Meet Our Counseling Team

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Schedule an Appointment

For help with counselor scheduling or other questions please contact:

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“Wherever you go, go with all your heart”
-Confucius

Wellness & Counseling

Michigan State University
College of Osteopathic Medicine
Office of Admissions & Student Life

“The Lifeline is FREE, confidential, and always available.
HELP a loved one, a friend, or yourself.
Community crisis centers answer Lifeline calls.

Learn the Warning Signs.

“To get through the hardest journey, we need take only one step at a time, but we must keep on stepping”
Wellness & Counseling

Wellness & Counseling services strives to provide support, guidance, and resources to COM students, as well as faculty and staff who are in positions to foster student well-being and professional growth. Medical school is truly a life-changing event in many ways, and challenges students to be adaptable, resilient, and mindful learners. Through the provision of holistically-informed and evidence-based practices, our team is committed to helping students develop into well-rounded, compassionate, and first-rate osteopathic practitioners for the twenty-first century.

Individual and Group Counseling

Wellness & Counseling offers confidential services by licensed mental health professionals. Individual and group counseling sessions are available for a variety of challenges. MSUCOM students face such as academic concerns, relationship issues, and stress.

Medical Student Mental Health Committee

The MSMHC was founded by COM students to promote student wellness, self-care, and help-seeking through educational programs and professional growth groups. First- and second-year students attend mental health workshops each semester.

Contemplative Practices: Mindfulness and Meditation

The student mindfulness group offers regularly scheduled meditation sessions to cultivate resiliency, self-compassion and emotional balance. See MSUCOM Mindfulness Facebook for information.

MSUCOM CARE Team

The MSUCOM CARE Team serves to improve the wellbeing of students at all three sites by proactively identifying and assisting students showing signs of distress. Confidential referrals can be made by faculty, staff or students to www.com.msu.edu/About/CARETeam/

Peer Mentors Student Organization

The Peer Mentors are made up of peer-nominated students with a special ability to lend a helping hand, listening ear, and genuine concern to those who need it. They provide support to incoming students, and help them connect with the many great resources MSUCOM has to offer.

Further information about Wellness & Counseling services along with other student resources can be quickly accessed by downloading the MSU Osteopathic Medicine Mobile App.