current scheduling options. The person usually visiting BPS is Abigail Waller, LMSW

Office of Graduate Student Life & Wellness: <https://grad.msu.edu/wellness>

The Office of Graduate Student Life & Wellness works to ensure that graduate students receive an engaged and holistic education, achieve their potential, and remain connected to the University. With the goal of improved retention, productivity, creativity, and innovation in support of educational excellence, research, and community service, Graduate Student Life & Wellness advocates for graduate students and delivers guidance, academic support, services, programs, and resources that support graduate students as they invest in their academic work.

MSU Care and Intervention Team (formerly Behavioral Threat Assessment Team)

The Care and Intervention Team strives to promote individual well-being and success, while also prioritizing community safety. Utilizing a collaborative and proactive approach, the team is committed to identifying, preventing, assessing, intervening, and reducing threats to the safety and well-being of the MSU community. Its goals are:

- Provide a safe and supportive physical and emotional environment for members of the university community.
- Identify, assess, and intervene with individuals who are struggling or who demonstrate concerning or threatening behavior.
- Provide support and resources to community members who are concerned for another individual.

The BTAT meets to assess the likelihood of risk and identify actions that can be taken to potentially mitigate the risk. The team also works to help faculty, staff, and administrators effectively interact with such individuals, establish clear behavioral expectations, and describe the potential consequences for failure to meet those expectations within the context of established University policies.

Referrals can be made through an online form: <https://ossa.msu.edu/cait>

Health4U: <http://health4u.msu.edu/>

Health4U provides faculty, staff, retirees, graduate student employees and their partners/spouses with education, opportunities, and support for developing and maintaining a healthy lifestyle. Upcoming classes can be found at: <http://health4u.msu.edu/courses>

MSU Employee Assistance Program (EAP): <http://eap.msu.edu/>

The Employee Assistance Program (EAP) is a confidential counseling service provided at no cost to MSU faculty, staff, retirees, graduate student employees, and their families, including work-related stress, personal stress, anxiety, depression, shame, alcohol and drug concerns, relationship challenges, family transitions/conflict, recovery from trauma, grief and loss and others. The EAP website has information about other resources about other counseling resources available at MSU and in the area: <http://eap.msu.edu/resources/mental-health>

Appointments: An appointment to meet with an EAP counselor may be arranged by calling 517-355-4506, Monday through Friday between 7:30am and 5:00pm. You can also send an e-mail to eap@msu.edu. The MSU EAP benefit includes 1 to 6 confidential counseling sessions per event. This service includes assessment, short-term counseling, and referral for issues that require ongoing care. The office is located in room 330 of the Olin Health Center building, at 463 East Circle Drive.

Resource Center for Persons with Disabilities <https://www.rcpd.msu.edu/>

If you are a student or employee at MSU, and you have a disability that substantially limits a major life activity, you can register with the RCPD and you may be eligible to receive accommodations. RCPD assists students, employees and visitors by maximizing ability and opportunity.

Couple and Family Therapy Clinic in the MSU Clinical Center <https://hdfs.msu.edu/clinic>

The Clinic serves clients from the Greater Lansing area and is an Affiliated Agency of the Capital Area United Way. It provides services on a sliding fee scale (\$10-\$80 per session, depending on family income and size, and \$15 for graduate students) and services are provided by graduate students under the supervision of faculty in the MSU Couple and Family Therapy program. Supervisors are fully licensed clinicians and Approved Supervisors per the American Association for Marriage and Family Therapy guidelines. Contact: 517-432-2272 (the clinic might be on a waitlist)

MSU Psychological Clinic <https://psychology.msu.edu/clinic/>

The MSU Psychological Clinic offers assessment and psychotherapy for adults, children, couples, and families in the Greater Lansing community. The goal is to offer high quality services to individuals in our community, including those with limited resources and therefore limited options for mental health care. A broad range of services are available in order to achieve this aim, all of which are carefully tailored to the individual needs of our clients. A sliding fee scale for services that is often much lower than the standard rate in the community is used. Contact: 517-355-9564 (the clinic might be on a waitlist)

Center for Survivors (Formerly known as MSU Sexual Assault Program):
<https://centerforsurvivors.msu.edu/>

The Center for Survivors works with sexual assault survivors and all others who are impacted by sexual violence. The Center for Survivors at Michigan State University (MSU) is a Victims of Crime Act (VOCA) funded program and is supported by Crime Victim Assistance Grant #20025-18V13 awarded by the Michigan Crime Victim Services Commission. Its services are described at:
<https://centerforsurvivors.msu.edu/services/>

Know

More:

https://civilrights.msu.edu/assets/documents/knowmoreposter_interactive.pdf

An overview about resources related to Relationship Violence, Stalking and Sexual Misconduct

Office for Civil Rights and Title IX Education and Compliance

<https://civilrights.msu.edu/>

Office of the University Ombudsperson

<https://ombud.msu.edu/>

Off-campus counseling resources

MSU Thriving Campus <https://msu.thrivingcampus.com>

With ThrivingCampus, you can:

- Browse and filter providers based on your needs and preferences
- Get answers to common questions

- Reach out to community providers and connect with mental health care and other services to support your well-being

Lansing Area group Practices: <https://caps.msu.edu/referrals/index.html> (see collapsible list at bottom of page)

Therapy in Color Counseling & Consulting

<https://therapyincolor.net/>

Therapy in Color Counseling and Consulting is a counseling practice dedicated to helping clients reach and achieve fulfilling and balanced living. At, Therapy in Color Counseling and Consulting, attention is given to cultural, racial, and sexual diversity and the issues related to them. Therapy in Color Counseling and Consulting offers affordable immigration evaluations to individuals who are already feeling stressed by the process.

The Salus Center

<https://www.saluscenter.org/>

The Salus Center serves Lansing's LGBTQIA+ communities as a gathering space and information hub, and we advocate for the rights of our community members by honoring and affirming the interconnectedness of oppression. We empower you to build on the legacy of LGBTQIA+ activism and manifest a life that is authentic, safe, and full.