

Wellness and Counseling resources for graduate students

The following provides a brief overview of wellness and counseling services available for graduate students at MSU and beyond. If you have questions or wish to talk to someone at MSU (outside of your advisor) about issues that impede your ability to succeed or be productive, you can contact the Graduate Program Director, Remco Zegers (zegers@nscl.msu.edu). At FRIB/NSCL, you can also contact the Associate Director for Education, Hiro Iwasaki (iwasaki@nscl.msu.edu).

Note that, due to COVID-19, the following resources might have altered contact schedules and information – please refer to the relevant websites

On & Off Campus 24 Hour Emergency Services as listed by MSU Counseling Center:

- If you believe your life is in imminent danger and you cannot keep yourself safe, or you or someone else has decided to seriously harm or kill yourself/themselves or someone else, call 9-1-1 or go to the nearest emergency room, if it is safe to do so.
- CAPS Remote Crisis Services: call 517-355-8270 and press “1” at the prompt to speak with a crisis counselor.
- ULifeline at <http://www.ulifeline.org/msu/>
- MSU Counseling Center Sexual Assault Program Crisis Line: (517) 372-6666
- Community Mental Health: (800) 372-8460 (517) 346-8460
- MSU Safe Place (Domestic Violence Shelter): Crisis Line: (517) 355-1100
- MSU Police and Public Safety: Emergency: 911 Business Line: (517) 355-2221
- National Suicide Prevention (Lifeline): Collect Calls Accepted 24 Hours 1-800- 273-TALK (8255)

MSU Counseling & Psychiatric Services: <https://caps.msu.edu/>

MSU Counseling & Psychiatric Services helps students succeed by providing support for the University’s academic goals, assisting in decreasing student and faculty/staff stress, aiding the effort to provide a health environment, helping students focus on personal and career goals thereby contributing to students’ motivation and performance, and by increasing satisfaction with University which results in greater retention. Initial screening appointments are offered on a walk-in/drop-in basis. No scheduled appointment is necessary. Students are generally seen on a first-come, first-served basis, with the exception of crisis walk-ins. The counseling center makes referrals to Olin or other providers, if necessary. See: http://olin.msu.edu/services/couns_psych.htm For emergencies, see above.

The MSU Counseling Center Walk-in Hours are:

- Monday – Friday: 10:00am – Noon & 1:00pm – 3:00pm
- Crisis walk-in hours are: Monday – Friday: 8:00am – 5:00pm
- Office Hours are: Monday – Friday: 8:00am – 5:00pm

Office of Graduate Student Life & Wellness: <https://grad.msu.edu/wellness>

The Office of Graduate Student Life & Wellness works to ensure that graduate students receive an engaged and holistic education, achieve their potential, and remain connected to the University. With the goal of improved retention, productivity, creativity, and innovation in support of educational excellence, research, and community service, Graduate Student Life & Wellness advocates for graduate students and

delivers guidance, academic support, services, programs, and resources that support graduate students as they invest in their academic work.

Behavioral Threat Assessment Team

The Michigan State University's Behavioral Threat Assessment Team (BTAT) exists to facilitate a multidisciplinary, coordinated response to reports of students, employees, or other individuals on campus who have engaged in behavior indicating a possible threat of harm to self or other members of the campus community.

- Support a safe, productive working and learning environment
- Educate the campus community to identify and report potential threats
- Provide early, prompt, and effective intervention

The BTAT meets to assess the likelihood of risk and identify actions that can be taken to potentially mitigate the risk. The team also works to help faculty, staff, and administrators effectively interact with such individuals, establish clear behavioral expectations, and describe the potential consequences for failure to meet those expectations within the context of established University policies.

Referrals can be made by:

- Telephone: 517-355-2222
- Email: btat@police.msu.edu
- Online Form: <http://btat.msu.edu/referral-form/>

Health4U: <http://health4u.msu.edu/>

Health4U provides faculty, staff, retirees, graduate student employees and their partners/spouses with education, opportunities, and support for developing and maintaining a healthy lifestyle. Upcoming classes can be found at: <http://health4u.msu.edu/courses>

Some Local Therapists that accept Graduate Student Insurance

- Eastside Therapy and Counseling on Marsh Road in Okemos (<http://www.eastsidetherapy.com/>)
- Pilar Monta, LMSW, ACSW (517) 618-9914
- Off-campus resources as provided by MSU Police are at the end of this document

MSU Employee Assistance Program (EAP): <http://eap.msu.edu/>

The Employee Assistance Program (EAP) is a confidential counseling service provided at no cost to MSU faculty, staff, retirees, graduate student employees, and their families, including work-related stress, personal stress, anxiety, depression, shame, alcohol and drug concerns, relationship challenges, family transitions/conflict, recovery from trauma, grief and loss and others. The EAP website has information about other resources about other counseling resources available at MSU and in the area: <http://eap.msu.edu/resources/mental-health>

Appointments: An appointment to meet with an EAP counselor may be arranged by calling 517-355-4506 or 888-280-9478, Monday through Friday between 7:30am and 5:00pm. You can also send an e-mail to eap@hc.msu.edu. The MSU EAP benefit includes 1 to 6 confidential counseling sessions per event. This service includes assessment, short-term counseling, and referral for issues that require ongoing care. The office is located in room 330 of the Olin Health Center building, at 463 East Circle Drive.

