Things to ponder.....

Hearing is one of the body's five senses.  
**BUT LISTENING IS AN ART.** - Frank Tyger

There are no shortcuts to any place worth going.  - Beverly Sills

Life is ten percent what happens to you and ninety percent how you respond to it.  
- *Unknown*

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Counseling and Health Promotion  
Office of Student Services

**The Premise Upon Which Our Office is Built:**

Each individual will be treated with **dignity**.

Everyone needs and deserves to be **heard**.

At MSUCOM it is a **stigma** if one does **not** get help.

**Confidentiality** is paramount.

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**Help is just a phone call away...**

**Phone:** (517)353-7741

Designed and compiled by Trish Horn  
Approved by Dr. Celia Guro, PhD, Director of Personal Counseling and Health Promotion

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**Professional Resources**  
Where to turn for assistance

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**Celia B. Guro, PhD**  
Director of Counseling and Health Promotion  
**Director Peer Mentor Program**

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“When the pupil is ready, the teacher will appear.”  
**BUDDHA**
COM RESOURCES
East Lansing Campus

Celia B. Guro, PhD, (See front of brochure)
C101 East Fee Hall, East Lansing
48824 guro@msu.edu (517)353-7741

Al Aniskiewicz, PhD, ABPP (Please email)
Professor Psychiatry and Neurology
B117 West Fee Hall, East Lansing
Al.Aniskiewicz@ht.msu.edu

Gillian Bice, MA, PhD
Academic & Professional Develop.
128 East Fee Hall, East Lansing
(517)432-7083 biceg@msu.edu

Mangala Sadasivan, PhD, Director of PEAK Program
318 West Fee Hall, East Lansing
(517)432-5042 sadasiva@msu.edu

Kim Peck, MBA, Academic Advisor
A128 East Fee Hall, East Lansing
(517)884-4037 kimmpeck@msu.edu

Southeast Michigan Resources
DMC Campus (Detroit Medical Center)
MUC Campus (Macomb University Center)

John Meulendyk, DDS, DO, MPH, MA, CPE, DMC & MUC
DMC, Suite G013, 4707 St. Antoine St.
Detroit, MI 48201 meulend3@msu.edu (313)578-9613. Please email

Barbara Butyter, MPS, OTR – DMC Admin. Director
Suite G010, 4707 St. Antoine St.
Detroit, MI 48201 (313)578-9610 barbara.butyter@hc.msu.edu

Suzanne Wilson, Admin. Director, MSN, RN – MUC
UC4 Building, Room 217-5
(586)263-6832 suzanne.wilson@hc.msu.edu

Holly Bielawski, MA Academic Specialist, MUC
44575 Garfield Road, Bldg. UC4, (586)226-4801 or (517)884-9610 holly.bielawski@hc.msu.edu

Additional Resources:

MSU Counseling Center
207 Student Services Building
(517)355-8270

MSU Psychological Clinic
262 Psychology Building (across from Student Services)
(517)355-9564

MSU Psychiatry Clinic
1st Floor West Fee Hall
(517)353-3070

MSU Student Health Services Psychiatry (by referral)
A123 Olin Student Health Center
(517)353-8737

Sexual Assault Program
MSU, 24 hr crisis line (517)372-6666
Office number (517)355-3551

Alcoholics Anonymous
1500 E. Michigan Ave. Lansing, MI 48912
(517)377-1444, 336-4411

Community Mental Health
812 E. Jolly Road, Suite G 14
Lansing, MI 48910 (517)346-8318 or (888) 800-1559

Cristo Rey Counseling Services
1717 N. High St., Lansing, MI 48906
(517)372-4700 ext 140

National Council on Alcoholism/ LRA
3400 S. Cedar St., Suite #200
Lansing, MI 48910 (517)887-0226

Sparrow Hlth Sys – substance abuse
1210 W. Saginaw, Lansing, MI 48915
(517)364-7740, 364-7650

Alcohol, Narcotics, Gamblers Anonym.
(800)729-6686

Ingham Comm Mental Hlth (CMH)
812 E. Jolly, Lansing, MI 48910
(517)346-8460

24 hr Emergency Listening Ear
2504 E Michigan Avenue, Lansing, MI 48912 (517)337-1717

National Suicide Prevention Lifeline
(800)784-2433 or (800)273-8255

Website information:

Click on links for resources:

MSUCOM Personal Counseling and Health Promotion
http://www.counseling.msu.edu/

Cristo Rey Counseling Services,
http://www.cristoreycounseling.org/

Alcoholics Anonymous
http://www.aa.org/?Media=PlayFlash

The Office of Counseling and Health Promotion is here to provide services and programs that will address our student’s needs.