



MSUCOM Mental Health Resources

Counseling and Health Promotion Office (EL; Zoom and phone appointments for SEMI students)

Confidential professional consultation regarding any issue of concern for MSUCOM students

Dr. John R. Taylor, Psy.D. (EL): 517-432-0141, John.Taylor@hc.msu.edu

Dr. Albert Aniskiewicz (EL): al.aniskiewicz@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

Thursdays 6-10 pm in the Kobiljak Resource Center

Megan Spencer; spenc324@msu.edu (Mentoring Chair, Detroit)

JP Kelly; kellyj46@msu.edu (Mentoring Chair, East Lansing)

Hannah Winget; wingetha@msu.edu (Mentoring Chair, Macomb)

Joy Initiative (Based in EL with Polycom to SEMI)

To help students incorporate happiness into their lives. Includes meditation, mindfulness, and cognitive behavioral therapy

Jessica Bilodeau, jessica.bilodeau@hc.msu.edu

Fee Hall Psychiatry Clinic (East Lansing): 517-353-3070 <http://psychiatry.msu.edu/services>

Counseling Center (East Lansing): 517-355-8270 <http://counseling.msu.edu>

Olin Student Health/Mental Health (East Lansing): 517-353-8737 http://olin.msu.edu/services/couns_psych.htm

In addition to Mental Health Olin Student Health Services offers counseling and assessment on:

- Alcohol, Tobacco, and other Drugs
- Nutrition and Eating Concerns
- Sexual Wellness

To learn more call 517-353-4660 or visit <http://www.olin.msu.edu/healthed>

MSU Sexual Assault Program (East Lansing): (517) 372-6666 <http://endrape.msu.edu>

Off Campus Resources – General

National Suicide Prevention Lifeline: (800) 273-8255

Brighton Center for Recovery (Brighton, MI)

Rehabilitation center for assistance with drug or alcohol addiction

stjohnprovidence.org/brighton-center-for-recovery; (877) 976-2371

Michigan Mental Health Networker (locations across the state)

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: <http://www.mhweb.org/index.html>

National Alliance of Mental Illness (NAMI; locations across the state)

Facilitates support groups for parents, relatives, or friends of persons with mental illness; (517) 485-4049

Oakland Community Health Network (Auburn Hills, MI)

Provides mental health services, and substance recovery; (800) 231-1127 (24-hours a day)

Off Campus Resources – Detroit

Detroit Central City Health Center

Mental health, housing, and substance abuse programs; (313) 578-6123

New Center Community Services (Detroit, MI)

Mental health, and substance abuse counseling; (313) 961-3200

Off Campus Resources – East Lansing

Eve's House (Lansing, MI)

Shelter and supportive services to victims of domestic and sexual violence

eveinc.org/services, 517-372-5572

Off Campus Resources – Macomb

Macomb County Community Mental Health

Crisis center with resources for substance abuse, urgent behavioral healthcare, and abuse reporting; (855) 996-2264

Macomb Family Services (Clinton Twp, MI)

Counseling for individuals, families, and children; Sliding scale is available. Ability to pay for substance abuse (MCOSA.) Medicaid is accepted when referred from C.M.H. and C.A.R.E. Medicare, BC/BS, and private fee are also accepted; (586) 226-3440



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.