**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/](http://www.sparrow.org/locations/)
- MySSP App: Free 24/7 Mental Health Support for ALL MSU Students [https://us.myissp.com/](https://us.myissp.com/)

**MSUCOM CARE Team:**  [MSUCOMCARETeam@hc.msu.edu](mailto: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](http://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](http://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](mailto:John.Taylor@hc.msu.edu)
- Dr. Al Aniskiewicz (EL):  [Al.Aniskiewicz@hc.msu.edu](mailto:Al.Aniskiewicz@hc.msu.edu)
- Ms. Erica Suszek (MUC): (586) 263-6711,  [Erica.Suszek@hc.msu.edu](mailto:Erica.Suszek@hc.msu.edu)
- Ms. Rachel Reid (DMC): (313) 578-9636 or (517) 884-9636,  [Rachel.Reid@hc.msu.edu](mailto:Rachel.Reid@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. Mentoring Chairs for each site are:

- Megan Kabara,  [kabarame@msu.edu](mailto:kabarame@msu.edu) (East Lansing)
- Bohdan Boytsov,  [boytsovb@msu.edu](mailto:boytsovb@msu.edu) (Detroit)
- Hannah Laur,  [laurhonn@msu.edu](mailto:laurhonn@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

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**myStrength**

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).