MSUCOM Mental Health Resource Guide

National Suicide Prevention Lifeline: (800) 273-8255

24-Hour Crisis Numbers:
- Clinton-Eaton-Ingham Community Mental Health (517) 346-8200
- MSU Sexual Assault Program Crisis Line (517) 372-6666
- Detroit Wayne County Mental Health Authority (313) 833-2500
- Macomb County Community Mental Health (586) 307-9100

Emergency Services:
- Sparrow Hospital (517) 364-1000  www.sparrow.org/locations/
- MySSP App: Free 24/7 Mental Health Support for ALL MSU Students  https://us.myissp.com/

MSUCOM CARE Team:
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 and click on MSUCOM CARE Team on the home page.

Wellness & Counseling Office:
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, taylor520@msu.edu
- Ms. Erica Suszek (MUC): (586) 263-6711, esuszek@msu.edu
- Ms. Rachel Brejcha (DMC): (313) 578-9636 or (517) 884-9636, reidrac4@msu.edu

Peer Mentors (All Three Campuses):
1:1 confidential peer mentoring by OMSII to OMSI, topic of discussion is open to anything desired by OMSI. Student Life Enrichment Chairs for each site are:

- Julie Ruehl, ruehljul@msu.edu (East Lansing)
- Irgena Hafizi, hafiziir@msu.edu (Detroit)
- Erin Vitale, vitaley@msu.edu (Macomb)
MSU Campus Resources

MSU Counseling and Psychiatric Services (CAPS): (517) 355-8270 www.CAPS.msu.edu

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

MSU Resource Center for Persons with Disabilities: (517) 884-7273 www.rcpd.msu.edu

MSU Safe Place Relationship Violence and Stalking Program: www.safeplace.msu.edu/

MSU Sexual Assault Program: (517) 372-6666 www.endrape.msu.edu

MSU Student Veterans Resource Center: (517) 884-5973 www.veterans.msu.edu/

Off Campus Resources (Identified by Site Location)

Eve’s House (Lansing, MI): (517) 372-5572, 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
Rehabilitation center for assistance with drug or alcohol addiction

Detroit Central City Health Center: (313) 578-6123
Mental health, housing, and substance abuse programs

National Alliance on Mental Illness (NAMI) - Michigan Chapter: 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

myStrength
The health club for your mind™

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
2. On the www.myStrength.com home page, click on "Sign-up."
3. Enter the following Access Code for MACOMB COUNTY COMMUNITY MEMBERS: MCCMHCcomm
4. Enter the following Access Code for MACOMB COUNTY CONSUMERS ONLY: MCCMHPerc
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.