

HEALTH. HOPE. HEALING.



MSU Health Care Community Resource Packet

go.msu.edu/CommunityResources

Resources for mental health, social needs, support groups, LGBTQIA+ therapists, etc.



MSU Health Care Psychiatry

go.msu.edu/psych

Clinic that treats children, adolescents and adults of all ages



MDHHS

bit.ly/MDHHSMentalHealth

Mental Health Resources



2-1-1

www.211.org/get-help/mental-health

Mental Health Resources



Psychology Today

psychologytoday.com

Find a Therapist

RESOURCES FOR MSU FACULTY, STAFF, STUDENTS, ETC.



MSU Counseling & Psychiatric Services (CAPS)

caps.msu.edu/resources

Many mental health resources available to students, their families, faculty and staff.

- Resources are available to meet our community where they are virtually, call (517) 355-8270, or visit caps.msu.edu/services/CAPSCoconnect.html for more information.
- Employees needing help may also contact the Employee Assistance Program or call (517) 355-4506.



MSU Employee Assistance Program (EAP)

eap.msu.edu

Confidential counseling for MSU faculty, staff, retirees, graduate assistance, and their families



Teledoc Services for MSU Faculty, Staff, and Family

teladoc.com

Select Mental Health option - they offer psychiatry and therapists