



UNIVERSITY HEALTH AND WELLBEING

Creating a culture of wellbeing at MSU

The University Health and Wellbeing division brings together 11 units across MSU focused on making sure every Spartan has access to information, services and resources to support all aspects of wellness and make the healthy choice the easy choice. Together, these teams are taking a data-driven approach to support the university's sustainable health objectives as part of the Strategic Plan 2030:

CENTER FOR SURVIVORS

centerforsurvivors.msu.edu

Non-Crisis: (517) 355-3551 | Crisis: (517) 372-6666

Provides free, confidential therapy services to students who have experienced sexual violence. The 24-hour hotline, crisis chat and advocacy services are available to anyone in the greater Lansing community. The Sexual Assault Healthcare Program offers medical care to adults who have been sexually assaulted in the past 5 days. Forensic nurses offer trauma-informed services, including a physical examination, treatment of injuries, preventative treatments and forensic evidence collection 24/7. All services are free and no insurance information is collected.

COUNSELING AND PSYCHIATRIC SERVICES

caps.msu.edu | (517) 355-8270

Connects students with the most appropriate and available care and services that optimize their health, wellbeing and success. Counseling, psychiatry, outreach, 24/7 crisis care and more are available to students.

EMPLOYEE ASSISTANCE PROGRAM

eap.msu.edu | (517) 355-4506

Provides confidential counseling services at no cost to MSU faculty, staff, retirees, graduate assistants and their families.

HEALTH PROMOTION

healthpromotion.msu.edu | (517) 353-0718

Aims to challenge the health attitudes, behaviors, and perceptions of the MSU community with a data-driven approach focused on education, environmental management and harm reduction efforts that enable students to pursue their personal and academic goals.

HEALTH4U

health4u.msu.edu | (517) 353-2596

Helps the MSU community explore the fundamentals of a health-promoting lifestyle by providing access to high-quality, evidence-informed and culturally conscious health education and support.

OCCUPATIONAL HEALTH

occhealth.msu.edu | (517) 353-9137

Provides medical assessment, monitoring, intervention, and evaluation to MSU employees related to their occupational risks.

RESOURCE CENTER FOR PERSONS WITH DISABILITIES

rcpd.msu.edu | (517) 884-7273

Provides services for students, faculty and staff living with a variety of health challenges or disabilities. The department completes needs assessments, develops accommodations and empowers people to reach their greatest potential.

SAFE PLACE

safeplace.msu.edu | (517) 355-1100

Supports students, faculty, staff, their minor children and their partners who are survivors of relationship violence or stalking. Free and confidential services include advocacy, shelter, counseling, support groups, safety planning, information and referrals, and programming that increases awareness of these issues through community education and outreach.

STUDENT HEALTH SERVICES

olin.msu.edu | (517) 884-6546

Offers primary care, allergy and immunization clinic, gynecology, laboratory, physical therapy services and more to registered MSU students, their spouses and partners.

TRAVEL CLINIC

travelclinic.msu.edu | (517) 353-3161

Promotes safe and healthy travel by providing counseling to travelers about appropriate vaccines and preventive medication.

WORKLIFE OFFICE

worklife.msu.edu | (517) 353-1635

Partners with the community to create an inclusive, responsive work environment that respects and supports all faculty and staff toward wellbeing in their work and personal lives.