Resource Center for Persons with Disabilities <https://www.rcpd.msu.edu/>

If you are a student or employee at MSU, and you have a disability that substantially limits a major life activity, you can register with the RCPD and you may be eligible to receive accommodations. RCPD assists students, employees and visitors by maximizing ability and opportunity.

Couple and Family Therapy Clinic in the MSU Clinical Center <https://hdfs.msu.edu/clinic>

The Clinic serves clients from the Greater Lansing area and is an Affiliated Agency of the Capital Area United Way. It provides services on a sliding fee scale (\$10-\$80 per session, depending on family income and size, and \$15 for graduate students) and services are provided by graduate students under the supervision of faculty in the MSU Couple and Family Therapy program. Supervisors are fully licensed clinicians and Approved Supervisors per the American Association for Marriage and Family Therapy guidelines. Contact: 517-432-2272 (the clinic might be on a waitlist)

MSU Psychological Clinic <http://psychology.psy.msu.edu/Clinic/>

The MSU Psychological Clinic offers assessment and psychotherapy for adults, children, couples, and families in the Greater Lansing community. The goal is to offer high quality services to individuals in our community, including those with limited resources and therefore limited options for mental health care. A broad range of services are available in order to achieve this aim, all of which are carefully tailored to the individual needs of our clients. A sliding fee scale for services that is often much lower than the standard rate in the community is used. Contact: 517-355-9564 (the clinic might be on a waitlist)

Center for Survivors (Formerly known as MSU Sexual Assault Program):

<https://centerforsurvivors.msu.edu/>

The Center for Survivors works with sexual assault survivors and all others who are impacted by sexual violence. The Center for Survivors at Michigan State University (MSU) is a Victims of Crime Act (VOCA) funded program and is supported by Crime Victim Assistance Grant #20025-18V13 awarded by the Michigan Crime Victim Services Commission. Its services are described at: <https://centerforsurvivors.msu.edu/services/>

Know More

(https://civilrights.msu.edu/assets/documents/knowmoreposter_interactive.pdf)

An overview about resources related to Relationship Violence, Stalking and Sexual Misconduct

Office for Civil Rights and Title IX Education and Compliance

<https://civilrights.msu.edu/>

Office of the University Ombudsperson

<https://ombud.msu.edu/>

Off-campus counseling resources from a list maintained by MSU BTAT

Early Treatment & Cognitive Health (ETCH)

Amanda Barratt, LMSW, Marsha Harmon, LMSW or April Johnson, LMSW

4572 S. Hagadorn Rd., Suite 1E

East Lansing, MI 48823

Tel: (517) 481-4800

Website: <http://www.etchwellness.org/>

**ETCH specializes in the treatment of mood disorders but they have several therapists that have specialties in other areas. These therapists specifically specialize in areas such as PTSD, Trauma, Sexual Assault, Domestic Violence, etc.*

Evolve Behavioral Health (Okemos Office)

Kelly Riley, LMSW or Sarah Crowgey, LMSW

2109 Hamilton Rd., Suite 100A

Okemos, MI 48862

Tel: (517) 375-2672

Website: <http://www.evolvebrighton.com/>

**Able to access utilizing Bus 23 towards Okemos, with pick-ups every 30 minutes or so.*

Estimates travel time by way of bus #23 is 19 or 26 minutes (depending on the time of the day) from Holmes Hall to 2109 Hamilton Rd.

Nicki Moody, LMSW

541 E. Grand River Ave., Suite A1

East Lansing, MI 48823

Tel: (517) 522-2743

For more information about Nicki search website: <http://www.psychologytoday.com>

Therapy Today

Nedra Cannon, LMSW, Courtney Frost, LPC, Jessica Krueger, LPC or Jessica Fortier-Lick, LMSW, or Courtney Schafer, LPC

4572 South Hagadorn Rd, Suite 1C

East Lansing, MI 48823

Tel: (517) 481-2133

Website: <http://therapytodaycc.com/>

Okemos Center for Therapy

Beth Roberts, LMSW, ACSW

2193 Association Dr., - Suite 100

Okemos, MI 48864

Tel: (517) 347-7441 (Beth's direct phone)

Fax: (517) 349-3755 (Beth's direct fax)

Website: <http://okemoscenterfortherapy.com/>

**Able to access utilizing Bus 23 towards Okemos, with pick-ups every 30 minutes or so.*

Estimates travel time by way of bus #23 is 17 minutes from Holmes Hall to 2193 Association Dr.

Okemos Psychological Services

Rachelle Baerman-Skief, LMSW and Connie Maundu-Pajak, LPC

2172 Commons Parkway- Suite C

Okemos, MI 48864

Tel: (517) 826-6524

Website: <http://www.okemospsychology.com/>

*Able to access utilizing Bus 23 towards Okemos, with pick-ups every 30 minutes or so.

Estimates travel time by way of bus #23 is 20 minutes from Holmes Hall to 2172 Commons Parkway