



How Graduate Students and Postdoctoral Researchers Can Find Support Resources

Instruction for Students and Postdoctoral Researchers to Get Help in Emergency and Non-Emergency Situations

The following table provides a brief overview of resources available for graduate students and postdoctoral researchers at MSU organized by “event” type.

Event	Resources available
Emergency threats of harm to self or others	<p>On- and Off-Campus 24-Hour Emergency Services as listed by MSU Counseling Center:</p> <ul style="list-style-type: none"> MSU Counseling & Psychiatric Services (CAPS) offers 24-hour crisis counseling and remote support for students. See caps.msu.edu <ul style="list-style-type: none"> Students in crisis: Call 9-1-1, go to nearest emergency room, or call CAPS anytime day or night at (517) 355-8270 and press "1" at the prompt to receive assistance from a crisis counselor over the phone. U Lifeline: lifeline.org/msu Call or text the National Suicide Prevention Lifeline at (1-800) 273-TALK (8255) or text "START" to 741-741.
<p align="center">On- and Off-Campus Non-Emergency Resources</p>	
Default action for all non-emergency event types	<ul style="list-style-type: none"> If you have questions or wish to talk to someone at MSU (outside of your supervisor) you can contact the Associate Director for Education, Hiro Iwasaki (iwasaki@nscl.msu.edu), or any faculty or laboratory member who you feel comfortable talking to. You can also contact FRIB/NSCL graduate mentors Artemis Spyrou (spyrou@nscl.msu.edu), Filomena Nunes (nunes@nscl.msu.edu), Yue Hao (haoy@frib.msu.edu), and Paul Gueye (gueye@nscl.msu.edu). All laboratory faculty members have also been provided with this helpsheet. Hiro's office room number is 1012. Alternatively, contact FRIB Wellness Coach Marsha Carolan. Marsha is available to enhance individual and organizational work effectiveness. She is a licensed therapist in Michigan and available to provide assistance and information about community resources. All consultations are confidential, and there is no fee for the services. Email her at carolan@frib.msu.edu to schedule an appointment.
Isolation	<ul style="list-style-type: none"> Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. MSU Counseling & Psychiatric Services (CAPS caps.msu.edu/) - Students not in crisis: If you do not have a scheduled appointment, and/or are not already established with CAPS, you have the option to complete a CAPS Phone-request for a phone consultation appointment to discuss your needs and assist with connecting you with available resources. Use the following URL: msu.co1.qualtrics.com/jfe/form/SV_9GNsDVC3VIH3wnr MSU Employee Assistance Program (EAP): eap.msu.edu Community Mental Health: Toll free – (1-800) 372-8460, Crisis Services – (517) 346-8460
Stress	<ul style="list-style-type: none"> Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. Student Affairs and Services: studentaffairs.msu.edu/health-wellness-safety Health4U: health4u.msu.edu MSU Counseling & Psychiatric Services (CAPS): caps.msu.edu/ MSU Employee Assistance Program (EAP): eap.msu.edu
Time management	<ul style="list-style-type: none"> Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. MSU Employee Assistance Program (EAP): eap.msu.edu MSU Counseling & Psychiatric Services (CAPS): caps.msu.edu/ Associated Students of MSU: asmsu.msu.edu
Work/life balance	<ul style="list-style-type: none"> Contact the Associate Director for Education or Group Mentors. See details in green box above. Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. MSU WorkLife Office: https://worklife.msu.edu/ Health4U: health4u.msu.edu Student Affairs and Services: studentaffairs.msu.edu/health-wellness-safety Couple and Family Therapy Clinic in the MSU Clinical Center: hdfs.msu.edu/clinic
Lack of support	<ul style="list-style-type: none"> Contact the Associate Director for Education, Hiro Iwasaki (iwasaki@nscl.msu.edu). Hiro's office room number is 1012. Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above.

	<ul style="list-style-type: none"> MSU Counseling & Psychiatric Services (CAPS): caps.msu.edu/ MSU Employee Assistance Program (EAP): eap.msu.edu
Concerns about future	<ul style="list-style-type: none"> Contact the Associate Director for Education, Hiro Iwasaki (iwasaki@nscl.msu.edu). Hiro's office room number is 1012. Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. MSU Employee Assistance Program (EAP): eap.msu.edu
Motivation problems	<ul style="list-style-type: none"> Contact the Associate Director for Education, Hiro Iwasaki (iwasaki@nscl.msu.edu). Hiro's office room number is 1012. Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. MSU Employee Assistance Program (EAP): eap.msu.edu
Conflict with advisors or others	<ul style="list-style-type: none"> Contact the Associate Director for Education or Group Mentors. See details in the green box above. Contact your academic department associate chair for graduate studies Utilize the FRIB Laboratory Employee and Student Concerns program (ESCP): enterprise.frib.msu.edu/escp Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above. Office of the University Ombudsperson: ombud.msu.edu Student Conduct and Conflict Resolution: deanofstudents.msu.edu/sccr
Non-emergency physical threats	<ul style="list-style-type: none"> Behavioral Threat Assessment Team: btat.msu.edu Contact FRIB Wellness Coach Marsha Carolan for guidance. See details in green box above.
Funding questions	<ul style="list-style-type: none"> MSU Office of Financial Aid: finaid.msu.edu
Food insecurity	<ul style="list-style-type: none"> MSU Student Food Bank: foodbank.msu.edu
Sexual assault	<ul style="list-style-type: none"> MSU Counseling Center Sexual Assault Program Crisis Line: (517) 372-6666 Center for Survivors: centerforsurvivors.msu.edu
Relationship violence and stalking	<ul style="list-style-type: none"> MSU Safe Place (Domestic Violence Shelter) safeplace.msu.edu Crisis Line: (517) 355-1100 Note: Graduate students and postdocs are mandatory reporters of sexual assault https://oie.msu.edu/resources/mandatory-reporters.html
Health care, insurance	<ul style="list-style-type: none"> Consult with the your academic department An overview of the benefits can be found at: https://hr.msu.edu/benefits/students/health/index.html Healthcare insurance information for international students: https://oiss.isp.msu.edu/health-wellness-and-safety/us-health-care-insurance
Inclusion and diversity	<ul style="list-style-type: none"> Office for Inclusion and Intercultural Initiatives: inclusion.msu.edu Office of Cultural & Academic Transitions (OCAT): ocat.msu.edu Lesbian, Bisexual, Gay, & Transgender Resource Center: lbgtrc.msu.edu
Disability accommodations	<ul style="list-style-type: none"> FRIB Human Resources (hr@frib.msu.edu) Resource Center for Persons with Disabilities (RCPD): rcpd.msu.edu
Other resources	<ul style="list-style-type: none"> MSU Psychological Clinic psychology.psy.msu.edu/Clinic Office for International Students and Scholars: oiss.isp.msu.edu/health-wellness-and-safety/health-and-wellness-overview Local therapists who accept graduate student insurance: <ul style="list-style-type: none"> Eastside Therapy and Counseling on Marsh Road in Okemos: eastsidetherapy.com Pilar Monta, clinical social worker/therapist: (517) 618-9914

For more information

Contact Hiro Iwasaki, associate director for education, at (517) 908-7660 or iwasaki@nscl.msu.edu, or Melanie Trowbridge, chief human resources officer, at (517) 908-7679, or email FRIB/NSCL Human Resources at hr@frib.msu.edu.

Review all FRIB training fliers at portal.frib.msu.edu/helpsheets.