



MSUCOM Mental Health Resources

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

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

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.

National Suicide Prevention Lifeline: (800) 273-8255

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:

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

Megan Spencer, spenc324@msu.edu (Detroit)

Hannah Winget, wingetha@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 Safe Place Relationship Violence and Stalking Program: www.safeplace.msu.edu/

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

Macomb Family Services (Clinton Twp, MI): (586) 226-3440

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

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

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.