

Wellness and Counseling resources for graduate students and research associates

The following provides a brief overview of wellness and counseling services available for graduate students and research associates at MSU.

If you have questions or wish to talk to someone at MSU (outside of your supervisor) about issues that impede your ability to succeed or be productive, you can contact the Associate Director for Education, Hiro Iwasaki (iwasaki@nscl.msu.edu), or any faculty or Laboratory member you feel comfortable talking to. You can also contact with our graduate mentors Remco Zegers (zegers@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 info sheet. Hiro's office room number is 1012.

In addition, Dr. Marsha Carolan is available to the Laboratory with the goal to enhance our individual and organizational work effectiveness. Marsha is a licensed therapist in Michigan and available to provide assistance and additional information about community resources. All consultations will be confidential and there is no fee for these services. Marsha will be available Tuesday and Thursday afternoons from 12 pm to 5 pm. Please contact Marsha at carolan@frib.msu.edu to set up an appointment or schedule directly through Outlook Calendar. Dr. Carolan's office room number is 2312.

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

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)

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.

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>

MSU Counseling Center: <http://counseling.msu.edu/>

The Michigan State University Counseling Center's (MSUCC) purpose 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

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

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

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.

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)

MSU Safe Place: <http://safeplace.msu.edu/>

MSU Safe Place is a program that addresses relationship violence and stalking. It provides advocacy, emergency shelter, counseling, support groups, safety planning, information and referrals to survivors of violence and their minor children. All support services are free and confidential. Contact: (517) 355-1100

Information about Health Insurance, including mental health:

- Graduate Assistant Benefits <https://www.hr.msu.edu/benefits/graduate-assistants/index.html>
- An overview of the benefits can be found at:
<https://www.hr.msu.edu/benefits/students/health/index.html>
- Mental Health Care for students: summary at OISS: <http://oiss.isp.msu.edu/health-wellness-and-safety/international-student-and-scholar-support-program/> and <http://oiss.isp.msu.edu/health-wellness-and-safety/us-health-care-insurance/>

Behavioral Threat Assessment Team: <http://btat.msu.edu/>

The Michigan State University's Behavioral Threat Assessment Team (BTAT) facilitates 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.

Student Conduct and Conflict Resolution: <http://studentlife.msu.edu/sccr>

Student Affairs and Services: <http://studentaffairs.msu.edu/health-wellness-safety/index.html>

My SSP international Student and Scholar Support: <https://oiss.isp.msu.edu/health-wellness-and-safety/myssp/>

My SSP is a free and confidential service that is available to all MSU students, international scholars, faculty, staff and dependent family members and gives you access to counselors 24/7 through mobile/webchat/phone. Support is provided by counselors who speak your language and understand your culture. To get started, download the free MySSP app on Google Play or iTunes.

The following campus resources are also available:

- Office for Inclusion and Intercultural Initiatives: <http://www.inclusion.msu.edu/>
- Office of Cultural & Academic Transitions (OCAT): <http://ocat.msu.edu/>
- Office of the University Ombudsperson: <http://ombud.msu.edu/>
- Resource Center for Persons with Disabilities (RCPD): <https://www.rcpd.msu.edu/>
- Lesbian, Bisexual, Gay, & Transgender Resource Center: <http://lbgtrc.msu.edu/>
- Office for International Students and Scholars: <https://oiss.isp.msu.edu/>
- Office of the Dean of Students: <http://studentlife.msu.edu/sccr/request-for-services>
- MSU Counseling and Psychiatric Services: <https://www.olin.msu.edu/CAPS/Introduction.htm>
- Associated Students of MSU: <https://asmsu.msu.edu/>
- Michigan State University Police Department: <http://police.msu.edu/>