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:
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, taylo520@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, vitaleer@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 Resource Center for Persons with Disabilities: (517) 884-7273 [www.rcpd.msu.edu](http://www.rcpd.msu.edu)

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)

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

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
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](http://www.mystrength.com/mobile).