



## MSUCOM Mental Health Resources

**National Suicide Prevention Lifeline:** (800) 273-8255

### **24-Hour Crisis Numbers:**

Clinton-Eaton-Ingham Community Mental Health (800) 241-4949

MSU Sexual Assault Program Crisis Line (517) 372-6666

Detroit Wayne County Mental Health Authority (800) 372-8460

### **Emergency Room Services:**

Sparrow Hospital (517) 364-1000 [www.sparrow.org/locations/](http://www.sparrow.org/locations/)

Henry Ford Hospitals (313) 916-2100 [www.henryford.com/locations/henry-ford-hospital](http://www.henryford.com/locations/henry-ford-hospital)

### **MSUCOM CARE Team:** [MSUCOMCARETeam@hc.msu.edu](mailto:MSUCOMCARETeam@hc.msu.edu)

If you are concerned about a fellow student or are seeking personal support you can send an e-mail to the team. *Your contact is kept strictly confidential.* Please include a brief description of what the concern is about for the person or yourself. E-mails will be responded to within 24 hours during regular weekday business hours from 8:00 a.m. to 5:00 p.m. ***If you are concerned about an immediate safety risk to self or others, dial 9-1-1.*** For further information about the CARE Team go to [www.com.msu.edu](http://www.com.msu.edu) and click on MSUCOM CARE Team on the home page.

### **Counseling and Health Promotion Office:**

[www.com.msu.edu/Students/PC\\_HP\\_New/Personal\\_Counseling\\_Home\\_Page.htm](http://www.com.msu.edu/Students/PC_HP_New/Personal_Counseling_Home_Page.htm)

Confidential professional consultation and counseling regarding any issue of concern for MSUCOM students. This office also assists students in connecting with referrals near their site. Sessions can be scheduled in-person or arranged on-line by Zoom. ***Note: if you or someone you are concerned about is threatening suicide or harm to oneself or another dial 9-1-1 immediately.*** Counselor contact information:

Dr. John R. Taylor (EL): 517-432-0141, [John.Taylor@hc.msu.edu](mailto:John.Taylor@hc.msu.edu)

Dr. Al Aniskiewicz (EL): [Al.Aniskiewicz@hc.msu.edu](mailto:Al.Aniskiewicz@hc.msu.edu)

Kris Amos, LLPC (MUC and DMC): [Kristopher.Amos@hc.msu.edu](mailto:Kristopher.Amos@hc.msu.edu)

### **Peer Mentor Office Hours (All Three Campuses):**

1:1 confidential peer mentoring by OMSII to OMSI, topic of discussion is open to anything desired by OMSI. Mentoring Chairs for each site are:

Megan Kabara, [kabaram@msu.edu](mailto:kabaram@msu.edu) (East Lansing)

Bohdan Boytsov, [boytsovb@msu.edu](mailto:boytsovb@msu.edu) (Detroit)

Hannah Laur, [laurhann@msu.edu](mailto:laurhann@msu.edu) (Macomb)

## **MSU Campus Resources**

**MSU Counseling and Psychiatric Services (CAPS):** 517-355-8270 [www.CAPS.msu.edu](http://www.CAPS.msu.edu)

**MSU Fee Hall Psychiatry Clinic:** 517-353-3070 [www.psychiatry.msu.edu/services](http://www.psychiatry.msu.edu/services)

**MSU Safe Place Relationship Violence and Stalking Program:** [www.safeplace.msu.edu/](http://www.safeplace.msu.edu/)

**MSU Sexual Assault Program:** (517) 372-6666 [www.endrape.msu.edu](http://www.endrape.msu.edu)

## **Off Campus Resources (Identified by Site Location)**

**Eve's House (Lansing, MI):** 517-372-5572, [www.eveinc.org/services](http://www.eveinc.org/services)

Shelter and supportive services to victims of domestic and sexual violence

**Brighton Center for Recovery (Brighton, MI):** (877) 976-2371 [www.stjohnprovidence.org/brighton-center-for-recovery](http://www.stjohnprovidence.org/brighton-center-for-recovery) Rehabilitation center for assistance with drug or alcohol addiction

**Detroit Central City Health Center:** (313) 578-6123

Mental health, housing, and substance abuse programs

**Macomb County Community Mental Health:** (855) 996-2264

Crisis center with resources for substance abuse, urgent behavioral healthcare, and abuse reporting

**Michigan Mental Health Networker (Lansing, Oakland, Washtenaw and Wayne County):**

The Michigan Mental Health Networker provides mental health services information to treatment professionals, social service organizations and the general community. The Networker collects information about therapists, agencies and self-help groups in Ann Arbor, Detroit Metro, Jackson, Lansing, and other areas of mid-to-lower Michigan. Go to: [www.mhweb.org/index.html](http://www.mhweb.org/index.html)

**National Alliance on Mental Illness (NAMI) - Michigan Chapter:** [www.namimi.org/](http://www.namimi.org/)

Facilitates support groups for parents, relatives, or friends of persons with mental illness

**New Center Community Services (Detroit, MI):** (313) 961-3200

Mental health, and substance abuse counseling



A website based on Cognitive Behavioral Therapy models dedicated to providing many daily motivational tips and resources ***for individuals struggling with depression, anxiety and/or stress.***

**FREE FOR MACOMB COUNTY RESIDENTS/VISITORS ONLY.**

SIGN UP TODAY:

1. Visit [www.myStrength.com](http://www.myStrength.com)
2. On the [www.myStrength.com](http://www.myStrength.com) home page, click on "Sign-up."
3. Enter the following Access Code for MACOMB COUNTY COMMUNITY MEMBERS: MCCMHcomm
4. Enter the following Access Code for MACOMB COUNTY CONSUMERS ONLY: MCCMHper
5. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
6. Go Mobile by using the access code above, get the myStrength app for smart phones such as; iOS and Android devices at: [www.mystrength.com/mobile](http://www.mystrength.com/mobile).