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, kelly46@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
**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

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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.