



STUDENT HEALTH AND WELLNESS

Helping You Succeed Through Health

Health and safety have a big impact on your success. Student Health and Wellness offers programs designed to help you develop healthy behaviors, manage your mental health, get immediate support in a crisis and more.

Each of our five departments — Health Services, Counseling and Psychiatric Services (CAPS), Health Promotion, Center for Survivors, and Safe Place — are here for you year-round.



HEALTH SERVICES

The Health Services team provides preventative health care and services for illness and injuries. Services (available by appointment) include:

- Primary care
- Women's health services
- Physical therapy
- Radiology
- Laboratory
- Allergy and immunization clinic

Registered MSU students are not charged for the first three medical office visits each academic year (some services, such as laboratory tests or x-rays, are billed separately). For information about these and other services, visit olin.msu.edu or call (517) 884-6546.

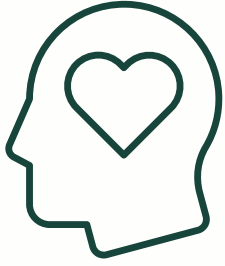


HEALTH PROMOTION

The Health Promotion department offers individual consultations, programming and presentations to help students achieve academic success through wellness. Services — guided by real-world data about students' health and behaviors — include:

- Fitness assessments
- Wellness coaching
- Sexual wellness resources
- Nutrition and body image education
- Student Food Bank
- Alcohol and drug use education
- Substance use recovery programs (Collegiate Recovery Community)

Many of these services are free to MSU students. For more information, visit healthpromotion.msu.edu or call (517) 353-0718.



COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

CAPS works to connect students with the most appropriate available care for their health, well-being and success, like these and other services:

- Individual, group and relationship counseling
- Psychiatry
- Intensive Clinical Services Unit
- Outreach services
- Crisis services

Counseling services and the first three psychiatric visits are free for students. Students can access 24/7 virtual crisis counseling by calling CAPS at **(517) 355-8270** and pressing “1” at the prompt to speak with a crisis counselor anytime. Visit caps.msu.edu to learn more.



CENTER FOR SURVIVORS

The Center for Survivors works with sexual assault survivors and others affected by sexual violence. They provide free and confidential individual counseling, advocacy, and support groups to MSU students and the community. Trained volunteers are also ready to provide support, crisis intervention, and connection to local resources through crisis hotline and crisis chat services. **A 24/7 crisis hotline is available at (517) 372-6666.**

The **Sexual Assault Healthcare Program** is available for adults who have been sexually assaulted within the past five days. The program — staffed 24/7 by specialized forensic nurses — includes free post-assault care services, like sexual assault kits, prophylactic medication and more. The program is located in suite 237 of the Student Services building (556 East Circle Drive, East Lansing, MI 48824). Designated parking is available on Farm Lane. Patients can use the east entrance buzzer to be let into the building. Call **(517) 353-2700** to learn more.

For more information — or to access crisis chat services — visit centerforsurvivors.msu.edu. Call **(517) 355-3551** to schedule an appointment with a counselor or advocate.



MSU SAFE PLACE

MSU Safe Place provides advocacy, emergency shelter, counseling, safety planning, information and referrals to survivors of relationship violence and stalking. Educational scholarships are available to currently enrolled MSU students whose academic pursuits have been affected by intimate partner violence or stalking. **All support services are free and confidential.** Safe Place serves students, faculty, staff and their spouses or partners. They serve non-MSU-affiliated community members when shelter space and staffing levels allow.

Safe Place also provides volunteer and internship opportunities and community education programs to anyone wanting to learn more about services or relationship violence and stalking, as well as consultation for parents, friends and co-workers seeking to support survivors.

Call **(517) 355-1100**, email noabuse@msu.edu or visit safeplace.msu.edu for more information.