

## Resources for graduate students who seek counseling and/or wellness support

The following provides a brief overview of counseling and wellness services and resources available at MSU for graduate students. If you have questions or wish to talk to someone locally (outside of line management) about issues that impede your ability to succeed or be productive, please contact the Associate Director for Education, Artemis Spyrou, or another faculty member you feel comfortable talking to. All faculty members have also been provided with this info sheet.

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

National Suicide Prevention (Lifeline): Collect Calls Accepted 24 Hours 1-800- 273-TALK (8255)

MSU Police and Public Safety: Emergency: 911 Business Line: (517) 355-2221

Listening Ear Crisis Center: 2504 E Michigan Ave, Lansing, MI 48912 (517) 337-1717

MSU Counseling Center Sexual Assault Program: (517) 372-6666

Community Mental Health: (800) 372-8460 (517) 346-8460

MSU Safe Place (Domestic Violence Shelter): Crisis Line: (517) 355-1100

### **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](mailto: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.

### **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](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

See also: <http://counseling.msu.edu/facultyandstaff/students-in-distress/>,

<http://counseling.msu.edu/about-us/faqs/> and [http://counseling.msu.edu/student\\_services/](http://counseling.msu.edu/student_services/)

**Office of Graduate Student Life & Wellness:** <https://careersuccess.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.

**The Listening Ear:** <http://thear.org/newear/> (not MSU affiliated)

The Listening Ear Crisis Intervention Center is open 24 hours a day, 365 days a year. Volunteers provide free and confidential service for telephone and walk-in clients in crisis. Volunteers are trained to deal with crises that include depression, suicide, loneliness, sexual assault, grief, and many others. Contact: (517) 337-1717;

**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:**

- On August 15, 2016, the Plan Administrator for Student Health Insurance will change from Atnea to Blue Care Network (BCN) Service Company. For details see: [https://www.hr.msu.edu/benefits/student\\_insurance/documents/MSU\\_Grad\\_Health\\_Changes.pdf](https://www.hr.msu.edu/benefits/student_insurance/documents/MSU_Grad_Health_Changes.pdf), [https://www.hr.msu.edu/benefits/student\\_insurance/index.htm](https://www.hr.msu.edu/benefits/student_insurance/index.htm) and [https://www.hr.msu.edu/benefits/student\\_insurance/Health\\_Base\\_Plan.htm](https://www.hr.msu.edu/benefits/student_insurance/Health_Base_Plan.htm)
- An overview of the benefits can be found at: [https://www.hr.msu.edu/benefits/student\\_insurance/documents/BCN\\_Student\\_BenefitsAtAGlance\\_16-17.pdf](https://www.hr.msu.edu/benefits/student_insurance/documents/BCN_Student_BenefitsAtAGlance_16-17.pdf)
- A highlight sheet is found at: [https://www.hr.msu.edu/benefits/student\\_insurance/documents/BCN\\_Student\\_Plan\\_Highlight\\_Sheet16-17.pdf](https://www.hr.msu.edu/benefits/student_insurance/documents/BCN_Student_Plan_Highlight_Sheet16-17.pdf), which includes a section on Behavioral Health Care.
- Mental Health Care for students: summary at OISS: <http://oiss.isp.msu.edu/students/health/mental.htm>

**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/focusareas/upcoming\\_classes.html](http://health4u.msu.edu/focusareas/upcoming_classes.html)

**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>