

WELLNESS & COUNSELING

OFFICE OF ADMISSIONS AND STUDENT AFFAIRS



College of Osteopathic Medicine
MICHIGAN STATE UNIVERSITY

We're here
WHEN YOU
NEED US

THE WELLNESS & COUNSELING TEAM



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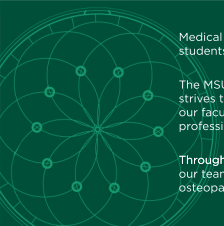
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Medical school is truly a life-changing event in many ways, and challenges students to be adaptable, resilient and mindful learners.

The MSU College of Osteopathic Medicine Wellness & Counseling services strives to provide support, guidance and resources to our students, and to our faculty and staff who are in positions to foster student well-being and professional growth.

Through the provision of holistically-grounded, evidence-based practices, our team is committed to helping students develop into well-rounded osteopathic practitioners.

INDIVIDUAL AND GROUP COUNSELING

We offer free, confidential in-person or telehealth services with licensed mental health clinicians. Individual and group therapy sessions are also options for various challenges MSUCOM students may face, such as stress, academic concerns and relationship issues.

WELLNESS OUTREACH

Each year, mental health-related events are promoted to help support COM students, including Mental Health Awareness Month (May) and National Suicide Prevention Awareness Month (September).

CONTEMPLATIVE PRACTICES

Developed to cultivate resiliency, self-compassion and emotional balance, the Wellness & Counseling Team offers Koru mindfulness meditation class as a four-week program. Classes are free to MSUCOM students and are offered during spring and fall semesters.

CARE TEAM

The MSUCOM CARE Team serves to support the wellbeing of students at all three sites by proactively recognizing and assisting students who may be showing signs of distress. Confidential referrals can be made by faculty, staff or students to COM.MSUCOMCARETeam@msu.edu.

PEER MENTORS

The Peer Mentors student organization is made up of 2nd-year students who have the desire to lend a helping hand, listening ears and genuine concern for their classmates who may be in need. They provide support to incoming students and help them connect with the many resources MSUCOM has to offer.

MENTAL HEALTH RESOURCES

MSUCOM Wellness & Counseling provides additional services and a digital Mental Health Resources Guide at bit.ly/MSUCOM-wellness.



UNIVERSITY RESOURCES

MSU Counseling & Psychiatric Services
24/7/365 days a year
On-duty crisis counselor
517-355-8270
caps.msu.edu

Suicide & Crisis Lifeline
24/7/365 days a year
9-8-8

Student Health & Wellness
Monday-Friday
8-11:45 a.m and 12:45-4:50 p.m.
Medical visits require an appointment. Students may schedule appointments by calling 517-353-4660 or at olin.msu.edu.