



**MSUCOM Mental Health Resources**  
*(ctrl + click to follow the link)*

**National Suicide Prevention Lifeline:** 9-8-8 or (800) 273-8255

**Crisis Text Line:** Text "HOME" to 741741

**24-Hour Crisis Numbers:**

MSU Counseling and Psychiatric Services (CAPS) 24/7/365 After-Hours Crisis Counseling (517) 355-8270

MSU Sexual Assault Program Crisis Line (517) 372-6666

Eve: End Violent Encounters (517) 372-5572

Detroit-Wayne Mental Health Authority 24-Hour Centralized Crisis Access Center: (1-800) 249-4141

Macomb County Community Mental Health Crisis Services: (586) 307-9100

[Find a Crisis Line by Michigan County](#)

**Emergency Psychiatric Services:**

Lansing Area [Sparrow Hospital](#) (517) 364-1000

Detroit Area [Henry Ford Hospitals](#) (313) 916-2100

**MSUCOM CARE Team:** [COM.MSUCOMCARETeam@msu.edu](mailto:COM.MSUCOMCARETeam@msu.edu)

If you are concerned about a fellow student or are seeking personal support you can send an e-mail to the team. *Your contact is kept strictly confidential.* Please include a brief description of what the concern is about for the person or yourself. E-mails will be responded to within 24 hours during regular weekday business hours from 8:00 a.m. to 5:00 p.m. ***If you are concerned about an immediate safety risk to self or others, dial 9-1-1.*** For further information about the CARE Team go to [www.com.msu.edu](http://www.com.msu.edu) and click on MSUCOM CARE Team *near the bottom right corner* of the home page.

**Wellness & Counseling Office:**

Confidential professional consultation and counseling regarding any issue of concern for MSUCOM students. This office also assists students in connecting with referrals near their site. Sessions can be scheduled currently online by Zoom. ***Note: if you or someone you are concerned about is threatening suicide or harm to oneself or another dial 9-1-1 immediately.*** Counselor contact information:

Dr. John R. Taylor (EL): 517-432-0141, [taylo520@msu.edu](mailto:taylo520@msu.edu)

Ms. Cara Ludlow (EL): 517-355-4121, [ludlowc@msu.edu](mailto:ludlowc@msu.edu)

Ms. Amy Kim (MUC): 586-263-6711, [kimamy4@msu.edu](mailto:kimamy4@msu.edu)

Ms. Mary Katherine Burnett (DMC): 313-578-9636, [burne148@msu.edu](mailto:burne148@msu.edu)

**Peer Mentor Office Hours (All Three Campuses):**

1:1 confidential peer mentoring by OMSII to OMSI, topic of discussion is open to anything desired by OMSI. To be connected with a Peer Mentor, please email [peermentors.msucom@gmail.com](mailto:peermentors.msucom@gmail.com).

## **Non-Crisis MSU Campus Resources**

**MSU Fee Hall Psychiatry Clinic:** 517-353-3070 [www.psychiatry.msu.edu/services](http://www.psychiatry.msu.edu/services)

**MSU Counseling and Psychiatric Services (CAPS):** 517-351-8270 Mental health services are free to enrolled MSU students – General Information [https://caps.msu.edu/general\\_info/index.html](https://caps.msu.edu/general_info/index.html)

**MSU Resource Center for Persons with Disabilities:** 517-884-7273 [www.rcpd.msu.edu](http://www.rcpd.msu.edu)

**MSU Alcohol and Other Drugs Program:** 517-884-6598 [www.healthpromotion.msu.edu/alcohol-drugs/](http://www.healthpromotion.msu.edu/alcohol-drugs/)

**MSU Safe Place Relationship Violence and Stalking Program:** 517-355-1100 [www.safeplace.msu.edu/](http://www.safeplace.msu.edu/)

**MSU Center for Survivors:** 517-355-3551 [www.endrape.msu.edu](http://www.endrape.msu.edu)

**MSU Sexual Assault Healthcare Program:** 517-353-2700 <https://centerforsurvivors.msu.edu/sexual-assault-healthcare-program/index.html>

**MSU Student Veterans Resource Center:** 517) 884-5973 [www.veterans.msu.edu/](http://www.veterans.msu.edu/)

## **Off Campus Resources (Identified by Site Location)**

**Eve's House (Lansing, MI):** 517-372-5572, [www.eveinc.org/emergency-shelter](http://www.eveinc.org/emergency-shelter)  
Shelter and supportive services to victims of domestic and sexual violence

**Brighton Center for Recovery (Brighton, MI):** (877) 976-2371 [www.stjohnprovidence.org/brighton-center-for-recovery](http://www.stjohnprovidence.org/brighton-center-for-recovery) Rehabilitation center for assistance with drug or alcohol addiction

**Central City Integrated Health – Detroit Community Health Center:** 313-831-3160  
[www.centralcityhealth.com/](http://www.centralcityhealth.com/) Mental health, housing, and substance abuse programs

**National Alliance on Mental Illness (NAMI) - Michigan Chapter:** [www.namimi.org/](http://www.namimi.org/)  
Facilitates support groups for parents, relatives, or friends of persons with mental illness

## **National Recovery Referral Helpline and Therapist Directories by City**

**Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357)  
[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline) Treatment Referral and Information Service

**Psychology Today – Find a Therapist:** [www.psychologytoday.com/us](http://www.psychologytoday.com/us)

**The Michigan Mental Health Networker:** [www.mhweb.org/directory3.htm](http://www.mhweb.org/directory3.htm)