



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 Services:

Sparrow Hospital (517) 364-1000 www.sparrow.org/locations/

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

MySSP App: Free 24/7 Mental Health Support for ALL MSU Students <https://us.myissp.com/>

MSUCOM CARE Team: 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 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

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

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

Ms. Erica Suszek (MUC): (586) 263-6711

Ms. Rachel Reid (DMC): (313) 578-9636 or (517) 884-9636

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 (East Lansing)

Bohdan Boytsov, boytsovb@msu.edu (Detroit)

Hannah Laur, laurhann@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

Macomb County Community Mental Health: (855) 996-2264
Crisis center with resources for substance abuse, urgent behavioral healthcare, and abuse reporting

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



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: 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.